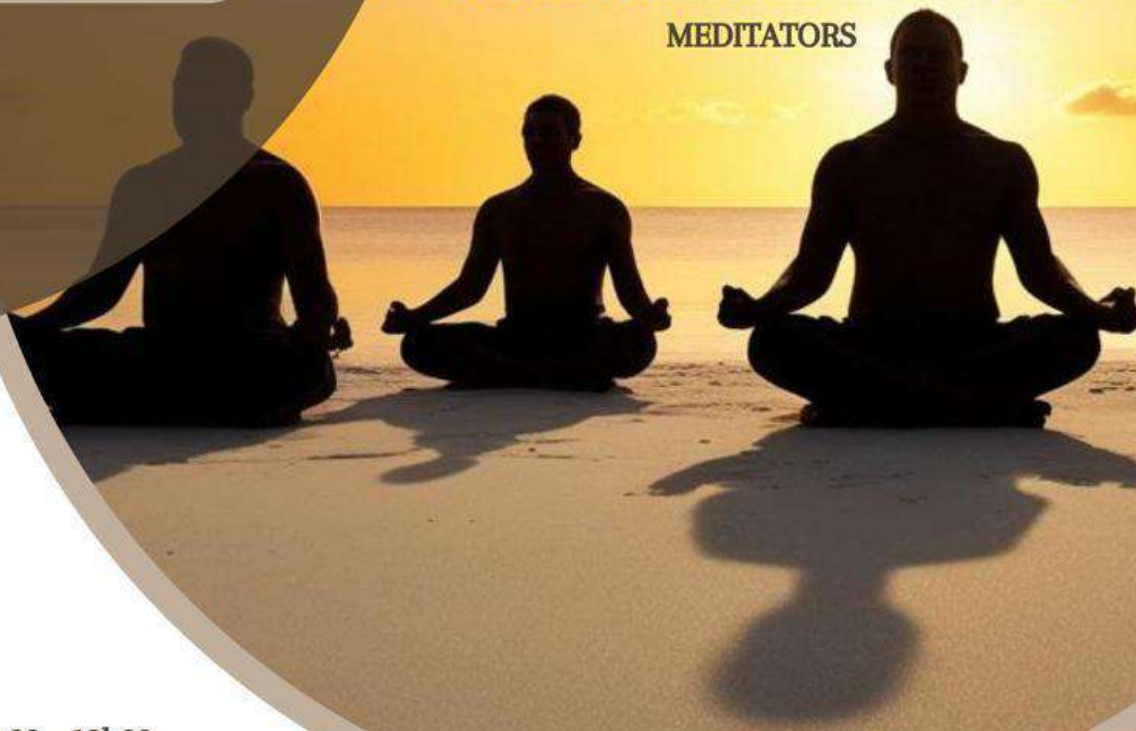


Wild  
yoga

6-8 JUNE 2025

## THE MEDICINE OF MEDITATION

A WEEKEND OF MEDITATION INSTRUCTION  
AND PRACTICE  
SUITABLE FOR BEGINNERS AND SEASONED  
MEDITATORS



### Venue:

Swakopmund

### Schedule

- 6 June: 17h00 - 19h00
- 7 June: 09h00 -16h00 (lunch included)
- 8 June: 06h30 -10h00

**COST: N\$ 600**

to secure your place and for lunch.

In keeping with the Buddhist tradition of Dana (Generosity), I invite you to donate, what resonates with you Ani Tsondru's time.



Ani Tsondru is a Tibetan Buddhist nun from South Africa, who has spent over 7 years in closed retreat. She teaches Buddhism and meditation in the context of being part of this mother earth.

**For more information contact Michelle**

**+264 81 208-9444**

Michelle founded Wild Yoga to facilitate, mindful experiences tht help us reconnect with nature