Exploration

Exploration at the retreat invites us to move with nature through hikes, pause with reflective questions, and open expression through art therapy and journaling. In meditation, we return to stillness, listening more deeply to ourselves and to the community we share.

KASANA LAKE HOUSE

TOUNDA

COLLABORATION

RETREAT BROCHURE

2026

The Location

Kasana Lake House is a serene hideaway on the shores of Uganda’s breathtaking Kasana Lake, offering guests an intimate escape into nature. With its tranquil waters, lush surroundings, and thoughtfully designed spaces, the Lake House blends rustic charm with modern comfort. Whether you’re seeking a peaceful retreat, a family getaway, or a base for adventure, Kasana Lake House provides the perfect setting to relax, reconnect, and experience the beauty of Uganda’s countryside.

The Experience

Designed to nourish both body and spirit. Guests immerse themselves in the outdoors with lakeside walks, forest trails, and orchard spaces that invite reflection and renewal. Creative expression flows naturally through guided art sessions and journaling circles, while meditation by the water offers moments of deep calm.

Connect and learn from local women artisans, gaining insight into traditions and creativity rooted in the community.

Balanced, wholesome meals prepared with fresh local ingredients complete the experience, ensuring every day is a harmony of nature, creativity, mindfulness, and healthy living.

Nourishment

Every meal—lovingly prepared by Nsigo Eats—is vegetarian-first, designed to nourish, energize, and awaken the senses. Together, we explore how building your own plate becomes a practice in presence.

Nsigo curated a vibrant menu that feeds the body, sparks the palate, and invites playful, mindful eating. This is nourishment as experience—rooted in wellness, shared in community.

CATERED BY NSIGO EATS

RETREAT BROCHURE

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The Team

Our retreat is led by a vibrant collective of artists, practitioners, and volunteers whose backgrounds span arts, theatre, learning, and community development. This diverse team brings creativity, care, and lived experience into every aspect of the retreat—designing spaces that inspire, guiding practices that nurture, and fostering connections that strengthen community bonds.

The Mission

Our retreat is a living practice of connection—bringing people into nature through outdoor hikes, grounding them in creative practice and meditation, and opening pathways for personal learning and growth.

We believe that individual transformation fuels collective strength.The steps we take on the trail, the moments we spend in reflection, and the creativity we share all return with us, shaping how we live and contribute within the community.

IIn partnership with the **Toonda Community Center, Kasana Lakehouse, and Nsigo Haven,** we cultivate resilience, imagination, and care—where shared learning and artistry become everyday tools for community development.