

# Silent April - an insight journey

29 March to 27 April 2022

30-day silence, meditation,  
mindfulness & happiness  
retreat.



Namaste. We are open to everyone. Break away from  
technology. Choose the length of your stay. Be happy.  
Brandberg White Lady Lodge - Namibia





The perfect and most relaxing home away from home

**There is no better place than our Silent April Camp 2022 to rejuvenate your body and mind with nature, meditation, and mindful movement to guide you into presence and stillness.**

**Vipassana (Insight) meditation is based on mindfulness, which is always available, everywhere, without limit or cost. The challenge is how to realise it. The answer is that we need to find ways to cultivate mindfulness that lead to insight.**

**This retreat is an invitation for beginners and experienced meditators not only to practise Vipassana but also to join other activities and experience different types of meditation, mindfulness-based activities, yoga, and spending time with yourself.**



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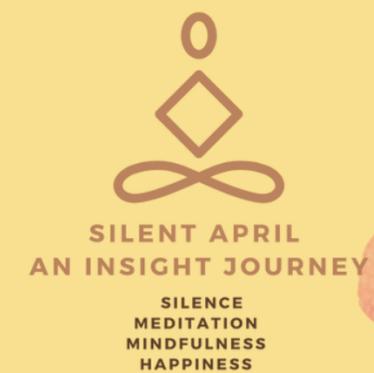
SILENCE  
MEDITATION  
MINDFULNESS  
HAPPINESS

**For beginners, this retreat offers simple, easy and different techniques to start meditating. For experienced (Vipassana) meditators, the retreat provides the frame to deepen their insight.**

**Mindfulness is developed by regular walking and sitting practice, by maintaining awareness during normal activities, such as eating, showering, dressing, and supported by noble chatting with other participants and meditators at certain times and with the facilitator.**

**This retreat invites you to stop running and to calm down.**

**Start your day with a mindful sunrise walk, a gentle yoga session, or a guided meditation and a healthy breakfast before taking a stroll in the gorgeous, natural Namibian surroundings of our retreat camp at Brandberg and join some of the offered activities - check out the programme below.**



**Come and simply enjoy walking without needing to arrive anywhere, grounding and nourishing ourselves with every step, benefitting from the positive impact of a forest bath amongst the Ana trees of the Ugab riverbed or experiencing different textures and sensations under your feet during a barefoot walk on the barefoot trail.**

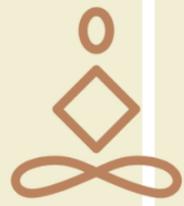
**Walking in silence is a powerful way to reconnect deeply with our bodies and with the earth. Each step made in mindfulness can bring us back to the here and the now. The rhythm of walking calms the mind and we become present, open to see the vastness of nature and the beauty of life.**





**At the end of your retreat, not only will you be a healthier, happier, lighter you, but you will also have the knowledge required to set you on track for a vibrant new healthy and happy lifestyle that will move your life forward.**

**The retreat will be held in a silent and introspective atmosphere. This is a technology-free retreat. This retreat will require from you to hand in your cellphone for the period of your stay. We will take pictures every day that we will share. Your phone will be returned to you after breakfast on the day you leave.**



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**Participants  
are welcome  
to join and  
choose their  
length of  
stay  
(minimum 2  
nights,  
maximum 30  
nights).**



## VENUE & ACCOMMODATION

**Brandberg White Lady Lodge is situated in the foothills of Namibia's highest mountain. Brandberg Mountain is located in former Damaraland, now Erongo, in the north-western Namib Desert. The name Namib means „an area where there is nothing" in the local Nama language. The Namib Desert is the world's oldest desert and has existed for at least 55 million years. It is completely devoid of surface water but bisected by several dry riverbeds. Covering an area of 81,000 square kilometres, the Namib is a coastal desert, situated along the south-western coast of the African continent.**

**You will sleep in a 2.1x2.1x2.1m dome tent, equipped with camp bed, mattress, sheet, sleeping bag and pillow (single use to maintain noble silence more easily). Standard rate based on camping in comfort (single tent per participant).**

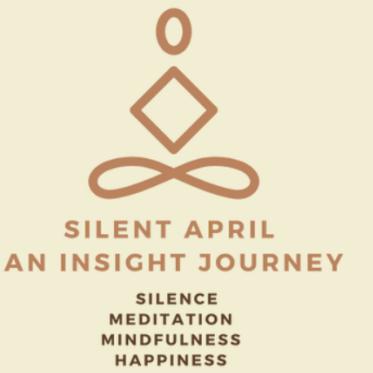
**Different upgraded accommodation options are available (Chalet, Treehouse, Room).**

**To maintain noble silence more easily, there is no shared accommodation.**





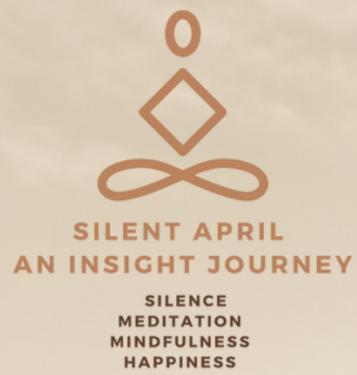
# FOOD



**Delicious, freshly-cooked vegetarian meals are shared .**

**Veggies come from local farms where possible.**

**Please contact us if you are a local farmer - we would love to include your yummy products.**



## **PROGRAMME**

**Arrival time on your first day is after 14.00 - the earlier you arrive, the more you can get out :-)**

**Departure time on your last day is whenever you are ready. We just kindly ask you to move out of your tent by 10 am to clean for the next participant.**

### **Sample Day**

**07.00 to 07.30**

**Sunrise walk with coffee/tea and rusk  
(Time will change with the change of the sunrise)**

**07.45 to 08.30**

**Guided meditation or Yin Yoga**



**8.30 to 9.15**

**Breakfast**

**Musli, cereals, weetbix, cornflakes**

**Freshly baked bread or pancakes, fruits**

**Butter, different jams, peanut butter, honey, syrup**

**9.15 to 10.00**

**Journal-writing, intention setting or rest/read/reflect/study**

**10.00 to 10.30**

**Guided meditation**

**11.00 to 12.00**

**Mindfulness-based activity**

**Mindful walk**

**Forest walk**

**Barefoot walk**

**Laughter Yoga**

**(Rotating activities during the week)**



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**or free space to be**

**and rest / read / journal / reflect /study until 13.00**

**For those who depart: 12.00 to 13.00 noble chatting**

**13.00 to 14.00**

**Lunch**

**Hearty and nourishing meals cooked with lots of love and passion**

**Choice of vegetarian cuisine (vegan and gluten-free options) with different salads**

**14.00 to 14.30**

**Guided meditation**

**15.30 to 18.00 (choice of following activities rotating - based on participants and energy levels)**

- \* Forest bathing / Shinrin Yoku (120 to 150 mins)**
- \* Barefoot walk (30 to 60 mins)**
- \* Extended nature walk (60 to 120 mins)**
- \* Elephant tracking and watching (60 to 120 mins) (dependant on local elephant activity)**

**Or be left in peace to use your time as you please / pooltime and rest / read / journal / reflect /study**

**For those who depart the next day: 17.00 to 18.30 noble chatting with other meditators and facilitator (on your last full day before departure day)**

**18.30 to 19.30**

**Sunset Dinner**

**Hearty and nourishing meals cooked with lots of love and passion**

**Choice of vegetarian cuisine (vegan and gluten-free options) with different salads**

**From 20.00 (choice of following activities rotating - based on participants and energy levels)**

**\* Yin Yoga followed by Yoga Nidra (please bring something warm) (90 Minutes)**

**\* Guided meditation (please bring something warm) (45 Minutes)**

**\* Fire Ceremony (please bring something to burn) (120 Minutes)**

**and/or free time for**

**\* Creative writing**

**\* Creative drawing**

**\* Journal-writing**

**\* Reading/studying**

**\* Reflecting**

**\* Stargazing**

**\* Growing**

**\* Bush TV**

**\* Just be**

**Afterwards bedtime**



**Due to operational, weather, or group requirements, the programme will be adjusted**



## **DRESSCODE**

**Please dress for comfort - wear what makes you feel connected to yourself and beautiful, or anything that represents LOVE, JOY & CONNECTION to you.**

**Bring enough warm clothes and a shawl / blanket for the meditations and Yoga Nidra**



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## **BENEFITS AND HIGHLIGHTS OF THIS RETREAT**

**Unique opportunity to experience the benefits of noble silence and meditation**

**Shut off your technology and experience how amazing it feels to unplug**

**Being at an ideal place to unplug, slow down that fast pace, and get back in touch with nature**

**Peace and quiet for the mind, refreshing energy for the body**

**Develop breath awareness**

**A destination far away from home and close to nature**

**Drop out of “normal life” for a period**



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**Have a wonderful time learning a different practice than your own**

**Experience new techniques and tools for stress reduction**

**Rediscover yourself after maybe a long while of feeling disconnected**

**Get a good and deep stretch of your connective tissue and improve your flexibility through Yin Yoga**

**Find sleep in an area with no light or noise pollution**

**Suitable for yoga beginners or the more experienced**

**No specific meditation practice or experience required**



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## **METTA & KINDNESS**

**Once you booked your own space for the retreat you will be able to nominate another person who you feel deserves a 2-night mini-Vipassana.**

**Please share „the why“ with us by 15th of March. Explain in a maximum of 100 words why your chosen person deserves a free retreat via whats app or email.**

**We will select one person from all the entries and invite him/her for a free 3-day experience.**



## PRICE

**Book in time for your favourite dates and duration as there is only limited space available.**

**We are pleased to offer the following rate:**

### Base Rate

Stay between 2 and 4 nights N\$ 2 190 per night per person  
Stay between 5 and 9 nights N\$ 1 990 per night per person  
Stay between 10 and 16 nights N\$ 1 810 per night per person  
Stay between 17 und 23 nights N\$ 1 625 per night per person  
30 days: N\$ 41 700 Metta Special per person

**20% discount for Namibians and SADC - Lokal is lekker rate: Base rate**

Stay between 2 and 4 nights N\$ 1 750 per night per person  
Stay between 5 and 9 nights N\$ 1 590 per night per person  
Stay between 10 and 16 nights N\$ 1 450 per night per person  
Stay between 17 und 23 nights N\$ 1 300 per night per person  
30 days: N\$ 33 333 Metta Special per person

**3% discount for returning participants from previous retreats**

**3% early bird off for bookings completed before Valentines Day, 14th February 2022**



### Accommodation Upgrade

**Tree House: base rate plus N\$ 1 375 per night**  
**Single Room: base rate plus N\$ 1 375 per night**  
**Chalet: base rate plus N\$ 2 725 per night**  
**(sleeps normally 4 people)**



## **WHAT MAKES THIS RETREAT SPECIAL**

**Do you love to spend time in nature and do you like the idea of a retreat that combines silence, meditation, yoga, walking, mindfulness and happiness?**

**Can you hear the call that it is time to spend more time with yourself?**

**Are you prepared to learn more about yourself?**

**If you answered yes to these questions, then this retreat is definitely for you!**

**The simplicity of our retreat - the walking, the vastness of nature, the power of silence - combined with our retreat programme will bring you right into your heart and centre you.**

**When were you last silent? When did you last choose just purely to listen or simply enjoy the silence? To listen is to focus our attention on feeling, to notice and accept noise, and allow presence to wash over us. When this happens, we can not only access greater states of health and creativity but also develop our own wisdom.**

**But this space for you to be in silence isn't all that is on offer.**

**You will also get the chance to experience new tools and techniques like mindfulness-based activities, forest bathing (Shinrin Yoku) and more. This will allow you to experience your optimal and precious time away from everyday and stressful life.**

**This is a chance to experience the Vipassana (Insight) journey on your own terms. Most retreats are based on a fixed duration and often only for long stays. We prefer to offer you the unique opportunity to choose a length of stay that suits you and a flexible programme of activities. In this way, beginners and busy people also have the opportunity to get to know this form of silence.**

**Are you ready to enter into this silent retreat?**

## **WHAT'S INCLUDED**

**Wake up with a sunrise walk, gentle yoga session, or meditation.**

**Choice of daily yoga, meditation and mindfulness-based exercises / activities (rotating programme).  
Nature walks/hikes along the Ugab River.**

**Evenings with gentle yoga session or meditation or fire ceremony and unlimited star-gazing.**

**Open-air Yoga & Meditation Shala with 24-hour access.**

**Refresh yourself in the powerful aura of the Brandberg and the energy of the Namib Desert.**

**Access to a choice of books and colouring materials.**





  
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MEDITATION  
YOGA NIDRA  
VINYASA  
YOGA

**Accommodation (camping with comfort - single tent per person).**

**3 daily nutritious and delicious meals (vegetarian) (vegan and gluten-free options) and tea-time treats.**

**Smoothies and freshly-pressed juices.**

**Drinkable borehole water.**

**Daily specials like lemonwater or gingerwater or chai tea or homebrewed kombucha.**

**Water, tea, and coffee are served throughout the day (choice of teas and coffees, different milk types: full-fat, low-fat, lactose-free, plant-based).**

**Handmade Meditation and Yoga Nidra eye pillow to take home afterwards (choose your pattern from a selection at your day of arrival, or bring a piece of material with you).**

## Excluded

**Transport to the retreat (although we can arrange this for you as an added extra – just ask us)**

## Travel insurance

**Sparkling beverages / drinks (bring your own if necessary or purchase from the bar at the lodge)**

**Laundry (can be done by the lodge)**

**Items of personal nature**



## **WHAT ELSE TO KNOW**

**Please understand the programme as an offer to participate. You are more than welcome to skip certain activities if you are not comfortable with anything. But please maintain the noble silence.**

**You are welcome to join as a couple or as friends. But remember: please maintain the noble silence.**

**We will keep your cellphone(s) safe for you. We will take pictures on a daily basis that we will share with you afterwards. We will provide a WhatsApp/Cell number that your loved ones can contact in the event of any emergency.**

**We will return your phone(s) to you after breakfast on the day you leave. But please keep in mind that the signal at the venue is not great. You will be able to get better signal back at the main road and even better signal in Uis.**

**We offer healthy and nutritious vegetarian food. If you can't live without meat, please bring supplies. However we do encourage you - maybe for a change - to be meat-free for the time of your retreat period. Otherwise, we can store your meat for you, provide a fire / pan and prepare it for you. The vegetarian food will be plenty, yummy and filling ... you will not starve, that's for sure :-)**

**We do provide a range of different smoothies and juices. There will be a blender and a juicer on site. If you want to add specific ingredients like ashwagandha, turmeric, moringa etc. feel free to bring your own. We do not serve any alcohol. If you don't want to be without your drink, please bring supplies. We can keep it cool for you. The bar at the Lodge also serves a range of alcoholic and non-alcoholic drinks.**

**We kindly ask you to smoke only in the designated area.**

**We will have a table with books to read and browse for the time of our retreat - feel free to contribute any book that might be interesting for others. Please put your name/sticker into the book to avoid confusion.**

**There will also be the opportunity to make use of templates from the colouring book and pencils. Feel free to bring any other items that you would like to use during rest / read / study periods.**

**You might never have heard of forest bathing (Shinrin Yoku) before - don't worry. We are not running naked through the Ugab or around the Brandberg ;-)** It is more about “absorbing the forest atmosphere.” This practice will encourage you to simply spend time in nature combined with a mindfulness-based experience. Forest bathing takes place at a slow and almost meditative pace.

**Your tent will be equipped with a camp bed, mattress, pillow and sleeping bag/blanket - if you feel more comfortable with your own bedding, feel free to bring it.**

**The retreat is not connected to any kind of religion and/or associated with a central teaching figure, guru or similar. We are open to everyone.**

**Directions will be shared few days before your arrival with the exact pin from our camp to make sure you don't get lost in the area. There is no 4x4 required to reach the venue.**

**Please make sure your torch / headlamp is working. Bring spare batteries or charging cable. We share our space with the desert elephants that might come over for a visit. After sunset, a working torch is absolutely necessary.**

**We do have a WhatsApp group for last minute questions and for relevant information to be shared. You will be added once your booking is completed. We do read messages during the retreat at least once a day - whilst you are not likely to get an instant answer, we guarantee that we will reply within 24 hours.**

**Please contact us for any further questions.**



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## **WHAT TO BRING**

**Comfortable clothes (no specific dresscode) - all temperatures (morning and evening activities require something warm)**

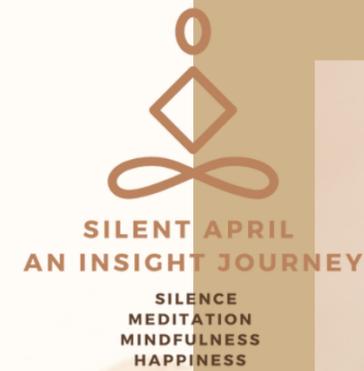
**Comfy shoes for a walk in the river bed and the area around**

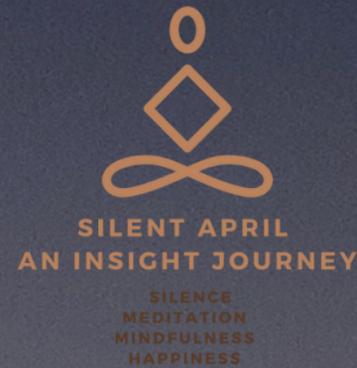
**Sun Protection (hat, sun-block, etc.)**

**Yoga mat (can also be used for meditation)**

**..... and more ....**

**Please check out the website for the packing list**





VISIT NAMIBIA & LET  
YOUR SOUL BREATHE

## HOSTS & INSTRUCTORS/FACILITATOR

The retreat is co-hosted by  
**Wild Cherry Adventures,**  
chadmanwalking and  
**Ellen Horlebein**

(Ellen is a certified Yin Yoga teacher, Laughter Yoga teacher, Mindfulness coach, Shinrin Yoku coach and hiking guide).

Contact for more info & booking

**Ellen Horlebein (English/German)**

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