



## The Power of Disconnection

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***“Being out of touch here in the wilderness is detoxing from this addictive drug we call social media!”***

~ Jeremy Tibbets, Tasimba Guest, March 2016

Let's face it – we're all hooked one way or another.

Whether we're messaging, Tweeting, Skyping or gaming on our smartphones, tablets or smartwatches, we are 'always on', always connected. Our digital habit is addictive - and, like any addiction, we've become dependent on it.

And it's not just 24/7 digital communications that we can't escape.

It's the whole high-speed, always-busy, frenetic workstyle and lifestyle we lead too. Did you know that 55% of people in the workforce are too busy to take all their vacation days each year? Or that there were 658 million vacation days not taken in 2015. And here's a kicker: those who took 10 days or less of vacation are less likely to get a raise or a bonus. (Source: 2016 Project Time Off Report)

For all this, are we any happier? Any healthier? Enjoying life more?

Truly, for our own good, we need to learn how to totally disconnect! Why do we think that even on vacation, we must continually check emails, the news and social media? No one is questioning the value of these communications technologies but why do we allow them to dictate how we spend every waking moment?



So, take a deep breath. Imagine you're [immersed in the African wilderness](#) on our Tasimba safari. You are surrounded by a vast wilderness teeming with amazing wildlife, stunning vistas, towering skies - and serene and profoundly peaceful ambience. There's no WiFi here. No bars. No intrusion of annoying ringtones. No traffic. No jets overhead. Just the sounds of nature – naturally!

A Tasimba experience is a unique place where you will really disconnect. Where, for one perfect week, you will kick the habit and leave all that digital noise behind. Where you will feel yourself being at peace with pristine nature.

It's where our planet's most amazing frontier gently bonds your mind and your soul to the sheer wonders of the very origins of our human nature.

It is only by fully disconnecting that you are truly able to reconnect with who you are, what you value and what matters most to you for the rest of your life.

The power of disconnection is one of Tasimba's greatest benefits – and without doubt its most precious gift for you!



***“Technology is a good servant but a bad master.”***

~ Gretchen Rubin

We'd love to have you join us on an upcoming safari!  
(Corporate and group rate packages also available).

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**For more information, please contact:**

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