

SACRED ZANZIBAR

A Journey Through the Elements



28th November – 04th December 2026



Hosted and guided by
Julie Lewis & Mary-Rita McGuire

KARIBU ZANZIBAR

Sacred Zanzibar is a nature-based retreat for women ready to press pause on everyday life and step into a space of reflection, reconnection & realignment with the ELEMENTS. Set on the magical island of Zanzibar, it offers a return to the timeless wisdom of earth, water, fire and air, as forces in nature and within.

Through experiential practices guided by Julie and Mary-Rita, this retreat becomes both sanctuary and threshold, supporting you to honour where you are and consciously step into what is unfolding next.



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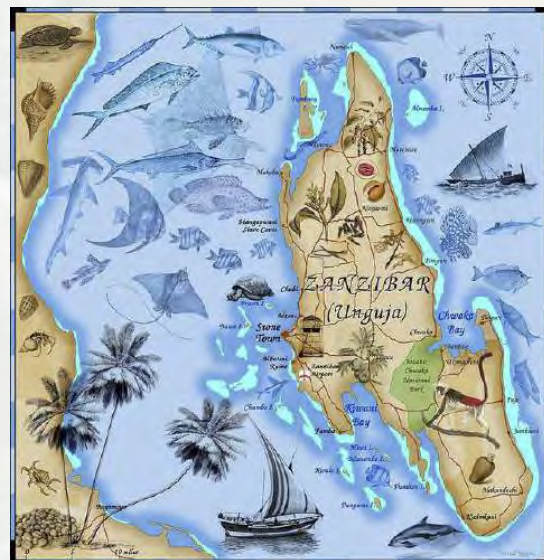
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ABOUT ZANZIBAR

Zanzibar is a Tanzanian archipelago off the coast of East Africa. It is located in the Indian Ocean and consists of many small islands and two large ones: Unguja (the main island, referred to informally as Zanzibar) and Pemba Island. The capital is Zanzibar City, located on the island of Unguja. Its historic center, Stone Town, is a World Heritage Site. Zanzibar is also a semi-autonomous region that united with Tanganyika in 1964 and formed the present-day United Republic of Tanzania. The archipelago's main industries are spices, raffia, and tourism. The main spices produced are clove, nutmeg, cinnamon, coconut, and black pepper. The Zanzibar Archipelago, together with Tanzania's Mafia Island, are sometimes referred to locally as the "Spice Islands"

RETREAT HIGHLIGHTS

- ✓ Private Beach Front Villa with our own Chef
- ✓ Spice Farm Visit & Cooking Class
- ✓ Seaweed and Sponge Farm Visit
- ✓ Full Day Boat Trip
- ✓ Visit to a Local School
- ✓ Drumming Class & Beach BBQ
- ✓ Masai Ceremony and Swahili BBQ
- ✓ Guided interactive Workshops
- ✓ One to One Sessions
- ✓ Two Massages
- ✓ Visit to the Rock
- ✓ Welcome Gift



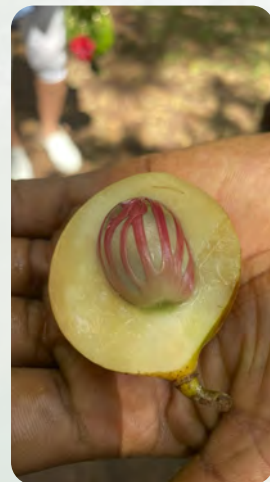
DAY ONE

Saturday 28th November (L,D)

Arrival to Zanzibar: Awakening the senses & grounding

Suggested flight for UAE participants: **FZ1259 Fly Dubai departs 02.30am arrives 07.00 am**. For participants from other locations please arrange to arrive at a similar time or arrive the day before.

- › Airport Welcome and group transfer
- › Visit to a local Organic Spice Farm for a tour and cooking class & lunch
- › Smell, taste and cook with Zanzibar's famous spices, clove, nutmeg and cinnamon to name a few!
- › Transfer to Villa Jasmine, our private beachfront villa
- › Check in, orientation, short briefing and time to rest and connect with your new home!
- › Evening fire and group introduction, setting retreat intentions, connecting to the four elements & welcome gifts
- › Dinner at the Villa, evening reflective practice before a peaceful night's sleep.





DAY TWO

Sunday 29th November (B,L,D)

- › Sacred Sunrise Sequence on the beach with Julie
- › Nourishing breakfast on the terrace
- › Light lunch
- › Free morning for massages, one to one session, poolside rest
- › Afternoon talk and interactive workshop with Julie & Mary-Rita
- › Dinner at the villa recounting the day
- › Evening Ritual with Mary-Rita
- › Deep sleep!

DAY THREE

Monday 30th November (B,L)

Connection & Community

- › Sacred Sunrise Sequence with Julie
- › Breakfast on the terrace
- › Visit to a local school to take items from their wish list, interact with the students, plant trees (TBC)
- › Return to the villa for lunch, lively discussion and rest
- › Afternoon Workshop "In My Element"
- › Sunset Cocktails at "The Rock" (own cost)
- › Dinner at Upendo Beach (own cost)
- › Transfer back to the Villa.
- › Evening Ritual with Mary-Rita.
- › Deep sleep!



DAY FOUR

Tuesday 1st December (B,L,D)

- › Sacred Sunrise Sequence with Julie
- › Breakfast on the deck
- › Visit to the seaweed and sponge farm (am or pm depending on tides)
- › Lunch back at the villa and collective reflections
- › Free afternoon for massages
- › 1st December Waning Moon in Virgo Circle
- › Evening Ritual with Mary-Rita

DAY FIVE

Wednesday 2nd December (B,L,D)

- › Sacred Sunrise Sequence with Julie
- › Breakfast on the deck
- › Full day boat trip to Pungume Sand Bank, snorkeling, creative play!
- › Fresh Seafood Lunch on the boat
- › Return to the villa for a reflective relaxing dinner
- › Evening Ritual with Mary-Rita
- › Deep Sleep!



DAY SIX

Thursday 3rd December (B,L,D)

- › Sunrise Sequence with Julie
- › Breakfast on the deck
- › Interactive workshop with Julie & Mary-Rita
- › Lunch on the deck
- › Free afternoon for massages, one-to-one sessions
- › Optional Tarot Readings
- › Masai ceremony & Swahili BBQ Dinner
- › Evening Ritual with Mary-Rita and Closing Circle

DAY SEVEN

Friday 4th December (B, AFTERNOON TEA)

- › Sunrise Sequence with Julie
- › Breakfast on the deck
- › Check out from the Villa
- › Transfer to Stone Town
- › Check into Emmerson Spice Hotel (day use rooms)
- › Free time to relax, shop and explore
- › Afternoon Tea in the Secret Garden
- › 7pm Transfer to Airport
- › There is the option to stay overnight at the Emmerson on the 4th and depart on the 5th (extra costs apply)

<https://emersonzanzibar.com/emerson-spice-hotel-stone-town/>



INVESTMENT

3300 \$ Per person based on a twin share room basis.

1000 \$ nonrefundable deposit to secure your place on the retreat. The deposit is non-refundable however it can be transferred to another person in the event of you needing to withdraw. The balance payment of **2300 \$** is payable by the 25th of October 2026. Please read the cancellation policy details on the booking form.

INCLUDES

- ✓ Twin share room in Villa Jasmine
- ✓ Day use of rooms at the Emmerson Spice Hotel in Stone Town
- ✓ All meals as per the itinerary (B, L, D)
- ✓ Free flowing tea, coffee, soft drinks and snacks at the Villa
- ✓ Two massages to be taken at the villa
- ✓ All visits and activities as per the itinerary
- ✓ Welcome gift
- ✓ Group airport transfers
- ✓ Julie and Mary-Rita as your retreat hosts
- ✓ Pre and post retreat zoom calls

EXCLUDES

- ✓ Flight
- ✓ Mandatory Zanzibar Insurance (44 \$)
- ✓ International Travel insurance
- ✓ Visa
- ✓ Alcoholic drinks
- ✓ Tips and gratuities

ADDITIONAL INFO

- ✓ A suggested packing list will be shared on booking
- ✓ Credit and debit cards are welcome in Zanzibar (please note they incur a 5% service fee) USD and Euro welcome and we suggest you have a small amount of local currency for the week (get at the airport on arrival to Zanzibar)
- ✓ Please bring any medication / supplements you need and a small first aid kit to include mosquito spray (we can pool our kits) There will also be a first aid kit at the Villa.
- ✓ Ahead of our retreat we will share a wish list of items to take to the school (some of which may be purchased in Zanzibar)



YOUR RETREAT FACILITATORS



JULIE LEWIS

Julie Lewis is a pioneering voice in women's vitality, regenerative leadership, and nature-based resilience. An award-winning explorer, bestselling author, and seasoned speaker, she has spent over two decades guiding women and leaders through transformative journeys in some of the world's most powerful landscapes from the Arctic and Antarctica to mountains, deserts, and oceans across the globe.

Rooted in sports science and positive psychology, and trained in earth-based and shamanic practices, Julie bridges science and soul. Her work is grounded in a simple yet profound truth: nature is not just scenery – it is a living blueprint for vitality, clarity, and conscious leadership.

She is the creator of **The Women's Vitality Blueprint**, a nature-informed framework designed to help women Reflect (Water), Reconnect (Earth), Realign (Air), and Regenerate (Fire & Sun). Through this elemental system, Julie guides women to regulate their nervous system, restore biological energy, and reawaken the deeper wisdom within.

She is the author of *Moving Mountains: Discover the Mountain in You* and *Uncharted Waters: Discover Your Hidden Depth*.



MARY-RITA MCGUIRE

Mary-Rita is passionate about bringing Sacred Stories back to the streets. A Creative Depth Coach and Transpersonal Guide, she holds an MSc in Consciousness, Spirituality and Transpersonal Psychology, alongside a rich background in performing arts and theatre education. Her work weaves ancient and esoteric wisdom with creative practice, embodied ritual and depth psychology, offering soulful support to individuals and communities navigating times of transition.

She is the creator of **MYSTERYM**, a unique rite-of-passage journey designed to help people consciously explore and re-author their lives during thresholds of change. Rooted in myth, spirituality, nature and imagination, her work invites participants to walk the spiral path of remembering, awakening inner guidance, reclaiming lost or forgotten parts of the self, and reigniting the sacred fire within.

Mary-Rita is deeply devoted to holding spaces where creativity, psychology and the sacred meet. Through retreats, workshops and one-to-one work, she offers a grounded, compassionate presence that supports a return to wholeness and invites the sacred back into daily life, where it belongs.

KARIBU ZANZIBAR

Sacred Zanzibar is a magical journey through Earth, Water, Fire and Air guided by Julie and Mary-Rita. Together, they create transformation that is grounded, embodied and designed to realign you at every level.

We look forward to welcoming you to Villa Jasmine and the magical Island of Zanzibar.

Julie & Mary-Rita