



Tasimba: Be Here Now

When was the last time you sat quietly and allowed yourself to really think? To focus on the present, on what is right here, right now? To unplug your earphones and switch off your smartphone? To feel your mind, heart, body and soul all in alignment, all in the same place of reflection, openness and thoughtfulness?

The practice of mindfulness is hard to do in our high-speed, always-on, multi-tasking world. And yet precisely because it is so easy to lose ourselves completely in the helter-skelter, more people every day are turning to mindfulness. These days, more companies are investing in it too because they see the benefits people get from recharging their focus and sense of purpose.

That's exactly what our Tasimba safari in Africa does.



Photo by Rich Adams

We immerse you [deep in the wilderness](#) for six straight days. Just our Tasimba guests, no one else. Surrounded by vast open spaces teeming with wildlife, you will be literally disconnected from your day-to-day world. Raw, unspoiled nature will refresh your soul. The total silence will infuse you with peace. There is nothing to distract you from feeling at one with yourself in this place. Whether this is your first visit or your hundredth, Africa awakens our ancestral roots and draws us in to its embrace.

Outside of your familiar comfort zone, you will find yourself reaching a new self-awareness, becoming open to fresh thinking and new discovery of who you really are and who you will be. Daily safaris, lively mealtime conversations and stimulating 'Indabas' (daily group meetings) led by visiting experts will inspire your mind and your heart.



And every day we have 'Africa time' – a few hours of quiet time to do with as you choose, to sit on your private deck and absorb, watch, listen and feel Africa touching your soul in a way you will never forget. This is mindfulness at its very best.

Be. Here. Now. On Tasimba – the African safari experience like no other.

Featuring connectivity and the undeniable power of the peer group – here's what some of our guests had to say about this added benefit of the TASIMBA African safari experience.

Tasimba – The Power of the Peer Group video: <https://www.youtube.com/watch?v=wCPjsPma-Xk>

For more information, please contact:

Hugh Coppen at 415-805-8611
or email to: hughcoppen@tasimba.com
or visit our website www.tasimba.com

