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You are your own
best healer
meditation &
Narrative
Medicine Retreat
| Murchison Falls,
Uganda

Tuesday, November 14,
2023, 8:30 AM –
Tuesday, November 21,
2023, 4:00 PM

"It takes multitudes of views to help people realize they too contain a multitude of views"

-Walt Whitman

The Retreat

To truly understand the complexity and diversity within oneself, guests are exposed to a wide range of perspectives and experiences. What we know to be true, is that we possess a variety of thoughts, emotions, and beliefs that might contradict each other or evolve over time. By engaging with diverse viewpoints from others, individuals can recognize that their own internal landscape is rich and multifaceted. Come and unlock your internal landscape as you deepen into exploring the origins of your own beliefs, in this intimate transformational retreat.

In partnership with the visionary and founder of Voyager Global Solutions (VGS), Sarina Carrasco, Ssanyu Birigwa has crafted an exclusive, curated, and bespoke journey, offering a truly unique opportunity to unlock and enrich.

The Process



Over the span of 7 days, you'll be expertly guided across the metaphorical bridge, on a journey towards recognizing and embracing your personal evolution—a mindset shift achieved in a brief time frame. Each day will carry a distinct intention, nurturing your evolution and enabling you to pause, reflect, reconnect, and embrace your higher self. Remember, this retreat is entirely yours to shape and savor.

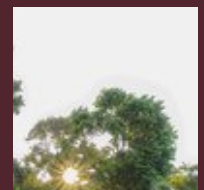
Envision indulging in morning meditations, leisurely nature walks along Victoria Falls, exhilarating afternoon game drives in Murchison's National Park, relishing organic and fresh daily meals, and unwinding by the pool. Amidst these moments, you'll immerse yourself in the art of stillness and the discovery of life's pauses. Within these tranquil

interludes, you'll come to realize that your life journey can take a different course, empowering you to fashion the lifestyle you truly deserve, complete with daily practices that resonate deeply.

This retreat encapsulates life-altering moments meticulously fashioned to liberate you from outdated behavioral patterns using the Pause3™ method, narrative medicine, sacred and deeply resonant healing rituals, artistic expression, communion with nature, and ultimate relaxation. Harnessing the curative energies of the land, this sanctuary provides an exceptional chance to undergo a profound metamorphosis catalyzed by the captivating essence of these rejuvenating landscapes.

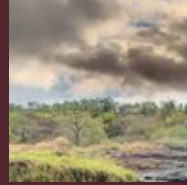
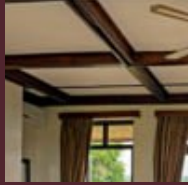
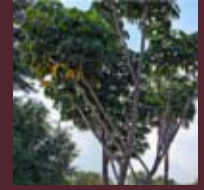
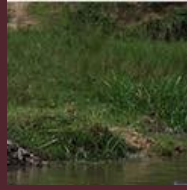
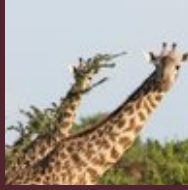
The Venues

Natures Green Beach Resort



Embark on this journey alongside us at Natures Green Beach Resort, an oasis of ecovillage splendor nestled in the untouched forests of Busabula, Uganda. A mere hour and a half away from Entebbe Airport, this is the starting point of our shared adventure.

Paraa Safari Lodge



In this hidden gem of luxury, amongst the wildest surroundings, overlooking the river Nile, one can relax, pause and take in this raw serene beauty. Not far from Murchison Falls, where the world's longest river explodes through a narrow cleft in the Rift Valley escarpment to plunge into a frothing pool 43 meters below.

Itinerary at a Glance

NOVEMBER 13 - WELCOME TO THE PEARL OF AFRICA

Arrive in Entebbe Uganda, a nation of stunning greenery, deep lakes, soaring mountains and rich biodiversity. Transfer to your hotel for an evening at leisure at Natures Green Beach Resort.

DAY 1

November 14th - Jinja Source of Nile Exploration

7:00 am : Breakfast

8:00 am- Welcome guests, gather for nature walk, meditation & breathwork

8:30 am- Departure to Jinja

6:00 pm - Dinner

7:15 pm - Evening immersion and meet your soul care partner

On our initial day, we'll commence a shared expedition to unlock our multifaceted nature with focused intention. Our emphasis will rest on underscoring the importance of open-mindedness, empathy, and exposure to diverse viewpoints, all converging to foster a deeper grasp of one's own multifaceted essence.

We'll begin with a morning stroll through the burgeoning forest of the resort, delving into the medicinal properties of the trees and discovering how the ecovillage has established a haven for birds migrating from around the world, finding solace and perching along Lake Victoria. Our first meditative and breathwork session will follow, as we align our intentions for the day.

Subsequently, we'll embark on a day-long journey to Jinja, immersing ourselves in Uganda's natural beauty and cultural heritage. This adventure will culminate with a visit to the source of the River Nile – the world's longest river. The afternoon is reserved for exploring this remarkable site, where a brief cruise will unveil the enchantment and wonder of the River Nile.

DAY 2

November 15th - Murchison Falls

7:00 am : Breakfast

8:00 am- Departure to Murchison Falls

4:30 pm- Arrive at Paraa Safari Lodge -
Welcome Reception

7:00 pm - Dinner

8:30 pm - Evening immersion

DAY 3

November 16th - Murchison Falls

7:00 am : Breakfast

7:30 am- Morning meditation & breathwork,
followed by a morning walk to dwell in nature

9:00 am- REST

1:00 pm - Lunch

2:30 pm - Afternoon immersion

4:00 pm - Wildlife Safari

7:30 pm - Dinner

8:45 pm - Evening Immersion



A drive through the scenic Buligi area west of Paraa to the Delta Point (where the Victoria Nile passes through the Northern tip of Lake Albert to become the Albert Nile), takes around three hours. Expect to see elephant, buffalo, giraffe, Jackson's hartebeest and oribi. With luck, lion (s) and perhaps even a leopard may be sighted.

Itinerary at a Glance

DAY 4

November 17th - Murchison Falls

7:00 am : Breakfast

7:30 am- Morning meditation & breathwork

10:00 am -Guided tour to the top of Murchison Falls

Afternoon Immersion Part 1

Afternoon immersion Part 2

DAY 5

November 18th - Murchison Falls

7:00 am : Breakfast

7:30 am- Morning meditation & breathwork

Morning immersion

Afternoon immersion part 1

Afternoon immersion part 2

Evening immersion

DAY 6

November 19th - Murchison Falls

7:00 am : Breakfast

7:30 am- Morning meditation & breathwork

9:00 am- River excursion to the Falls

Afternoon immersion

*Guests have this evening free

DAY 7

November 20th - Murchison Falls

7:00 am : Breakfast

7:30 am- Morning meditation & breathwork & journey

Meet with your soul care partner

Open/ 30 mins 1:1 sessions with guest

Open/ 30 mins 1:1 sessions with guest

Closing ceremony

NOVEMBER 21ST - DEPARTURE TO ENTEBBE

7:00 am - Breakfast

9:00 am - Journey Back to Entebbe

**Where 'Open', guests can schedule other activities offered by the lodge through VGS.*

**Detailed itinerary will be released two weeks prior to day 1 of the retreat.*

The Why

Ancient wisdom harmonizes with modern science and the humanities in a world besieged by stress and burnout. By practicing breathing techniques and meditation, we'll re-calibrate our adrenal system and amplify the body's innate production of natural opiates, welcoming life with renewed vitality. As we explore our personal 'origin story' together, we'll foster somatic awareness of where our experiences reside within us and how they manifest, whether through the unveiling of buried emotions or other forms of expression.

We'll navigate this journey armed with the fusion of age-old wisdom and the principles of Narrative Medicine, grounded in both clinical expertise and scholarly inquiry. The cornerstone of our exploration is the Pause3™ method—an integrative pathway towards cultivating greater compassion and empathy not only for ourselves but also for others. Here, we embark on the journey of relinquishing control and embracing love.

Why You Should Join Us:

*You are ready to do things differently

*You possess a solid foundation, yet at times, you still grapple with these restrictive beliefs.

*You desire to embody a different way of 'doing' things

*Your community yearns for more of you – your time, your leadership. As questions form in your mind about how to meet this need, remember that you've consistently been there for those you hold dear.

*A touch of gentleness could serve you well.

*You have a desire to share your story, recognizing that sharing your journey and narrative acts as a bridge to embracing a process that nurtures our multifaceted selves. This process encourages vulnerability, authenticity, and openness, ultimately guiding you towards a life you truly cherish.

*You've granted yourself the freedom to invest in your health and well-being, engaging in introspective and investigative self-exploration to enhance your presence for others, all within the embrace of a destination of exquisite beauty.

The Package

Set forth on a mesmerizing journey through Uganda, delving deep into its wonders and allowing yourself to be enveloped in a meticulously crafted luxury travel experience

designed to resonate with the very essence of your soul's purpose.

Investment: All inclusive with Flights OR an All inclusive without Flights.

The All Inclusive Package

Round Trip Air Ticket – Cabin (Economy) | or excludes flight option

Pick up & Return Transfers Entebbe Airport – Natures Green Beach Resort

Natures Green Beach Resort – Check in 13Nov- Check out 15Nov – Full Board

Paraa Safari Lodge – Check in 15Nov -Check out 21nov -Full Board – Standard or Deluxe Room

Jinja Day Trip with Boat Cruise

Nature walk and bird watching

Tour Top of the Falls

Wild Life Safari

Cruise to the Falls

**BOOK ALL INCLUSIVE WITH
FLIGHTS**

OR

**ALL INCLUSIVE WITHOUT
FLIGHTS**

Privacy Policy

**SSANYU
BIRIGWA**

Indigenous Healer / Educator / Speaker / Mentor



GET IN TOUCH

