



ZANNIER
HOTELS

**YOGA & NATURE RETREAT IN NAMIBIA
WITH ZANNIER HOTELS**

30 NOVEMBER 2019 – 8 DECEMBER 2019



"A true 'back to nature' experience in breath-taking landscapes"

For more information email adevaucleeroy@zannier.com or call +32 (0)493 964 288
Visit www.zannierhotels.com for more information about our properties.



TRIP HIGHLIGHTS

Come explore and discover some of the most spectacular and untouched parts of Africa through an unforgettable journey through Namibia led by [Zannier Hotels](#) and [Katy Misson](#).

Namibia is the perfect environment to combine nature, yoga and wellness. It is truly one of earth's most scenic and incredible landscapes.

This 8-night yoga and nature retreat will be a magical experience and a chance to reconnect, transform and be inspired daily by yoga practices and meditation in unison with the power of nature.

Omaanda and Sonop, Zannier Hotels' two Namibian lodges are the perfect place to combine wellness with nature and discovery. Come experience a unique and uplifting retreat that is sure to provide a lifetime of memories.

- An intimate nature yoga retreat with maximum 7 people.
- Private yoga teacher and host, [Katy Misson](#)
- Twice daily yoga and meditation
- Private one-to-one wellness consultation with Katy Misson
- 8 nights all-inclusive luxury accommodation at the award-winning Zannier Hotels lodges, [Omaanda](#) and [Sonop](#)
- Delicious wellness cuisine – fresh, local, and healthy
- Private game drives in private animal reserve
- Private excursion to the majestic dunes of Sossusvlei
- Behind the scenes tour of a wildlife sanctuary + private tour of the research centre + meeting with wild life animals rescuers
- A wide variety of complimentary activities, from horseback riding to walking tours
- Unique stargazing in one of the world's rare international dark skies reserves
- Two complimentary massage treatments at our spas



TRIP OVERVIEW

Join yoga teacher, physiotherapist and posturologist Katy Misson, for eight days of yoga, wellness, nature and discovery in incredible Namibia to tap back into your truth and higher nature, all within the award-winning Zannier Hotels lodges.

Our mission is simple: to help each individual become conscious of their infinite capacity - both on the yoga mat and beyond into their daily lives, by reconnecting with nature and their inner-self, all in incredible surroundings and comfort.

Mornings are set to begin with a yoga practice either at the lodges or out in nature. Katy's dynamic classes will encourage you to awaken with conscience through the practice of Meditation, Breathing work, Yoga, Asana, Posturology and Neurophysiology.

"A return to the essence to live in harmony with our nature".

Together with Katy, Zannier Hotels have designed a week for people who not only love yoga, nature and animals, but simply want to bring back harmony into their lives, to live a more conscious, purposeful and loving life. From fresh and local healthy cuisine to personalised massage treatments, every detail of your stay has been thought of to ensure a restorative and transformational experience.

Katy's classes will connect you to your inner self, teaching awareness and mindful movement, tailored to the personal needs of each guest. The retreat takes a maximum of 7 guests for the perfect group experience, welcoming both beginners to advanced.

The remainder of the day will be spent on guided excursions, relaxation, massage treatments and one-to-one consultations with Katy. As the days draw to a close, you will find yourself back in nature for an afternoon yoga practice before a healthy dinner under the starlit skies.

Accommodation is exclusively with Zannier Hotels, at [Omaanda](#), an exceptional lodge overlooking the savannah in the very heart of an incredible animal conservancy reserve, and [Sonop](#), a luxurious tented camp constructed on top of boulders in the Namib Desert, will ensure guests every wishes are met, down to the smallest of details.

On top of this, you will discover Namibia through exceptional private excursions and activities, such as private nature drives in our reserves, behind the scenes tours of our animal conservancy, safari walking tours, desert horseback rides, and the majestic dunes of Sossusvlei. A myriad of other activities and experiences will also be on offer.



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SAMPLE DAILY SCHEDULE

(Schedule will vary on most days due to travel & activities).

—

7.30 am:

Herbal tea and remedies with light breakfast.

—

8 am – 10 am:

Awakening in conscience and in practice.
Meditation – Breathing – Yoga – Asana – Posturology – Neurophysiology
"The return to the essence to live in harmony with our nature"

—

11 am:

Healthy Brunch buffet with nutrition tips.

—

12 pm – 5.30 pm:

Free time for daily excursions, spa treatments (two included!), and leisure.
Each person will also receive a formal one-to-one session with Katy to explore the themes they see fit (*Nutrition, Posturology, Neurophysiology, etc.*)

—

6 pm – 7 pm:

Evening practice of Meditation and Asanas

—

8 pm:

Healthy dinner



ITINERARY IN BRIEF

- **Day 1:** Arrive in Windhoek International Airport anytime where a short car transfer (45mins) will take you to Omaanda, your accommodation for the next 3 nights.

- **Days 2 - 3:** Two full days at Omaanda, alongside planned activities within private reserve.

- **Day 4:** Morning transfer to Sonop lodge, a 5-hour scenic drive from Omaanda. Option to fly to Sonop's private airstrip at extra cost. Afternoon at Sonop lodge.

- **Day 5 - 6:** Two full days at Sonop, alongside planned activities within private reserve.

- **Day 7:** Explore the beautiful Namib Desert area, including the largest dunes in the world at Sossusvlei

- **Day 8:** Transfer back to Omaanda lodge, a 5-hour scenic drive from Sonop. Option to fly to back to Windhoek at extra cost. Afternoon at Omaanda.

- **Day 9:** Private transfer to airport from Omaanda (45mins) at best convenience.

NOTE: Trip can easily be extended prior/after the retreat upon request.



MAP



ZANNIER HOTELS EXPERIENCE

Zannier Hotels are at one with nature and the local environment, offering guests a completely immersive experience all the while indulging in ultimate relaxation.

Both lodges you will stay at are the finest in the country. Both offer infinity pools, a spa with treatment rooms, as well as a bar and fine dining restaurant.

Our aim is to offer total comfort, in discretion and elegance, while preserving the purity of the space.



OMAANDA LODGE



Omaanda is a five-star lodge set within the Zannier Reserve by N/a'an ku sê, an incredible private animal conservation reserve of 9000 hectares near Windhoek. Overlooking the boundless savannah, the camp offers 10 comfortable round thatched huts, paying tribute to the traditional architecture of Owambo. It also features a restaurant and a cozy bar, overlooking an infinity pool. A spa and a boma complete the camp facilities, offering relaxation and a typically local place to meet and mingle by the fire.

Experience a wild luxury retreat at Omaanda and savor an unforgettable journey with an all-inclusive package.

- **LOCATION:** A village of ten exceptional huts in the African savannah and offering an amazing 360-degree view over the plains
- **ACCOMODATION:** 60sqm interior, 20sqm private terrace with seating area. All huts offer a bathroom with separate toilet, walk in shower, double sink and a large bathtub with a view. The bedroom has a king-size bed and a walk-in dressing room, an open fire place and a private terrace. Every hut at Omaanda has a flat screen television, free Wi-Fi, an integrated sound system, a safe, a minibar, and is equipped with an air conditioning system.
- **FOOD & BEVERAGE:** Our aim is to promote the use of local and sustainable produce. A strong emphasis will be placed on plant-based options alongside some lean animal proteins.

For breakfast, expect fresh juices and fruit, home-made breads, health bowls, eggs, vegetables and much more. Lunch is mezze-style sharing plates and copious salads.

Every evening, a refined 4-course menu is offered, including an amuse bouche, and the option of meat, fish or vegetarian/vegan dishes.

Our team of passionate chefs will be happy to arrange anything you'd like, and, of course, can accommodate any particular diets or nutritional requirements.

- **SPA:** A heated swimming pool and two double spa treatment rooms.



- **ACTIVITIES:** Included within your stay are daily excursions within our private animal reserve. These sunrise/sunset tours will be the occasion to discover the breath-taking Namibian panorama on a vehicle/on foot, to spot wild animals and to spend a delicious moment contemplating the stunning panorama.

In addition to this, go behind the scenes of our wildlife sanctuary, take a private tour and share the passion of rescuers. Lead by Marlice van Vuuren, this 5-hour excursion aims to show you the backstage of the Zannier Reserve by N/a'an ku sê. This Behind The Scenes excursion includes a tour of the Shiloh Wildlife Sanctuary, where you will discover the incredible work of passionate vets who are rescuing and taking care of endangered animals. A visit of the Research Center will get you the privilege of walking with cheetahs and with baboons. The tour also features a visit to the anti-poaching unit, where you will get to meet special forces trained to protect the reserve and its natural resources.

- **WEBSITE:** www.omaanda.com
- **VIDEO:** https://youtu.be/AAwk0V7_bMk

SONOP LODGE



Sonop is a luxurious tented camp nestled at the Southern extremity of the Namib desert, in the Karas region (Namibia). This out-of-the-ordinary lodge offers a perfect retreat in a stunning panoramic desert landscape. Constructed on top of boulders, the ten spacious tents offer exceptional views of the surrounding desert.

At Sonop everything is orientated towards the desert's richness: all views are awe-inspiring and a large list of adventures will allow you to admire the desert's genuine beauty at leisure. Flawless service and attention to detail characterize all facilities of the camp. Sonop also offers a spa, a fitness centre and heated outdoor infinity pool with jaw-dropping unimpeded views over the desert and the tents in the distance.



A vast selection of complimentary activities will be on offer, as well as an exceptional visit to the world's tallest dunes at Sossusvlei, a short drive away.

- **LOCATION:** A unit of ten tents set onto rocks, in the middle of the Namibian desert
- **ACCOMODATION:** 42sqm interior, All tents offer several roll-up canvas openings with panoramic views, a large bedroom and a separate bathroom with double sink and a large bathtub combined with a rain shower. The bedroom features a four-poster bed with king-size mattress, a distinct living area with comfortable armchairs, a desk and a telescope to view the distant surroundings. Every tent at Sonop is equipped with free Wi-Fi, a Nespresso machine, kettle, safe, air conditioning system, heating and a docking station. The lodge's energy supply relies entirely on solar panels.
- **FOOD & BEVERAGE:** Our aim is to promote the use of local and sustainable produce. For breakfast, expect fresh juices and fruit, home-made breads, health bowls, eggs, vegetables and much more. Lunch is mezze-style sharing plates and copious salads.

Every evening, a refined 4-course menu is offered, including an amuse bouche, and the option of meat, fish or vegetarian/vegan dishes.

Our team of passionate chefs will be happy to arrange anything you'd like, and, of course, can accommodate any particular diets or nutritional requirements.

- **SPA:** Heated outdoor infinity pool, gym and spa with two double treatment rooms
- **ACTIVITIES:** Complimentary experiences include twice daily scenic nature drives, electric biking, walking trails, horse riding, outdoor cinema, and the astronomy experience. Many other activities are also on offer, but excluded in your stay.

A once in a lifetime excursion to the dunes of Sossuvlei is also included in your stay. Private luxury 4x4 transfer to the dunes, an incredible hike, and a luxury picnic with a private chef await you, alongside yoga in the dunes.

- **WEBSITE:** www.sonop.com



RATES

—
€6,750 per person sharing a room.
—

€7,750 for single person rate.

WHAT'S INCLUDED?

Everything you may need or expect (and more) during your stay is included. However, a very select number of activities, such as additional massage treatments and air transfers will be at an extra cost and are not included.

- Luxury accommodation (incl. VAT, Tourism Levy) at Omaanda and Sonop, Zannier Hotels as described above
- Full board (All food and beverages included, except premium liquors and champagne)
- All transfers – (1) Transfers to and from Windhoek (WDH) International Airport and (2) Transfers by road between both lodges (air transfers at extra cost) in luxury 4x4's.
- Twice daily yoga and meditation with Katy Misson, and a private one-to-one wellness consultation
- Two complimentary 60-minute spa treatments per adult per stay
- At Omaanda, twice daily non-private excursions of 1,5 to 2 hours on a game viewer to admire the beauty of a Namibian sunrise and sunset.
- Behind the scenes tour of wildlife sanctuary, with founder, vets, anti-poaching unit and countless animal encounters.
- At Sonop, complimentary experiences include twice daily Nature Drives, Electric Biking, Walking Trails, Horse Riding, Outdoor Cinema, and the Astronomy Experience
- Private Sossusvlei dunes experience at sunrise, with private chef.
- Surprise welcome gift pack and all yoga equipment as needed
- 3 pieces of laundry per person per day
- Many more surprises, such as breakfast atop the dunes, dinner in exclusive locations...

WHAT'S NOT INCLUDED?

- International flights to Namibia and related airport taxes.
- Personal travel insurance
- Premium liquors and champagne
- Visa fees (if needed)
- Optional Air transfer between both lodges
- Optional activities not included in the above



YOUR INSTRUCTOR – KATY MISSON

“I am extremely excited to guide this intimate group of people throughout this incredible trip. Being such a small group will allow me to connect on a deep level with each and every participant. On top of this, Zannier Hotels are the ideal place to create a deep connection with nature and the local environment. For myself as well, this will be a once in a lifetime experience”.

Yoga and therapeutics alignment define the core of Katy’s work serving a bigger purpose: to be in tune with our essence. Connecting the dots between her physiotherapist and posturologist’s background, and her Anusara yoga deep practice, Katy expresses her own voice.

A physical therapist by trade specialized in the field of neurophysiology, Katy lives and teaches in France, but travels also hosting retreats, workshops and teacher trainings to share her unique offerings.

Katy’s combination of the physical biomechanics, the neuro-physiology with the subtle body allows for the exploration and understanding of a unique style of yoga merging innate wisdom and modern therapeutics with the ancient teachings of yoga.

Katy’s mission is simple: To help each individual become conscious of their infinite capacity - both on the the yoga mat and beyond into daily life. Transforming this relationship of awareness within oneself can allow for transformation in relation to others in one’s life. It is this acute awareness that also allows one to come home to the essence of what we are intended to be, rather than being “outside” our bodies which, by Katy’s estimation, is misalignment with/of the truest version of Self.

For all of those reasons, she created Satiam Yoga and Satiam Academy in Annecy, France, a place where we all can be back to the beautiful reality and power of our own nature.

The Satiam Academy stems from the devotion and the desire to honor our life being fully present. Satiam practice literally means coming back to oneself, the “SAT” meaning the essence of all things and “I AM” the relation to oneself.

She speaks French and English.

Find out more about Katy on her Instagram ([@katymisson](#)) or on her website www.katymisson.com.

For any questions, you can contact her at info@katymisson.com or +33 (0)667 271 582.



IMPORTANT NOTES

Please arrive anytime on November 30th at the latest. We can also easily arrange for longer stays, both before and after stated days. Departure on December 8th is at your convenience.

Guests must be a minimum of 18 years old to participate.

A 30% deposit of the total booking amount is required at the time of booking. The remaining 70% is due 2 months prior to arrival.

Cancellation and full reimbursement is possible up until 89 days prior to arrival, as per our standard policy.

A maximum of 7 guests, all skill levels welcome.

For more info about the trip or to book, contact adevaucleeroy@zannier.com / +32493964288.