

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?

Ian McCallum

*Wild
yoga*

25-29 MAY 2025



Join Buddhist nun, **Ani Tsonдру** and Wilderness yogi, **Michelle Pfaffenthaler** for an unique **4- night** immersion in the wilderness of Namib Naukluft Park.

As the wilderness works its magic on us, Ani Tsonдру 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 exit your comfort zone. Max of 12kg per person for baggage (excluding bedding)

for more information contact

Michelle

+264 81 208-9444



Ani Tsonдру 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.