

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 Tsondru** 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 Tsondru will share the Work that
Reconnects - helping us to discover our
own truest nature - our inner wilderness.



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.

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

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