



AFRICAN MONARCH
JOURNEYS



CREATIVE FLOW

Writing & Yoga to Uncover Your Story

RETREATS IN THE WILD

RETREATS IN THE WILD

NAMBWA TENTED LODGE | NAMIBIA

Discover your wild heart in the world's most untamed and beautiful places.

At African Monarch Journeys, our *Retreats in the Wild* invite you to return to nature and to yourself, to move at the pace of the earth and awaken the quiet rhythm within your soul.

Rooted in the pristine wilderness of Namibia's Bwabwata National Park, each retreat blends the raw beauty of the bush with the art of conscious, heart-led living.

Here, beneath endless African skies and among free-roaming herds, stillness finds you. Guided by nature's wisdom, you are gently called back into balance, love, and presence, a harmony as timeless as the land itself.

LET YOUR WILD BE

CREATIVE FLOW

Writing & Yoga to uncover your story

This 5-night writing & yoga retreat will help you find the space, stillness and inspiration to write your novel, autobiography, screenplay – whatever story is within and asking to be told.

When: **5 – 10 June 2026**

Where: **Nambwa Tented Lodge, Bwabwata National Park, Namibia**

Only 15 spots available

5-Night Writing & Yoga Retreat

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“Writing is easy. All you have to do is sit down at the typewriter and bleed.”

ERNEST HEMINGWAY

LET YOUR WILD BE



Unlock your creative flow and reconnect with your inner storyteller.

Join Annemarie for this retreat to help unleash creative blocks to help tease out the story inside.

Whether you've always wanted to write but don't know where to begin, or you're an already accomplished writer looking for fresh inspiration and a bit of headspace away from the day-to-day chaos, this retreat is for you.

The natural romance of the wild African bush might alone be enough to inspire the words to pour onto the page. But we'll also explore our inner world through yoga, meditation and breathwork to tap into and work with emotions that can transform your creative writing.

In the beauty of the untouched wilderness at Nambwa Tented Lodge, let your heart open, the words flow, and your characters breathe through you.

LET YOUR *WILD* BE

What to expect at the Writing & Yoga Retreat...

- **Daily sunrise yoga sessions.** These will include meditation and breathwork. They will be themed to go hand in hand with the writing workshops and are designed to get the creative juices flowing.
- **Daily writing workshops,** drawing on the themes explored in the yoga sessions as well as working through practical techniques and tips for structuring a book, defining characters and plot. Not writing a book? That's okay! There's plenty of inspiration for you to create whatever story or poetry or any other kind of writing you want to focus on. We'll also cover tips on blog and article writing.
- **Structured writing time** (4 hours per day, broken up into two sessions) during which you'll aim to write approximately 2,500 words per day. Some might write more or less, but the goal is to reach around 10,000 words by the end of the retreat. This could make up your first three chapters, should you be working on a book. You are also, of course, welcome to use any downtime hours to keep writing!
- **Group feedback** sessions where we'll offer constructive feedback to inspire and motivate each other.
- **Breathwork and sweat lodge experiences:** Additional optional, guided activities for deeper relaxation, connection and processing.

LET YOUR WILD BE



Meet Your Facilitator

Annemarie Luck

A writer by passion and profession, Annemarie has more than two decades' experience working as a writer and editor in London, Cape Town and Tokyo.

She's worked as a writer and editor for magazines including Men's Health, Marie Claire, Rolling Stone and Time Out Tokyo, and as a copywriter and strategist for brands globally. Her first novel was published in 2018, and her second is in its final editing stage.

Annemarie is also a kundalini yoga instructor, having fallen in love with this style of yoga during a particularly challenging period in her life. She credits the practice, which combines movement, breathwork, meditation and mindfulness, with helping her shift into an entirely new way of being.

Understanding that life's chaos can dim our creative flow, she brings her two passions – writing and yoga – together, in a way that both balances and ignites our emotions, inspiration and energy.



Meet Your Guest Facilitator

Joe van Niekerk, the Warrior Healer.

We're immensely excited to welcome Joe as guest facilitator, and look forward to deepening your retreat experience through his transformative breathwork and Sweat Lodge sessions.

A former Springbok rugby player, Joe has overcome personal trauma, addiction and autoimmune conditions through holistic healing.

In his own words: "After retiring from professional rugby in 2014, I faced a profound loss of identity. For two years, I retreated into solitude, immersing myself in meditation, yoga, and deep self-inquiry.

This intense period of inner work wasn't just about finding a new passion; it was about rediscovering my authentic self and charting a new course for my life."

Joe adds yet another layer of depth and mentorship to Creative Flow, giving you the option to explore self-discovery from entirely different angles.



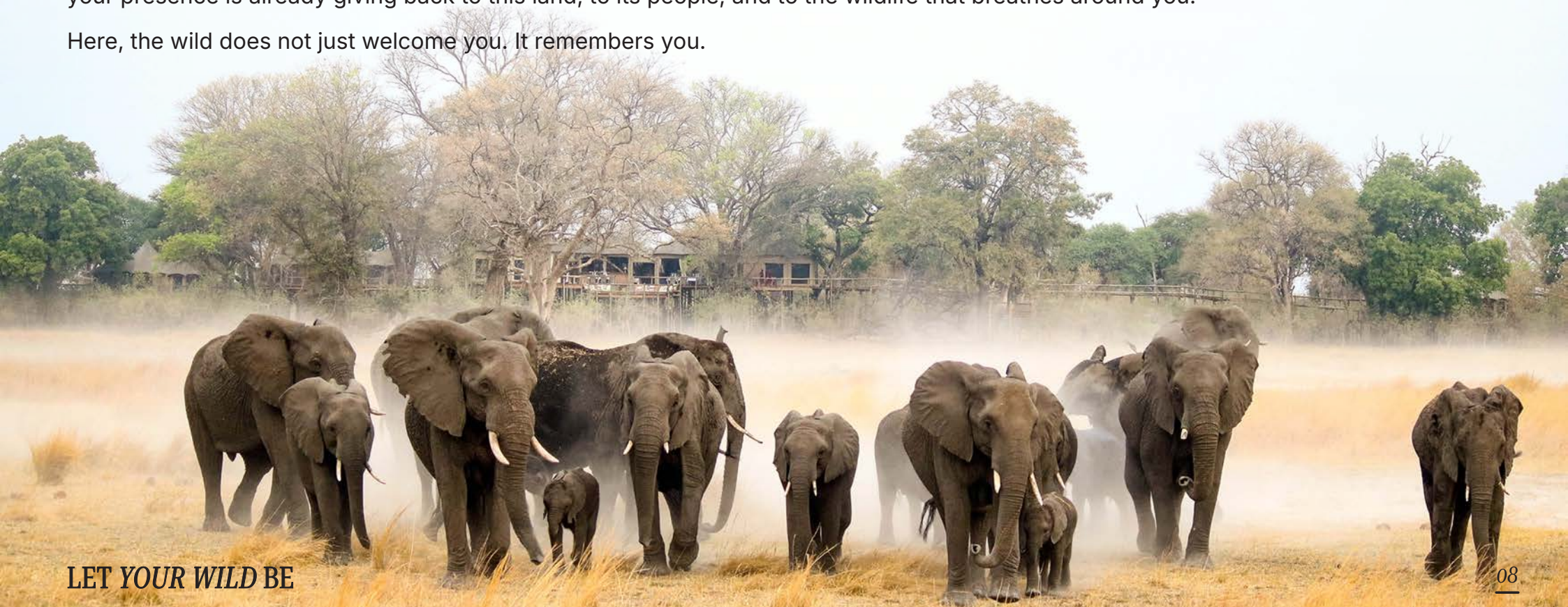
Location

African Monarch Journeys is nestled in Namibia's lush panhandle, a gentle ribbon of wilderness held by Angola, Zambia, Zimbabwe, and Botswana. We are the only lodges located inside Namibia's Bwabwata National Park, part of the world's largest conservation area for wildlife.

Nambwa Tented Lodge rests in the tender heart of this untouched world, where elephant pathways weave through ancient forests and the Kwando River moves like a living prayer.

Nambwa is part of a joint venture partnership with the Mayuni Conservancy. This means that 12 percent of your retreat booking is gifted directly to the Mayuni community through African Monarch Journeys. Before you even arrive for your Creative Flow Retreat, your presence is already giving back to this land, to its people, and to the wildlife that breathes around you.

Here, the wild does not just welcome you. It remembers you.



LET YOUR WILD BE

Accommodation

Nambwa Tented Lodge is a series of 10 luxury suites perched high in the treetops. Connected via timber walkways that allow migrating wildlife to pass below, all units lead to our majestic deck.

Here, you'll enjoy open-sky dining and rewarding views of the floodplains below, a playground for large herds of elephants, buffalos and plains game.

Designed to provide privacy, stillness and peaceful nights, each spacious treetop suite offers:

- Treetop living in 110 m² of space
- Private lounge and generous viewing deck
- En-suite bathroom with shower and bath
- Mosquito nets around the beds
- Laptop safe
- Biodegradable amenities
- Wi-Fi in the main area and all guest suites
- 220V plug points, hair dryers and fans in all tents
- Fresh coffee or tea delivered to your private deck



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What's Included

- **Accommodation** at Nambwa Tented Lodge. Luxurious suites are tucked high in the trees, offering serenity, privacy, and comfort.
- **Nourishing meals** All meals are included and lovingly prepared by our local chefs.*
- **Game drives** through Bwabwata National Park, with legendary African Monarch style coffee stops or sundowners.
- **Boat cruises** along the Kwando River, gliding past papyrus islands, hippos, elephants, and rich birdlife.
- **Bush walks.** Local guides share ancestral knowledge of flora and stories of the wild, grounding and connecting us to the earth.
- **Sundowners** and snacks at Horseshoe Lagoon. Sit barefoot in the sand, watching elephants and hippos against fiery sunsets.
- **Bush dinner on a private island.** Savour the serenity of nature while dining beneath the stars by the warmth of a fire.
- **All immersive** retreat facilitation by Annemarie Luck
- **Guest facilitation** by Joe van Niekerk
- **Expressive art** session at The Sijwa Project.
- **Park fees** and sustainability levies included.
- **Travel coordination** & full support

**When making your reservation, please let us know if you have any special dietary needs*

Excluded:

- *Airport Flights to / from Namibia and transfers to Nambwa.*



Getting There

Off the beaten path, yet accessible, African Monarch Journeys can be reached via the following airports:

- Guests can fly directly from **Cape Town or Johannesburg into Windhoek**
 - fly from Windhoek to Katima Mulilo (Closest airport, approx. 1 hour road transfer to the lodge.)
 - road transfer to Sijwa Project
 - boat cruise to Nambwa
- Guests can fly directly from **Johannesburg into Kasane (Botswana), Victoria Falls (Zimbabwe) or Livingstone (Zambia)**
Additional transfer required. We'll help arrange easy cross-border transfers.
 - road transfer to Sijwa Project
 - boat cruise to Nambwa

Once your flight is booked, we'll coordinate all road or charter transfers directly to Nambwa Tented Lodge. You'll receive a simple travel plan with clear pickup details and timing.

What to pack

Here's what to bring for warmth, comfort, and presence during winter in the wild.

Clothing & Accessories

- Lightweight, breathable clothing for when the winter days warm between 10:00 and 16:00
- Khaki safari attire for the bush activities so as to blend in with the wild
- Comfortable closed walking shoes for bush walks and explorations
- Flip-flops for relaxing in camp
- A wide-brimmed hat
- Sunglasses for sun protection
- Swimwear for cooling off in the pool when the temperatures rise midday.
- Shorts and T-shirt that you don't mind getting dirty – for the sweat lodge experience (optional)

Yoga & Writing Essentials

- Comfortable yoga wear
- Reusable water bottle
- Your favourite journal or notebook
- Pens, pencils, or creative writing tools you enjoy
- Optional: a laptop / tablet for typing (charging ports available)
- Any personal inspiration items (books, quotes, prompts, etc.)

Please note: Winter mornings and evenings in the Bwabwata region are very cold in June. We recommend packing a warm jersey or extra layers for early yoga sessions, sunset writing circles, and evening game drives.

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Contact us to Book

If you have any questions, please feel free to get in touch. We're here for you.

NAMBWA TENTED LODGE

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