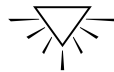


Into the Wild

TRAVEL ALCHEMY



INTO THE WILD with JENN PERELL TANZANIA | MARCH 2024



Join Jenn and Rob on an exclusive adventure as we head into the wilds of Tanzania for a week of regenerative travel alchemy and head Into the Wild.

Enjoy days spent walking, playing, and driving through the African savanna in the company of the ancient Hadza tribe, and a handful of other incredible humans (like you) for an immersive safari of soulful connection in the cradle of humankind in Tanzania's Rift Valley. Tanzania provides a holistic African experience with an excellent combination of wild nature, wildlife & wild cultures. Highlights will include being able to witness the Great Migration, an incredible natural wonder of the world, ballooning over the Serengeti plains, as well as camping out under the stars in the company of the world's oldest tribespeople.

*Optional add-on experiences such as unwinding on the Spice Island Zanzibar on your way into Africa and mountain gorilla trekking in Uganda on your way out or additional safari activities in East Africa are available at extra cost.

jp@jennperell.com +1 808 386 1861
rob@intothewild.guide +263 779 926448

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BRIEF

An immersive 7-night African safari offering a deep dive into nature-inspired regeneration of body, mind & soul. Incorporating all that nature has to offer with Jenn's distinct coaching & yoga-based wisdom, blended with Rob's unique perspectives on the wilds of his home continent, the focus is on self-discovery through a much-needed reconnection with our own intrinsic nature.

TRAVEL DATES & NUMBERS

March 4th – 11th 2024

A maximum of 12 places are available for this departure (Single & sharing options means it can range from 6 singles to 12 sharing). Cost is \$12K p/p for single \$10K p/p shared.

This will hopefully become an annual event with alternating destinations across Africa.

ITINERARY OVERVIEW

DAY 1: MARCH 4th

- Convene in morning in Arusha / Kilimanjaro Airport, the hub for northern Tanzania - accessible through various well-regarded airlines.
- Due to incoming flight schedules, the group will likely need to spend this initial night at a lodge in the area depending on flight schedules, pre-retreat travel, etc.)
- Afternoon walk & introduction to this immersive journey experience.

DAYS 2 - 4: MARCH 5th - 7th

- After a sunrise yoga session under the nurturing twin shadows of Mount Meru & Mount Kilimanjaro, the group heads to the nearby airport for a charter flight out to the Serengeti National Park, home of [the Great Migration](#) and one of Africa's premier wildlife sanctuaries.

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- The next 3 nights are to be spent based at the low-footprint mobile camp ESIRAI, in the central-southern Serengeti. This camp has been designed to provide a comfortable, but low-key base that follows the Migration around its circuit of the Serengeti. At this time of year, the wildebeest & other herbivores are completing their calving cycle in the south which is a time of plenty for predator & prey alike.
- Days spent immersed in the external & internal landscapes of the journey, with an opportunity to do a walking safari one morning to track the resident lion pride on foot, and a thrilling sunrise balloon ride over the plains.
- Enjoy daily yoga with sunrise/sunset breath & movement rituals amongst the herds of wildlife, whilst campfire contemplations under starry skies round off each day's experience.

DAY 5: MARCH 8th

- We enjoy a last sunrise over the Serengeti plains before embarking on an extended all-day scenic safari drive through the herds of the southern Serengeti, into the neighboring communal conservation area, and down into the Rift Valley and our next stop on the shores of Lake Eyasi.
- After a picnic lunch enjoyed amongst the multitude of wildebeest & zebras (& pursuing big cats!) out on the plains, we arrive late afternoon to our new camp, the soulful KISIMA NGEDA, a permanent tented camp situated right on the edge of Hadzabe tribal lands in the nearby Yaeda Valley.
- Immersive activities are incorporated in this day of shifting location & intention.



DAY 6: MARCH 9th

- We spend 2 days enjoying the spirit & history of place that surrounds Kisima Camp.
- Days are spent integrating the stunning wild surrounds with the teachings from Jenn & Rob, constantly swinging between the micro within & the macro of the ancient landscape in which we have landed.
- Daily yoga sessions, meditation & intention setting rituals at sunrise & sunset, as well as dips in a natural rock spring pool balance the interactive sessions with the local Hadzabe & Maasai camp hosts.

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DAY 7: MARCH 10th

- A very special overnight experience awaits us today as we join a resident Hadza clan on our afternoon walk, but instead of returning to our permanent camp at Kisima, we instead enjoy a night out in the nearby wilderness area, under the African stars in the company of our oldest ancestors.
- Laying back on comfortable bed rolls after an evening of shared song & dance around a bonfire closes out an incredibly special & un-Google-able experience; a netted canopy, all that separates our spirits with the star-studded universe beyond.

DAY 8: MARCH 11th

- We enjoy a final sunrise with our Hadza friends, before heading back to Kisima for a farewell brunch harvest table to conclude our immersive journey together.
- Later in the day, after some solo contemplation on the shores of the Lake, we drive up the Rift escarpment to reach the nearest airstrip for our return light charter to Arusha.
- Here you are able to connect with homeward flights this evening out of Kilimanjaro Airport, &/or continue to further safari destinations (gorillas, Migration, Zanzibar, etc) for those wanting to add on a leisure aspect at the end of the retreat.



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ΔCCOMMODΔTION OVERVIEW

TUNING IN: DAY 1

[KATAMBUGA HOUSE](#)

Set in lush gardens filled with birdsong and surrounded by coffee estates, Katambuga House is an oasis of tranquillity within Arusha. The main house pays homage to local textures and design with its shady verandas and it features a selection of original photographs from the region and spectacular African art. With Mount Meru dominating the skyline, it is a perfect space to reset your pace to African time and spirit.

SERENGETI PLAINS: DAYS 2 – 4

[ESIRAI MOBILE CAMP](#)

Esirai moves with the great migratory herds of wildebeest that cross the Serengeti in what is known as Nature's Greatest Show on Earth. This intimate traveling camp enables you to experience being a part of this 600-kilometer journey as the Wildebeest, Zebra and their Antelope companions walk their time-honored grazing routes from the Southern plains to the North for the Mara River crossing.

HUMAN ORIGINS: DAYS 5 – 7

[KISIMA NGEDA](#)

A unique camp in that it is not situated in a wildlife reserve, but rather a tribal wilderness area in the Tanzanian Rift Valley occupied by indigenous Hadza & Datoga clans. The camp sits on the shores of Lake Eyasi with views over the Rift escarpment. It is a soul-enriching location with a fascinating human origin story, comfortable & homely.

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ΔBOUT YOUR HOST

[JENN PERELL](#) | [WISE + CURIOUS](#)

Jenn is a life alchemist. She is a coach and conscious business consultant who has been bringing a bit of magic to purposeful leaders and businesses in the world of human potential for the last 20+ years. She founded her company in 2007 with the mission of bringing people together around shared purpose.

With expertise in psychology, holistic health education, energy medicine, meditation, breath-work, yoga, and conscious capitalism, Jenn has a unique ability to bridge the gap between the head and the heart with grace and ease. She has a unique ability to explore the synergy of movement and consciousness for organizations and individuals and empowers leaders to live regeneratively with clarity and flexibility.

Jenn works with a wide range of clients, including elite athletes, touring musicians, C-suite executives, and people from all walks of life. In addition to serving her coaching and consulting clients, Jenn developed and directs the international coaching team for the [Journey of Intrinsic Health](#). Jenn is passionate about empowering people to heal themselves and our planet. She has led retreats all over the world and is excited at the potential to travel Into the Wild in Africa with you.



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△ABOUT YOUR HOST IN △FRICA△

ROB JANISCH, FOUNDER: INTO THE WILD TRAVEL ALCHEMY



- Involved in the conservation & safari industry since late 90s
- Official partner in [African Parks'](#) exclusive APX initiative as well as the [Peace Parks Foundation's](#) PEACE travel partnership.
- Fellow of the [Shackleton & Selous Society](#), a nexus for experiential travel
- Kickstarted conservation tourism within the resurgent wilderness reserves of Mozambique
- African field specialist in the science of biomimicry & host of [Genius of Nature](#) workshops
- Two-time joint finalist in the Good Safari Guide Awards for Best Personal Contribution to the African Safari Industry

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As founder of the Into the Wild travel experience, my primary role is to expose people to the wilds of Africa & beyond, re-connecting them to some of the myriad natural wonders to be discovered out there, & essentially, to themselves...

Despite the rather Germanic-sounding surname (Janisch, pronounced like Danish, but with a YAY-), I am born & bred in Africa, and so my love of all things wild started at a young age. Wonder years spent at a school set on an estate teaming with African critters and beasts of every kind, with big rocks to climb & high waterfalls to jump off, only enhanced my passion for being out there, in the wild. After completing two very different degrees at university (Arts & Biokinetics), with majors covering a smorgasbord of subjects from English literature, Philosophy & Art History to Human Anatomy & Physiology, I realised I didn't really know what I wanted to do with the rest of my life..!

Education & teaching was an early leaning - but the formal side of it got me a bit flustered. Taking a break was what I felt the doctor ordered, and this I did, applying to be a guide at the celebrated MalaMala Game Reserve, and committing to a couple of seasons 'in the bush' introducing the wilds to guests from all over the world. This time made me realize two things - I could never really go back into formal employment in the city again, and that the bush was able to satisfy curiosities & spiritual needs of mine in a way nothing else had or would. From that epiphanic moment, I have since worked for close on twenty years as a private guide, consultant, lodge manager & camp owner in the wilds of Southern & East Africa.

Rather than simply hosting same-old-same-old safaris, I like to introduce a more holistic side to wilderness travel, where my guests can take something more than just some wild photographs home with them. I like to try re-connect folks with their own human nature - by which I mean literally people's (mostly long lost) connection with nature. Coming from, and being part of nature means we have a much deeper connect with things wild and can learn a whole lot more from it all than perhaps we are doing at the moment. I have a fascination with all things living, wild & woolly and am truly inspired by the genius of Nature, a subject about which I regularly consult to big organisations on, present on & facilitate specialist safari expeditions on to living laboratories around Africa. When I am not messing about in the bush, I can be found hanging out in a hammock with my favourite people, my uber-cute daughters - Lula & Indie, back home in Zimbabwe.

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CONTACT

Please feel free to contact either of us directly for more information or any questions or comments you may have:

Rob Janisch

Email: rob@intothewild.guide

Mobile / WhatsApp: +263 779 926 448

Web: www.intothewild.guide

Jenn Perell

Email: JP@jennperell.com

Mobile / WhatsApp: +1 808 386 1861

Web: www.jennperell.com



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