

JUNE 2023



SLOW DOWN IN ZANZIBAR



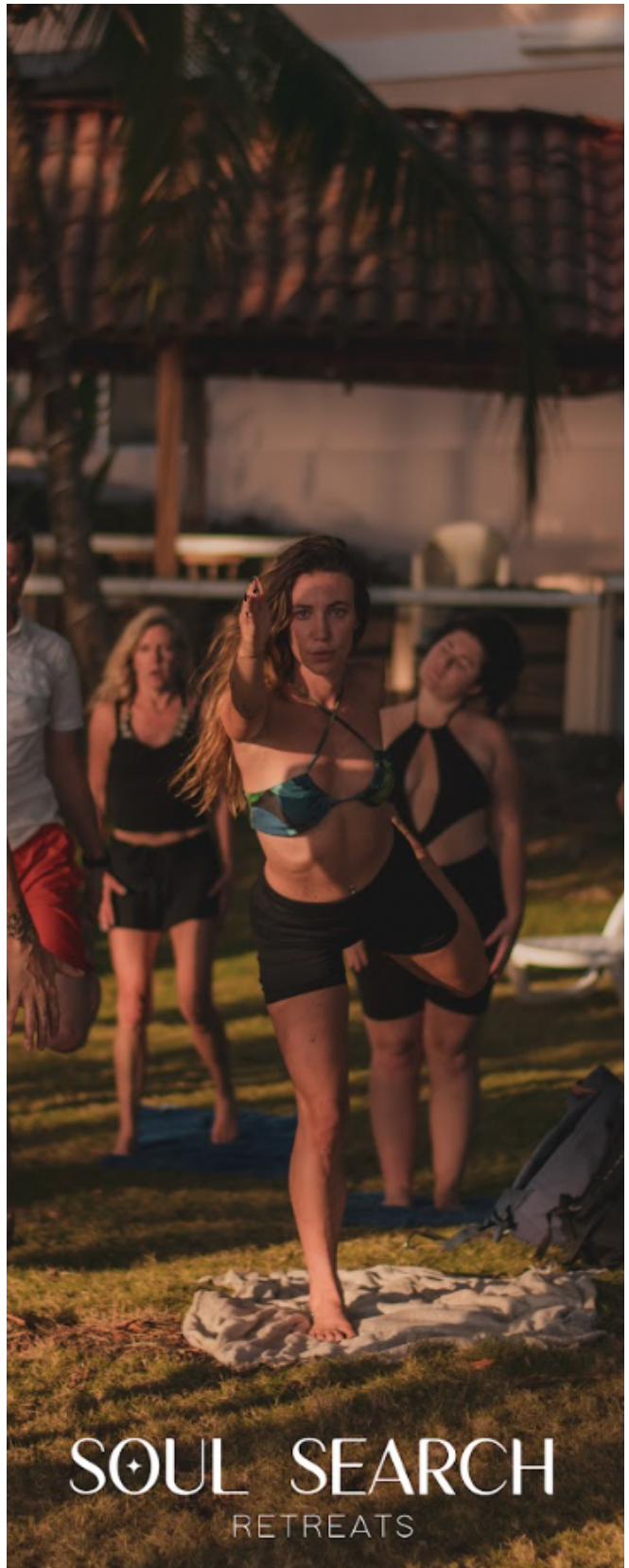
INTRODUCTION

We are Soul Search Retreats, experts in curating bespoke mind & body experiences designed to transform your lives for the better, through transformational leadership coaching combined with movement and balancing of the body and mind.

We aspire to gather a worldwide tribe of like-minded soul seekers and travelers to magical destinations around the world to provide unique immersive experiences and share unforgettable memories.

Join us and escape to paradise this June in the breathtaking island of Zanzibar. Our Retreat will help you reconnect with your inner self and achieve, to regain a sense of balance and harmony. Don't miss your chance, to rejuvenate your mind, body and spirit.

Are you ready?



SOUL SEARCH INSTRUCTORS



SOFIA

KAKKAVA

This is Sofia! Your expert Coaching Psychologist (Msc', MBA) who came to this planet earth to transform your mindset, forever.

Mastering the science of leadership & transformation, I design programs and experiences that awaken the potential of organizations, teams, and individuals worldwide.

From the online fast-paced start-up scene to immersive on-location retreats in premium locations, I am committed to my mission of awakening your full potential.

Growing up in a culturally rich greek environment, I have been exposed to ancient wisdom since a very young age. Strengthening my practices with traveling and tribal knowledge my approach is infused with deep spiritual practices.

My coaching journey has been a life-changing experience that allowed me to realize my full potential & live my purpose. I am now living my dream life running my global businesses as a location-independent entrepreneur.

My programs & classes are science-based, infused with a plethora of techniques & psychological theories such as NLP & Mindfulness that boost new habit creation and allow you to design a balanced lifestyle.

Soul search is a fascinating journey of self-discovery and I welcome you to experience my coaching for high-potential souls which will expand your consciousness, forever.

SOUL SEARCH INSTRUCTORS



TANYA

MALHAS

My name is Tanya Malhas, and I am a certified Yoga instructor trained by Yoga Union in Bali.

With a deep passion for yoga and wellness, I am excited to bring movement and mindfulness to people's lives through my teachings.

My journey with yoga began years ago when I first discovered its transformative powers on my mind, body, and spirit. Since then, I have dedicated myself to deepening my practice and understanding of yoga and its various styles, including Vinyasa, Hatha, and more.

My Yoga journey has been a life-changing experience that allowed me to immerse myself in the rich culture of yoga and gain a deeper understanding of its philosophy and practice. As a result, I am equipped with the skills and knowledge to guide others on their own yoga journey and help them tap into their inner peace and strength.

I am committed to creating a safe and inclusive space for students of all levels to explore their bodies, breath, and consciousness. My classes focus on connecting breath with movement, building strength and flexibility, and cultivating mindfulness both on and off the mat.

Whether you are new to yoga or a seasoned practitioner, I invite you to join me on the mat and experience the transformative power of yoga for yourself. Let's move, breathe, and grow together!

SLOW DOWN IN ZANZIBAR

22-27 JUNE 2023

A 6-day slow-down retreat in Zanzibar will offer you a chance to escape the hustle and bustle of everyday life and reconnect with nature in a beautiful and exotic location. Set on the tropical island of Zanzibar, known for its white sandy beaches, crystal-clear waters, and lush vegetation, this retreat would provide the perfect setting for relaxation, reflection, and rejuvenation.



Activities include meditation sessions, yoga sessions, workshops on mindfulness, self-care, and opportunities to explore the local culture and community.

The retreat would be organized in a way to provide a comfortable and intimate environment, promoting the idea of slowing down and enjoying the present moment.



THE SCHEDULE

Day 1	Day 2	Day 3
Hello Zanzibar!	Energy Healing	Relaxation
Noon Arrivals at Zanzibar Airport & Transfer to your accommodation	7:00 AM Morning Routine	7:00 AM Morning Wellness
4:00 PM Check In	8:00 AM Breakfast	8:00 AM Breakfast
Afternoon Settle in & Relax (Enjoy the accommodation amenities and have a lovely walk on the beach)	9:00 AM Energy Healing	9:00 AM Stress Management & Release Workshop
7:00 PM Get to know your tribe	Noon Lunch	Noon Lunch
Evening Welcome Dinner	Afternoon Yoga at the beach	Afternoon Me Time - Wellness & Relaxation
	8:00 PM Dinner	Afternoon Activities on demand (Diving, Kite Surf, Surf)
	Evening Meditation Under The Stars	8:00 PM Dinner
		Evening Evening Routine

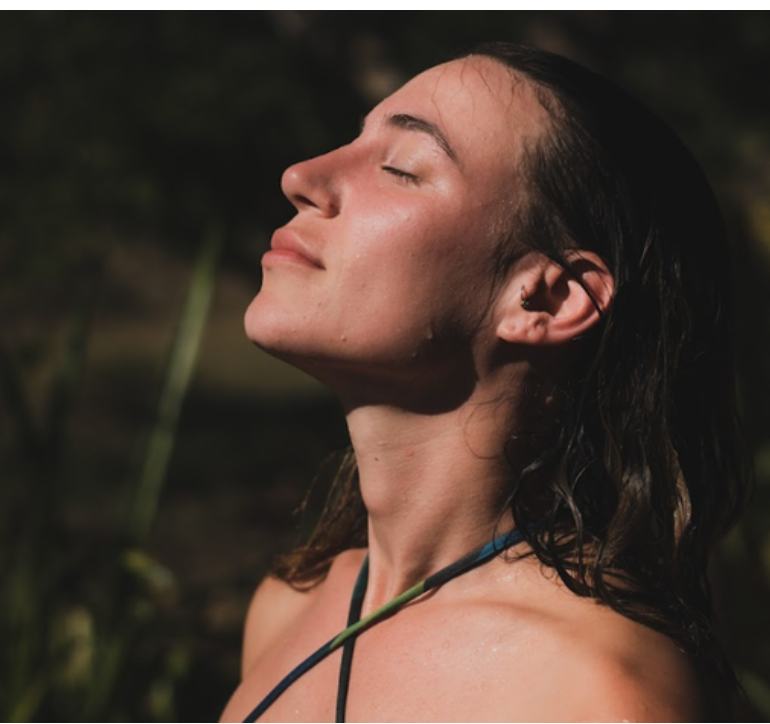
Day 4	Day 5	Day 6
Let's Explore Zanzibar	Let Go	Closing the Soul Search
7:00 AM Morning Yoga	7:00 AM Meditation & Breathwork	7:00 AM Morning Routine
8:00 AM Breakfast	8:00 AM Breakfast	8:00 am Yoga
10:00 AM Day Trip to Prison Island	Special activity : Beach day activities & Workshops	8:30 am Breakfast
Afternoon Free Time	7:00 PM Sunset Yoga	9:30 - 11:30 Closing Circle
Evening Enjoy Paje Beach by night	8:00 PM Dinner	
	Evening Beach Ceremony	

*** Schedule is subject to changes. More specific schedules with timings & specific activities will be announced to the participants closer to the date.**

*** All times are in Zanzibar Timezone (GMT +3)**

JOIN THE ZANZIBAR SOUL SEARCH RETREAT

- The ideal place to unplug, slow down that fast pace, and get back in touch with nature
- Be more relaxed and refreshed than you've ever been
- Become stronger mentally and find inner peace
- A chance to get away and step aside from all the hustle and bustle of city life
- Drop out of "normal life" for a period
- Have a wonderful time learning a different practice than your own
- Rediscover yourself after too long of feeling disconnected
- Give yourself some much-needed structure
- The ideal location to unplug and enjoy the beauty of nature
- Peace and quiet for the mind, refreshing energy for the body



EXTRA ACTIVITIES OFFERED

- Scuba Diving
- Get your diving certification (PADI)
- Experience one of the best Safaris
- Kite Surf
- Jet Ski
- Massage and Reflexology
- Hair Braiding
- Horse Riding
- Private Dining
- Sandbank Touring





LOCATION

Paje Beach is a picturesque stretch of white sand and crystal-clear waters located on the southeast coast of Zanzibar, Tanzania. Known for its unspoiled natural beauty, this serene beach is ideal for those seeking a tropical paradise.

With its peaceful atmosphere and stunning sunsets, Paje Beach is the ultimate place to escape the hustle and bustle of everyday life and unwind in style.

RETREAT SUMMARY

INCLUDED

- 5 nights' accommodation
- Transfer from & to the Zanzibar Airport
- Transportation to all official activities
- Relaxing time at the facilities of Nest Resort Zanzibar
- Delicious Breakfast & Dinner
- Activities to explore Zanzibar
- Water - Fruits - Tea & Coffee
- Mindfulness & Meditation Activities
- Daily Yoga Sessions
- Life Coaching Workshops
- 1 half-day trip to Prison Island

EXCLUDED

- Airplane tickets
- Alcoholic Beverages
- Extra Activities (Scheduled upon request & availability)
- Early Check-In / Late Check-out (Arriving earlier/Departing later in Zanzibar and want to check in earlier or check out later? - Drop us a message)



ACCOMMODATION

The deluxe villas by the sea.



**Upgrades to couple rooms are available with an extra cost.
Please contact us to receive the offer.*

WHAT OUR GUESTS SAY ABOUT THE EXPERIENCE



MM

6 reviews

FR



Mar 7, 2023

Perfect location and perfect experience

The retreat was located in a beautiful Costa Rican jungle in a luxurious villa. The programme and the whole experience was an open mind for me. I knew Sofia from before and I trusted she will hold this retreat at a higher standard from the chosen location to every detail of the whole experience. I felt I grew from within and gained many insights about my self development, my strengths and things still to be improved. Activities were done each with a purpose to enhance participants' horizons about themselves, their desires, dreams, forward thinking and finding or strengthening other soft skills.

Among the activities we practised morning journaling routine, yoga, meditation, breath-work, creative activities meant to bring our past to consciousness, accept it and move on in life with much clarity and ease knowing that only the present can be changed and actioned upon in order to have the desired future. Other activities included New Moon Ceremony, tamazcal experience, visiting a regional National Park, beach party and, of course, enough free personal time to also enjoy the location or do other personal stuff.

I recommend this retreat for everyone who is in process of self-discovery, self-development or purely needs a pause from all the every-day noise or even wants to reset or refresh his/her business ideas.

Date of experience: February 16, 2023



Eleni Bampa

1 review

CO



Mar 8, 2023

Awesome transforming experience with...

Awesome transforming experience with wonderful people and a powerful coach! The experience was unique and designed with attention and care! It's a gift to yourself, totally recommended!

Date of experience: February 16, 2023

WHAT OUR GUESTS HAVE SAID



Daniel

2 reviews 📍 US



Mar 11, 2023

Mind/Body/Soul optimization for peak performers - incredible experience!

Without question, this was one of the most impactful and transformative experiences I've had in my life. More than the absolutely stunning location, flawlessly run logistics, magical catered healthy cuisine, and the beautiful group of souls we were fortunate enough to connect with - was the leadership and guidance of master coach Sofia Kakkava.

Sofia has a natural ability combined with acute self-awareness and the power to see people genuinely and authentically for who they are, and what their potentials are. Not only is she incredibly talented, but she's also an extremely hard worker and dedicated to her craft. She has a unique ability to bring out the best in people, and this highly focused retreat was appreciated by everyone in our group.

I can say confidently that each and every person that attended, enjoyed a resoundingly positive experience that left a lasting impression for impactful change in their lives. I couldn't recommend this experience more. 10 stars.

Date of experience: February 16, 2023



Kim Yurcisin

1 review 📍 US



Mar 7, 2023

Transformational Jungle Retreat

The venue was beautiful & the accommodations comfortable, with an authentic jungle experience. The mindset exercises got me excited to implement positive changes. Morning routine, yoga, breathwork, Temezcal & New Moon ceremonies reinforced mindfulness & replacing old patterns with new positive ones. The food was healthy & DELICIOUS. There was time to play, explore, & bond with the group. Great experience!!

Date of experience: February 16, 2023

CHOOSE THE RIGHT PACKAGE FOR YOU

Discover

\$1499 /per person

Access to all retreat activities

Daily Life Coaching Workshops

Daily Yoga Classes

Haf-Day Trip to Prison Island

Book Now

Transform

\$2850 /per person

5 nights in a luxurious beach bungalow on Paje Beach

Shared Room & Bathroom with 1 or 2 people

Transfer from & to the airport

Delicious Breakfast & Dinner Included

Access to all retreat activities

Daily Life Coaching Workshops

Daily Yoga Classes

Daily Mindfulness & Biohacking sessions

Haf-Day Trip to Prison Island

Book Now

Enlight

\$4995 /per person

5 nights in Beachfront Villa in Paje Beach

Private Room

Transfer from & to the airport

Delicious Breakfast & Dinner Included

Access to all retreat activities

Daily Life Coaching Workshops

Daily Yoga Classes

Daily Mindfulness & Biohacking sessions

Half-Day Trip to Prison Island

1-hour Private Healing session

1-hour Private Life-Path Optimisation session

1 Extra Night to enjoy your stay longer

Surprise Gift

Book Now

**\$500 deductible deposit to secure your spot*

READY?



Ready to join Soul Search Retreats?
Don't hesitate to contact us for more information.

CONTACT US



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+(31)636446210



WEBSITE
www.soulsearchretreats.com