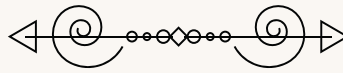




WALKS OF ANCIENT WISDOM

Namibia

30 June - 6 July 2024



This intimate retreat is a Divine Opportunity to recharge, restore and reconnect as we learn from some of the Oldest tribes on the African Continent.

It is a harmonious integration of body, mind and spirit.

An exploration of the rich cultural heritage of the San and Himba people who have lived in harmony with the natural world for thousands of years.

You will learn about their traditional hunting and gathering practices, their intricate divine knowledge of medicinal plants, their spiritual beliefs and way of life that is deeply rooted in their connection to the land.

Through their tales of adversity, triumph, and wisdom, we gain a deeper understanding of the human experience and insights that can illuminate our own paths.

Proceeds from this retreat will go towards supporting both the San and Himba Tribes living initiatives as well as environmental conservation efforts in the area.

with love,

Michelle

A JOURNEY INSIDE

Since the 16th Century, the Himba have lived in the scattered settlements of Namibia's Kunene Region, remaining true to their traditions and customs for centuries.

For the Himba, deeply embedded cultural symbols—traditional daily way of life, traditional beliefs about the sacredness of cattle, and religious beliefs of ancestral worship—are of ancient origin and have been retained in their culture throughout all of recorded history



The San people are the true bush and nature masters of the Kalahari. Guided by their ancestral inner wisdom you will follow in the footsteps of the Bushmen, learning age old rituals and traditions.

The understanding of the balance in nature and the environment comes from thousands of years of wisdom. The family bonds and closeness between the old, the adults and the children are extraordinary.

INCLUSIONS

- 6 nights single or sharing accommodation in the 3 different locations,
- Breakfast, Lunch and Dinner as indicated on schedule,
- Private Local Guide/Driver
- 1 x Private Compassionate Inquiry Session with Michelle during free time,
- Fun Filled Road trips during the entire retreat,
- Return airport transfers in Windhoek, Namibia,
- Star Gazing (Namibian Sky's are known for their magic)
- 2x African Sound Healing Journeys,
- 3x Meditation,
- 1 x New Moon Ceremony,
- Daily Reflection & Sharing Circles,
- 1 x Game Drive,
- 1 x Village Interaction and Soul Journey with The Himba Tribe,
- 1 x Campfire storytelling with an Elder,
- 1 x Bush/Village Interaction and Soul Journey with The San Tribe,
- 50 USD contribution toward both the San and Himba Tribes.

No meditation experience is required. All fitness levels are welcome.

PLUS

- Intimate Setting – Only 8-10 Spots available,
- Trauma-Trained Retreat Leader to hold a safe space for you during the Journey,
- Free time in between for self- reflection and exploration,
- Post Retreat Follow up zoom call.



EXCLUSIONS

- Flights
- Visa for Namibia
- Medical Travel Insurance
- Expenses of personal nature (Tips, Laundry, Additional Drinks during meals, etc.
- Extra Expenses at the Lodge

THE LOCATIONS

OKAPUKA SAFARI LODGE

ALL ACCOMMODATION IS AT
SUITABLE 3 STAR LODGES ,BASED
ON THE PROXIMITY TO THE TRIBAL
COMMUNITIES AND TO ALSO KEEP
THE RATES ACCESSIBLE TO MANY.



SOPHIENHOF LODGE



FIUME LODGE



6 NIGHTS, 7 DAYS



The Itinerary

DAY 1: WELCOME | OKAPUKA SAFARI LODGE

- Pick up Transfer from Airport to Windhoek (45 Min)
- Check into Okapuka Safari Lodge for Overnight
- Settle in and Relax
- Meet and Greet with the Group
- Dinner
- Namibian Night Sky Gazing with Night Sky equipment
- Retreat Intention Setting



DAY 2: SOPHIENHOF LODGE

- Sunrise African Sound Healing Meditation
- Breakfast
- Depart for the Himba Village (3 hr 17 min drive) through the Kalahari Desert
- Lunch at a Farmhouse + shopping for the Himba Village
- Arrival at the Lodge
- Relaxation time
- Afternoon Game Drive in the private reserve of Sophienhof.
- Dinner and Fire-side sharing circle



DAY 3: SOPHIENHOF LODGE

- Soulful Check in
- Breakfast
- Departure for the Himba Village (40 Min drive)
- Share our gifts with the Tribe
- Learn and Participate in their nomadic way of life, exotic culture and customs.
- Healing Circle with the Himba
- Sunset bush meditation
- Dinner and Free Time



The Itinerary cont...



DAY 4: FIUME LODGE

- Sunrise Breathwork inspired by the Kalahari Kung tribe
- Breakfast
- Departure to the town of the San Community (4hr drive)
- Lunch
- Check into Lodge + Free Time
- Dinner
- San Tales around a campfire. The Ju/Hansi Tales are the oldest and have the last untold culture and this evening we will have an opportunity to listen to some of those tales around the fire.



DAY 5: FIUME LODGE | DAY WITH THE TRIBE

- Soul Check In
- Breakfast
- Bush Plant Medicine Walk
- Learn and Participate in Village Life activities
- Light Lunch
- Medicine Dance and Healing Circle with the tribe
- Dinner
- Fireside Sharing Circle



DAY 6: OKAPUKA SAFARI LODGE

- Breakfast
- Early Departure for Okapuka Safari Lodge (5.30 Hr Drive)
- Lunch
- Afternoon -Free Time for rest & reflection at Lodge
- Dinner
- New Moon Ceremony and Sharing circle



DAY 7: OKAPUKA SAFARI LODGE

- Closing and Integration Circle
- Breakfast
- Depart for the capital city Windhoek. City Tour
- before our walk in the famous street of Independence avenue for our last goodies before our transfer to the airport.

YOUR GUIDE



BRINGING COMPASSION, HEALING AND CONNECTION TO HUMANITY.

I travelled for the very first time at 16 years old. 19 years and 70 countries later, the world has become my home.

Travel, Cultural immersion, the stories and songs of the people that I met along the way - were some of the healing muses that turned my pain into passion, my wounds into wisdom.

So , here I am to hold your hand as you hold your heart through this journey of a lifetime and beyond.

Serving Individuals, Couples, and Groups who are willing and ready to "return, remember and reconnect".

By meeting you where you are on your own journey and guiding you to nourish & embody new possibilities in Life and Love (with self and the world around you)



SAWUBONA - I SEE YOU"

WWW.AMANZIWELLBEING.COM



FAQ

{ Frequently Asked Questions }

What is the weather going to be like?

Daytime temperatures usually reach 21°C in Windhoek, Namibia in July, falling to 6°C at night. Please pack warm clothing and suitable shoes.

Can I share a room if I am travelling with someone?

Yes. There are both Sharing and Single options for the retreat.

Can you accommodate my dietary requests?

The Namibian Diet is very meat-oriented. The lodges can cater for vegetarian options. Please do let us know what your requirements are and we will do our best to fulfil them.

What travel documents do I need?

Please ensure your passport is valid for at least 6 months after your planned departure date from Namibia. Visa requirements are dependent on your passport.

Which Airport should I fly to?

Hosea Kutako international Airport

If you have any additional questions or concerns, please feel free to reach out to me directly.

BOOKING YOUR RETREAT

Rates:

3200 USD per person (sharing)

3500 USD per person (single)

A non-refundable deposit payment of 500 USD is required to secure your spot. Remaining balance is due 2 months prior start of the retreat.

Upon booking and closer to the departure you will be added to the retreat community chat where you can meet your fellow retreaters and get acquainted and or arrange joint travel plans.

Cancellation Policy:

- 61+ days from the retreat start date: If you have already paid the full fee, you will receive a refund minus the \$500 non-refundable deposit
- 0-60 days from the retreat start date: The booking at this stage is non-refundable and cannot be transferred to another date.

Email for bank details:



amanziwellbeing@gmail.com



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