

Lawyers Who REST™

Tanzania 2026 • Oct. 5 ~ 13

A private gathering of lawyers and leaders
who are ready to reset at the highest level.

Your Host



**Kathy Richardson JD
and Certified Wellness Counselor**

While I remain dedicated to elevating and empowering lawyers as a legal search consultant and merger strategist, I am passionate about our collective wellbeing and pleased to offer another curated wellness retreat designed for lawyers and leaders.

Your Facilitator



**Charlie Smith, Mindfulness Teacher
& Facilitator**

I lead restorative retreats and nature based experiences in Northern Tanzania, supporting high performing professionals to downshift and return home clearer and more resourced. Over the years, I've built trusted relationships with lodge partners and local communities across the region, which allows this retreat to move smoothly and feel genuinely cared for.

Stillness. Clarity. Community.

The Reset

You spend your life holding complexity, urgency, and other people's stakes. This retreat is designed to bring your system back to baseline through deep rest, nature immersion, and intentional pacing, without asking you to "perform wellness." You will return home clearer, quieter, and more resourced, with a re entry that actually sticks.

A Restful Retreat

You belong here if:

- You value discretion, thoughtful logistics and a small, curated group.
- You welcome campfire conversations with Maasai guides and Tanzanian lawyers fostering dialogue and mutual learning.
- You carry complex matters, high stakes and other people's urgency and your nervous system rarely powers down.

This is not for you if:

- You want nightlife, shopping, or constant stimulation.
- You are unwilling or unable to slow down and be present with yourself.

Itinerary Snapshot

Oct 5 Arrive @ Kilimanjaro International Airport (JRO)

Oct 6 Full rest day at 4 Star Boutique Lodge on the rainforested slopes of Mt. Meru

Oct 7 Arusha National Park, rainforest waterfall hike and walking safari, onward to the heart of Maasai land

Oct 8 Rest and Restore at an epic lodge built and managed by the Maasai tribe

Oct 9 Travel to Mukuru Sacred Site and experience their rustic Cave Rooms

Oct 10 Mt. Mukuru hike day

Oct 11 Mukuru integration day

Oct 12 Return to the jungles of Mt. Meru and relax in luxury after a traditional Maasai beading workshop

Oct 13 Depart Kilimanjaro International Airport (JRO)

At A Glance

Dates: Oct 5 to 13, 2026

Group size: Max 10-12 participants

Style: Restorative retreat with periods of silence, and a deep immersion into the sacred ways of the Maasai tribe, two optional day hikes that require moderate level of fitness.

Rooms: Private rooms, with shared rooms only by request

Included

- Ground transfers throughout the itinerary
- Full board accommodation with all meals at high-end, nature immersed lodges
- Arusha National Park day and waterfall hike experience
- Mount Mukuru day hike
- Traditional Maasai beading experience
- All facilitation and retreat excursions

Investment

Investment: \$7,800 per person

Reserve your spot: \$1,500 deposit to confirm your place in the group

Refund policy: The deposit is non refundable

Schedule reality policy: Because legal schedules can change, we aim to reduce stress by offering a credit toward a future Lawyers Who Rest™ retreat or Sabbatical Journey if you can't attend, under the final retreat terms provided at registration.

To request the full detailed overview and to register: <https://forms.gle/KE5xXG7xJRHPz66d7>