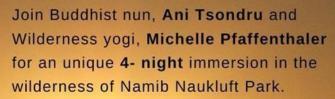
## THE WILDERNESS WITHIN

Have we forgotten
That wilderness is not a place,
But a pattern of soul
Where every tree, every bird and beast
Is a Soul maker?

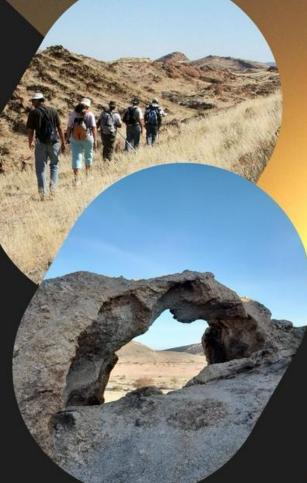
Jan Mccallum



25-29 MAY 2025



As the wilderness works its magic on us,
Ani Tsondru will share the Work that
Reconnects - helping us to discover our
own truest nature - our inner wilderness.



COST:8900 per person Space limited to 8 participants

Includes food, permits, guides, transport to & from wilderness site.

EXCLUDED - flights, accommodation in Swakopmund, transport to & from Swakopmund.

Equipment hire: N\$ 500 for bedding

Please note Wilderness trails are minimalistic, so you must be prepared to <u>exit your comfort</u> <u>zone</u>. Max of 12kg per person for baggage (excluding bedding)

for more information contact

Michelle

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Ani Tsondru is a Tibetan
Buddhist nun from South
Africa, who has spent over 7
years in closed retreat and
many years living and
working in the bush.



Michelle, founded Wild yoga to facilitate mindful experiences in nature. She is passionate about wilderness and the power it offers for stress release, joy, and personal growth.