

Immerse your mind and  
body in Namibian nature

# NAMA Stay

## CULTURAL YOGA TOURS

Small-sized Group Tours with mindful Yoga  
practices and authentic Namibian Culture



Organized by  
**Anchor Adventures**



# RE.TREAT

## YOGAFARI THROUGH NAMIBIA

11-18 JANUARY 2025



# ITINERARY.

01.



EMBARK on an unforgettable 8 Day Yoga Travel retreat through the heart of Namibia's awe-inspiring landscapes and rich culture. The vastness of the country sets the perfect stage for self-reflection and rejuvenation. Swakopmund- the only place WHERE the inspiring contrast is created by the Atlantic ocean and the Namib desert meet, literally!

Vinyasa flow sessions at the Spitzkoppe will infuse with the powerful energy of this sacred place, followed by moments of stillness to mirror the natural harmony of your surroundings. Yogafari in the Etosha National Park, with daily practices will have you grounded in the primal beauty of the African Savanna. Vinyasa Flows to Yin Yoga & drumming meditation is designed to enhance your travel experience, providing a deeper connection to nature, people and culture. This retreat offers an active and interactive journey of transformation.

NAMASTAY IN NAMIBIA

# KEY FACTS.

02.



## ROADTRIP RETREAT

Small-size guided group tour with max. 6 participants for 8 days through Namibia.



## OPEN TO ALL

Be part of this unique group tour for the wholesome and interactive travel experience.

## SHARING IS CARING

The group will share rooms (2-4 beds) throughout the tour.

## AUTHENTIC CULTURE&CUISINE

Explore the Namibian culture during the tour. We cook, eat and share experiences together. This will be fun, interactive and authentically insightful to what makes the country beautiful- its people!



## EQUIPMENT INCLUDED

All participants will receive a LUVIYO yoga mat\*, water bottle and bottomless drinking water. Blocks and bolsters inclusive.

# MEET TWESHI

03.



I'm thrilled to be a part of this cultural yoga tour around my motherland, **bringing the transformative power of yoga to this incredible adventure**. My yoga journey began with an injury and a class that ignited a fire within me. This spark led me to dive deep into the study and practice of this ancient practice, all the way to the lap of greenery in Karnataka. **My teaching philosophy is all about facilitating a profound mind-body connection**. Through a harmonious blend of movement and stillness, my classes focus on both building strength and embracing flexibility. I firmly **believe in the magic of the breath and cultivating awareness**, enhancing the holistic benefits of each practice. My classes are a **fusion of traditional wisdom and innovative practices**. I encourage students to push boundaries and explore their potential on the mat **while honoring their bodies and unique journeys**. As a lifelong teacher and student of yoga, I couldn't be more excited about weaving my expertise into the fabric of this culturally infused tour. It's an **opportunity for participants to experience Namibia's wonders** and embark on a personal wellness journey through yoga practices.

# DAILY PROGRAM

04.

## DAY 1/2 - SWAKOPMUND

The group will enjoy 2 days at the Coast - the only place in the world where the **desert meets the ocean**, literally! You will stay in a beautiful self-catering house with spectacular view of the dunes. We will reflect on the year 2024 together and start with the tour full of energy.

+ LITTLE FIVE DESERT FATBIKE TOUR

## DAY 3 - SPITZKOPPE MOUNTAINS

We will continue the tour at Spitzkoppe Mountains. We will indulge on Yoga practices in the wonderful setting of the red rocks and end our day with a Fire Meditation and **Full Moon Practice** at the Camp. You will relax in a wonderful Glamping Camp with direct view to the Erongo Mountains.

+ FULL MOON PRACTICE

## DAY 4/5 - ETOSHA NATIONAL PARK

Safari Time - Enjoy the wildlife of the Etosha National Park on our quest to finding 4 out the Big Five. Your sustainable Lodge will be the perfect base for your **Yogafari** = daily Yoga practice under Mopane trees meets spectacular Game viewing.

+ PRIVATE SAFARI GAME DRIVE

## DAY 6/7 - WINDHOEK FARMSTAY

The final days of the tour will be spent in a self-catering house in Windhoek. You will visit the former **township Katutura** and enjoy a Traditional cooking experience. The tour will finish with a **Drumming Circle** and a night of ecstatic dance and celebration.

+ DRUMMING CIRCLE

+ TRADITIONAL COOKING CLASS



# ACTIVE SESSIONS

05.



## FULL MOON PRACTICE @SPITZKOPPE

Moon is the "tha" in Hatha, it is an invitation to channel feminine energy. We will enjoy slow and flowy movements during our Full Moon practice in the beautiful Kalahari Desert. It will be an intentional practice to manifest the power of the full moon and a chance to choose what we want to leave behind us for the new cycle and the new year.

## DRUMMING CIRCLE & ECSTATIC YOGA DANCE @WINDHOEK

Dance, Drums and Percussions are essential to African Culture. During this session you will learn the basics of drumming and understand the energizing power that beats have and our reaction to it.

We will feel the drums with our whole body. No previous experience is required to start your rhythmic journey - enjoy the expressions of your body.

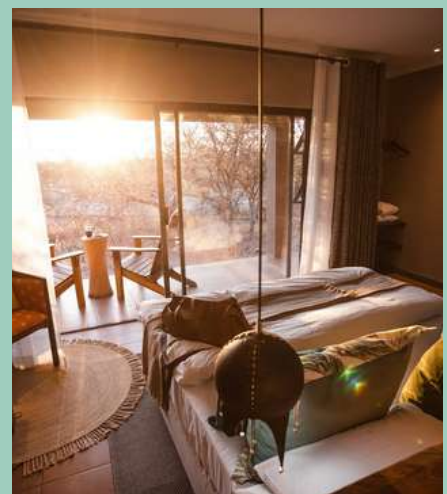
## LIVING DESERT FATBIKE TOUR

On this tour we take you on a journey that brings you "UP CLOSE" to the wonder and life of the oldest desert in the world. Exploring the vast Fauna and Flora found in this very unique habitat. With the fat bike we are able to get up close to nature in an ecological way without air or noise pollution and allows you to be actively involved in exploring the desert and its fascinating habitat. The tour is approximately 3.5 hours long and takes you through our beautiful Swakopmund, along the Swakop riverbed, gravel plains, over dunes and along the beach. E-Bike options are available.



# Accommodations 06.

GLAMPING // SELF-CATERING APARTMENTS // LODGING



# THE FULL PACKAGE

## RE-TREAT YOGAFARI 8-DAY ROADTRIP

Escape European winter to indulge in a unique tour through Namibia. The following services are included in our offer:

- **7 nights in Luxury Glamping and Lodging Accommodations** including **Dinner & Breakfast** (room sizes vary from 2-4 participants per room)
- Personal **Local Guide**/Driver and 12-seater Offroad Bus for 8 days
- **Daily Yoga Practices** with your personal **Instructor Tweshi**
- **Full Moon Session** at Spitzkoppe
- **Little Desert Five Cycling Tour**
- **Guided Game Drive Etosha National Park**
- **Drumming Circle** and Ecstatic Dance
- Township Tour and **Traditional Cooking Class** in Windhoek
- Entrance to all National Parks
- Bottomless Drinking Water
- **NamaSTAY Goodie-Bag including LUVIYO Travel Yoga Mat** and reusable water bottle
- Provision of Yoga Blocks and
- Meditation pillows on site



**PRICE PER PERSON**  
**1.995,00 €**

NAMASTAY IN NAMIBIA



**ANCHOR**  
ADVENTURES



THANK YOU

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**Let's anchor your soul in the  
wide open spaces of  
Namibia.**



@anchoradventuresnamibia

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