



## Namibia Wild soul

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Small Group Journeys in Nature

Step away from the noise and onto the ancient lands of Namibia for a transformative yoga safari. This isn't just a vacation; it's a journey back to yourself, set against the backdrop of Namibia's most breathtaking landscapes. Find presence while observing majestic wildlife in their natural habitat.

### Day 1 Arrival Windhoek

Capital City

Windhoek is a vibrant blend of German colonial heritage and modern African energy. Perched at an altitude of 1,650 meters, the capital is framed by the rolling Auas and Eros Mountains, offering a surprisingly mild climate and some of the cleanest streets on the continent. Windhoek serves as the perfect introduction to Namibia's complex history and diverse soul.

### Days 2 & 3

Desert Dunes

On days two and three the group will enjoy breakfast and an energizing yoga practice. We will spend time exploring the immense beauty of the Namib Desert and Sossusvlei. Welcome to the world's oldest desert, a 55-million-year-old landscape where time is measured in the shifting of sand and the lengthening of shadows. The Namib is a place of profound silence and elemental beauty, offering a "soul-cleansing" environment that is perfectly suited for deep reflection and yoga.

### Days 4 & 5

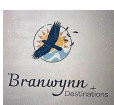
The Coast Awaits

Today you will visit The amazing sights and sounds of both The Skeleton Coast and Swakopmund. Prepare for a sensory shift as the dry heat of the desert meets the cooling mists of the Atlantic. This stretch of coastline is one of the most hauntingly beautiful places on Earth—a wilderness of "roaring" dunes, salt pans, and the rusted remains of those who underestimated the Benguela Current. Known as Namibia's "adventure capital," Swakopmund is a charming coastal town that feels like a slice of Germany transported to the edge of the Namib. Here, you can balance your practice with German heritage and coastal zen.

### Days 6 & 7

Granite Peaks

Known as the "Matterhorn of Namibia," Spitzkoppe is a collection of bald granite peaks that rise dramatically from the flat desert plains. These 120-million-year-old "inselbergs" (island mountains) create a surreal, boulder-strewn landscape that feels like a natural cathedral—making it one of the most spiritual and quiet stops on our journey. Visit rock arch and view ancient San rock art. A truly soul stirring experience.



## Days 8 & 9

Etosha National Park

**The Essence of Etosha** The park's name translates to "Great White Place," referring to the massive Etosha Pan—a shimmering salt crust so large it is visible from space. This ancient lakebed creates a minimalist, silver-white backdrop that contrasts beautifully with the golden grasslands and deep blue skies, offering guests a sense of vastness and peace. **Wildlife and Natural Connection** Unlike many dense bushveld safaris, Etosha's landscape is open and sparse, making wildlife viewing uniquely serene. It is home to: **The Big Four:** High concentrations of elephant, lion, leopard, and the endangered black rhino. **Diverse Species:** Over 114 mammal species and 340 bird species, including flamingos that flock to the pans after rare rains. **The Waterhole Experience:** The park is famous for its flood-lit waterholes at main camps like Okaukuejo, where guests can sit in silence and watch herds of zebra, springbok, and giraffe congregate at dusk.

## Day 10 depart

Carrying the Desert Within

Today you will return to Windhoek for departure from these ancient lands. We hope that you will always carry a piece of Namibia with you for all your days. As you head to Hosea Kutako International Airport for your departure, you aren't just leaving with photos, but with a renewed sense of clarity. The Namibian wilderness has a way of stripping away the unnecessary, leaving you with a "Wild Soul" that is grounded, resilient, and at peace.

## What's Included

### What's included

- ✓ Accommodations
- ✓ Daily meals
- ✓ Transfers
- ✓ Excursions and drivers

### What's not included

- ✗ Airfare
- ✗ Personal spending

