

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



NAMIBIAN HORIZON

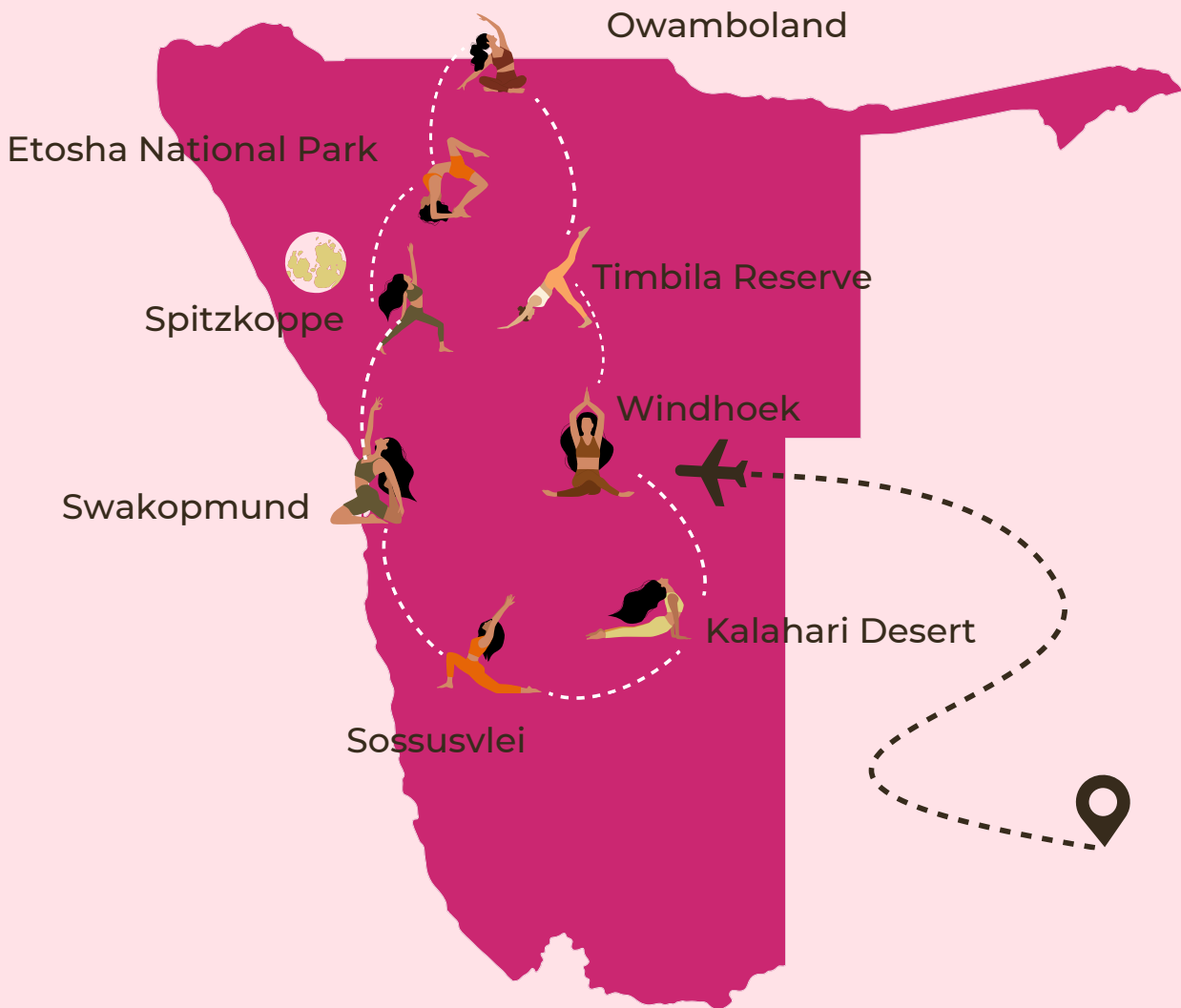
YOGA & CULTURE UNDER AFRICAN SKIES

2 - 13 OCTOBER 2025



ITINERARY.

01.



During our small-sized group tours, you will have the unique opportunity to experience the **Namibian culture and nature through mindful Yoga practices** - giving your body and soul the opportunity to arrive and immerse yourself in the wide open spaces of Namibia. The route is through 2 Namibian deserts, untouched Savannah, rugged mountains and beautiful country ambience provides the ideal setting to **rekindle inner strength, relaxation of the body, whilst embracing the local culture**. The Yoga practices will cover different styles adapted to our travel route including **Hatha, Vinyasa and Yin Yoga, Meditations and Yoga Dance with live drumming**. The practices will be used as a medium to increase your travel experience and connect with the Namibian culture. **Be ready for not only an active but interactive travel experience.**

NAMASTAY IN NAMIBIA

KEY FACTS.

02.



ROADTRIP RETREAT

Small-size guided group tour with max. 6 participants for 12 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 per room/tented camp) 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 BRANDI

03.



I entered yoga teacher training after receiving a scholarship from the Africa Yoga Project in 2015. My classes are based on the framework of Baptiste's *Journey Into Power Yoga*, a series of 11 postural sequences that move through **strength-building and balancing poses, backbends, core work, and inversions**. Inspired by my teachers, students, environment, and travels, I bring a unique sense of empowerment to each of my classes. Through intention, meditation, and asana, my goal is to help my students leave every class feeling full of vitality, power, and freedom. I am **passionate about holistic, healthy living and creating a community** where we give back to Mother Nature with our divine gifts, love, and authenticity. In 2015, I opened my business, Fulla Massage, to **help people heal from injuries and trauma through reflexology, massage, Reiki, and emotional support**. My passion for yoga led me to start the Oshana Yoga Project, bringing yoga to marginalized youth. **What began as a personal healing journey has evolved into a fulfilling career** in the wellness community, taking me to places like Kenya and India, and teaching at yoga festivals. **I am committed to being both a teacher and a lifelong student of yoga and holistic therapies**. I couldn't be more thrilled to join you on this **unique journey practicing Yoga in the various stunning Namibian landscapes**. Our practices will be **powerful and personal**.

DAILY PROGRAM

04.

DAY 1 - KALAHARI DESERT

We start the journey Glamping in the Kalahari Desert to meet the group. During our Welcoming practice we will arrive and relax through Yin Yoga.

DAY 2/3 - SOSSUSVLEI

Sky is the limit - let's climb 300m high sand dunes in the oldest desert. We enjoy a beautiful Glamping Camp in the Namib Desert. We will experience a powerful practice in the midst of the oldest desert. Yoga in Deadvlei is a very special experience.

+ SCORPION NIGHT WALK

DAY 4/5 - 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. Will will have daily Morning flows at the beach and enjoy fresh seafood during the sundowner.

+ DESERT FATBIKE TOUR

DAY 6- SPITZKOPPE MOUNTAINS

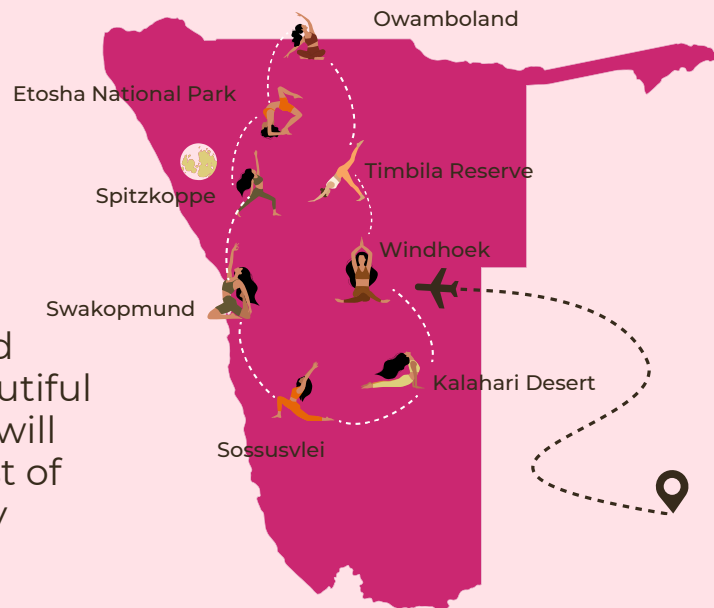
We will enjoy the Full moon at Spitzkoppe Mountains. We will indulge on Yoga practices in the wonderful setting of the red rocks and end our day with a Full Moon practice at the Camp. You will relax in a wonderful Glamping Camp with direct view to the Erongo Mountains.

+ FULL MOON PRACTICE

DAY 7/8 - 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**.

+ GAME DRIVE



DAILY PROGRAM

05.

DAY 9 - OVAMBOLAND

Let's embrace Namibian culture in the most populated area of the country - Ovamboland. You will get to know traditional Namibian cuisine during a cooking experience - learn to pound the millet Mahangu and find out why it's called a "Marathon chicken". You will have the chance to weave baskets, learn about pottery and authentically learn the culture of the Aawambo tribe.

+ TRADITIONAL COOKING EXPERIENCE

DAY 10/11 - TIMBILA FARMSTEAD

Before returning to the capital you will enjoy two nights at a luxury farm-styled accommodation in the midst of a conservations reserve. You will indulge in private farm life while enjoying powerful Yoga sessions. We will prepare meals with freshly picked farm veggies.

DAY 12 - WINDHOEK

We will finish the retreat with a last day full of energy in the capital Windhoek - learn how to play the African drums, experience the beats dancing and enjoy the locally produced Gin in your favorite mixture - all in the heart of Windhoek's township Katutura.

+ DRUMMING CIRCLE

+ GIN TASTING

+ TOWNSHIP TOUR

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.

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.

--> **Just for you, optionally paired with a Gin Tasting of locally distilled Namibian Gins - Gin&Jam on!**

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 the participant to be actively involved in exploring the desert and its 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



Activities

07.

YOGA PRACTICE // SAFARI // AUTHENTIC CULTURE



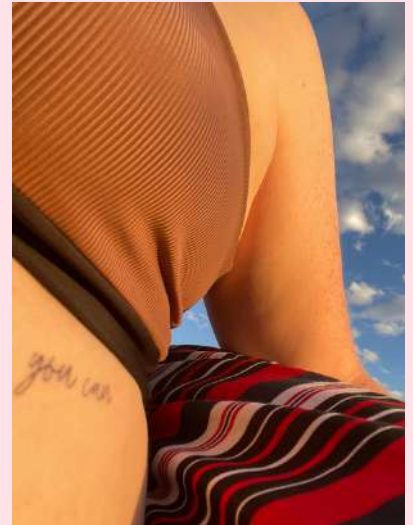
THE FULL PACKAGE



CULTURAL YOGA RETREAT 12-DAY ROADTRIP

Indulge in a unique tour through Namibia. The following services are included in our offer:

- **11 nights in Luxury Glamping and Lodging**
Accommodations including **Dinner & Breakfast** (room sizes vary from 2-4 participants per room)
- Personal **Guide & Driver** and 10-seater **Offroad Bus** for 11 days
- **Daily Yoga Practices** with your personal **Instructor Brandi**
- **Scorpion Night Walk** in the Namib Desert
- **Full Moon Session** at Spitzkoppe
- Visit **Sossusvlei Dunes** and 4x4 Shuttle to Deadvlei
- **Little Desert Five Cycling Tour**
- **Guided Game Drive Etosha National Park**
- **Gin&Jam - Drumming Circle meets Gin Tasting**
- **Traditional Cooking Class** in Ondangwa
- 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**
3.350 €*

*20% Downpayment required to secure the booking.



THANK YOU

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



@anchoradventuresnamibia

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