

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



SOULFUL SANDS
CULTURAL YOGA
RETREAT IN NAMIBIA

7 - 17 MAY 2025

ITINERARY.

01.



Join us for an intimate Yoga retreat to Namibia. This unique travel experience will take you through 2 stunning deserts, untamed savannahs, vastness of nature, rugged mountains, all offering you the perfect backdrop to reconnect with your inner self and strength.

In this small sized settings, you will practice yoga in sync with nature, ranging from energizing Vinyasa flows **TO** restorative Yin Yoga & meditative sessions with live drumming. As you move, meditate and dance in the vast wide open spaces of Namibia, you will feel your sould unwind, your strength rejuvenated with a soaring spirit.

This retreat not only guarantee and active adventure but a transformative travel experience that immerses you in the beauty and rhythm of Namibia and 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 11 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 Full Moon practice we will arrive and relax through Yin/Nidra 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 start the morning with a powerful Vinyasa Flow in the world's oldest desert.

+ SCORPION NIGHT WALK

DAY 4/5 - SWAKOPMUND

We 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 2023 together and start with the new year full of energy.

+ DESERT FATBIKE TOUR

DAY 6- SPITZKOPPE MOUNTAINS

We will continue the journey to the spectacular 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 ceremony. You will relax in a wonderful Glamping Camp with direct view to the Erongo Mountains-panoramic sightings.

+ FULL MOON PRACTICE

DAY 7/8 - ETOSHA NATIONAL PARK

Safari Time - Enjoy the wildlife in the country's biggest wildlife sanctuary, 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

DAY 9/10 - 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..

DRUMMING CIRCLE & ECSTATIC YOGA DANCE @TIMBILA

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 11-DAY ROADTRIP

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

- **10 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**
- 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
2.790 €***

*20% Downpayment required to secure the booking.

NAMASTAY IN NAMIBIA



**ANCHOR
ADVENTURES**

THANK YOU

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



@anchoradventuresnamibia

ANCHOR ADVENTURES

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