

The image is a vertical composition split down the middle. The background is a soft-focus photograph of a field of tall grasses at sunset. The sky is a warm, hazy orange, and the grasses are silhouetted against it. In the lower right quadrant, a young deer stands amidst the grass, looking towards the camera. The text 'FIND YOUR balance' is centered in the middle of the image, with 'FIND YOUR' in a clean, white, sans-serif font and 'balance' in a white, flowing script font.

FIND YOUR
balance

S A N D W E R F B A L A N C E R E T R E A T

(Life Coaching Retreat & Namibia Journey)

While our Awareness Retreat for Burn-Out and Burn-Out Prevention has a fixed 3 weeks structure and a medical focus our Balance Retreat is more flexible and a relaxed personal journey to re-set your life. Our Balance Retreat is a choice to simply slow down, reflect, enjoy and find balance in your life but guided by our team and licensed PP as your personal coach. A journey back to life-quality beyond holiday time and a fresh start towards lasting change.

Our Balance Retreat is traveling and investing your time in a different and sustainable way for yourself. A holiday not just to relax and then later return into the same stressful environment unprepared. The mixture of holiday and professional coaching in this two weeks retreat is to install deep rooted change for the return into your daily life within you; followed by a one week explorative journey through Namibia.

If our daily life is off-balance a routine holiday will not bring a lasting change for your health afterwards. It won't make you feel happier, more recharged or fulfilled in the long term. Do you live a life off-balance or overloaded by stress, trauma or unhealthy routine of 11 months a year to feel happy, fulfilled and balanced for a holiday period of 3 weeks per year?

It is time to reset and rediscover your purpose for your life! How can you implement balance and meaning back into your daily routine life?

Invest in a healing journey instead of a routine holiday to take true change for your life from it and not only time of relaxation. Take this time to relax but also discover a change of mindset; gain the confidence to implement the change and learn the strategies to sustain it in your daily life from our licensed psychologists in your private coaching sessions!

And above all make a difference. Make a difference by joining this retreat and investing into a sustainable concept for a local community and at the same time make a difference for yourself by investing into bringing change into your life longer lasting than just a holiday.

Sandwerf's tranquility is giving you the opportunity to truly leave your usual daily environment behind for a noise-free and healing environment in the African Bush and at the pace of Nature.

Experience and re-learn a great sense of community and reactivate of the feeling for your own rhythm. Our two and four legged therapists and teachers will show you how to revitalise your lost intuitive skills. Let us take you on this journey to your renewed inner health and a life with meaning.

In this Retreat all sessions are free choice and can be adjusted to personal preferences and personality trades. You can choose only private sessions and also more time on your own. You can also choose from the different Workshop sessions according to your liking and do not have to participate. The Workshop sessions are setup under a certain theme to cover the different stimulating aspects Sandwerf Farm has to offer. (Horses & art, gardening & cooking, alpacas & weaving as well as cultural exchange and nature experiences, dance and music.) Our animal assisted intervention sessions are incorporating horses, miniature horses, donkeys, alpacas, cows and more...



Therapy / Coaching Program :

The program is a balanced and joyful mix of group therapy & private coaching sessions (focus on cognitive behavioral therapy), psychoeducation, skills training, schema therapeutic interventions, resilience training, role play mixed with interactive and explorative workshops under a certain farm theme with the contents: animal-assisted intervention, creative arts therapy (art, music and dance/body movement), gardening, meditation, mindfulness training, enhancing the ability to perceive pleasure & slow down, nature exploration, Self-reflection by means of daily diary entries.

This retreat is currently only available in English. Private therapy/coaching sessions available in English and German.

Theoretical Background:

- Period of 2 weeks, number of participants per group: 8
- Combination of: Psychoeducation, cognitive behavioral therapy, creative arts therapy (art, music and dance/body movement), schema therapeutic interventions, skills training, animal-assisted interventions, mindfulness training, a therapeutic living community, enhancing life skills (gardening, cooking, eating together) and personal 'resting times' to reflect own beliefs and habits
- Goal attainment: treating and preventing life crisis, 'what can my current situation teach me?' Understanding a crisis as a starting point for further personal development, learning from it, gaining the courage to 'go your own way: finding your inner compass', strengthening your own intuition; encouragement to get help and possibly change your reference frame

Benefits:

- Leaving the European cultural environment for a noise-free and healing environment in the African Bush
- Experience and re-learn a great sense of community
- Reactivation of the feeling for one's own rhythm, revitalisation of lost intuitive skills
- The treatment is carried out according to the guidelines (as in a rehabilitation facility in the home country), in addition to the healing effect in untouched nature
- Facilitation of new encounters/contact with other people in crisis or stage of change.

Costs:

Costs included per participant for a period of 2 weeks and 1 week traveling Namibia € 6000.

Included: Accommodation in our Sandwerf spacious chalets (single occupation chalets or double occupation chalets, all rooms are single occupancy and have private bathrooms)

All meals prepared by our talented chef on site (breakfast, lunch, 2 courses dinner, water (fresh farm water from the tap), airport shuttle, 9 group sessions under the guidance of a licensed M. Sc. Psychotherapist under supervision, 6 interactive workshops, 4 individual therapy sessions per participant, and 2 extra animal assisted intervention sessions and the beautiful silence of the African Bush. Two 'explorer days' with half or full day excursion away from Sandwerf Retreat.

1 week Safari with Wild Wind Safaries, single room occupancy at mid range lodge, private guide for the entire tour, breakfast, lunch & dinner, mineral water in the car, pick up at Sandwerf and drop off at Windhoek International Airport.

Therapy/Coaching:

- 9 Group therapy/coaching sessions with a licensed psychotherapist (focus on cognitive behavioural therapy), psychoeducation, skills training, schema therapeutic interventions, resilience training, role play
- 4 private coaching/therapy sessions
- 6 interactive workshops, content: animal-assisted interventions, creative arts therapy (art, music and dance/body movement), gardening, meditation, mindfulness training, enhancing the ability to perceive pleasure, nature exploration
- 2 extra animal assisted intervention sessions pp on offer (animal of choice)
- 2 explorative & reflective excursions
- Self-reflection by means of daily diary entries

Safari Main Attractions:

- Scenic Spretshoogte Pass
- Namib Sand Sea' (UNESCO World Heritage region)
- Scenic Dune 45
- Photogenic Sossusvlei
- Surreal Dead Vlei and ancient acacias
- Dunes 'Big Daddy' and 'Big Mama'
- Historical Swakopmund
- Walvis Bay lagoons and salt pans
- Near-shore dunes of the Namib Naukluft Park and Atlantic Coast
- Moon Valley and Welwitchia mirabilis, botanic desert attraction
- Nature Sanctuary and Wildlife Kingdom - Etosha National Park



Detailed Program Schedule:

Sunday - Arrival day.

Week 1

Day 1 (Monday)

Getting to know each other, your therapist/coach; introduction project presentation, introduction to the methodology for transparency and to build motivation for self-reflection (effectiveness control)

- Introduction of participants
- Group Session: Exercise: Position of Power & where do I find myself in my life? Why did I come here? What do I want to learn, change or achieve for myself?
- Guided tour of the site
- Lunchbreak
- Card question: miracle question (what has to happen, so that I can achieve change?)
- Group Session: PPP: predispositions and protective factors (ACT, vulnerabilities/stress/Linehan model, schema therapy)
- Discussion round
- Final meditation in the group
- Dinner

Day 2 (Tuesday)

Welcome, reflecting the previous day, meditation

- Theme Group Workshop 1: NATURE - Mindfulness & Awareness (self and in nature) / walking / wildlife / observing / elements / feel / be in the moment /
- Discussion round
- Lunchbreak
- 4 Individual Coaching sessions, 4 animal assisted intervention sessions on offer. A schedule will be made at the beginning of the week.
- Final group meditation
- Dinner

Day 3 (Wednesday)

Welcome, reflecting the previous day, meditation

- Excursion to the nearby Dordabis Village / Cultural Experience / Changing perspective
- Lunchbreak
- 4 Individual Coaching sessions, 4 animal assisted intervention sessions on offer. A schedule will be made at the beginning of the week.
- Final group meditation
- Dinner

Day 4 (Thursday)

Welcome, reflecting the previous day, meditation

- DBT: basic skills training module (tension curve, self-perception, self-beliefs, positive activities, mindfulness)
- Lunchbreak
- Theme Group Workshop 2 - FOOD & GARDEN - Mindfulness & Pleasure Therapy / Food from the Garden / Healthy Eating / Appreciation / working with hands / Feel & Touch
- Final group meditation
- Dinner

Day 5 (Friday)

Welcome, reflecting the previous day, meditation

- Group Session: DBT: mindfulness, personal boundaries, interpersonal skills, dealing with your inner critic
- Theme Group Workshop 3: ALPACA - Animal Assisted Intervention with Alpacas / Meditation / Mindfulness / Breathing // followed by processing raw Alpaca fleece & weaving (Art)
- Lunchbreak
- Group Session: DBT: Implementation of boundaries, self-esteem, stress tolerance
- Final group meditation
- Dinner
- Bonfire & Stargazing

Day 6 (Saturday)

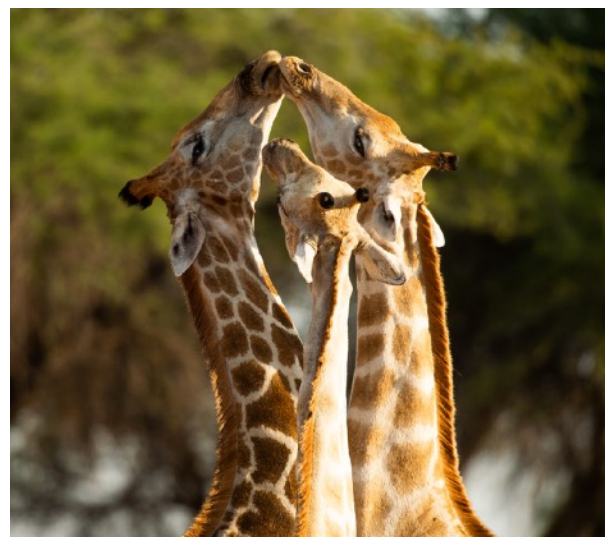
Optional individual therapy sessions. A schedule will be made at the beginning of the week. Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.

Day 7 (Sunday)

Day off.

Meditation exercises/working materials are provided

Sandwerf activities or Safari to nearby Game Reserve can be booked as an additional extra.



Week 2

Day 1 (Monday)

Welcome, reflecting the first week, meditation

- Sunrise Nature hike with view
- Group Session: Collecting and summarising the newly learned behaviours. Reflecting goal attainment.
- Lunchbreak
- 4 Individual Coaching sessions, 4 animal assisted intervention sessions on offer. A schedule will be made at the beginning of the week.
- Final group meditation
- Dinner

Day 2 (Tuesday)

Welcome, reflecting the previous day, meditation

- Theme Group Workshop 4: HORSES - Animal assisted intervention with horses / Awareness / Connection / Breathing / Observing / followed by painting sessions (Art)
- Discussion round
- Lunchbreak
- 4 Individual Coaching sessions, 4 animal assisted intervention sessions on offer. A schedule will be made at the beginning of the week.
- Final group meditation
- Dinner

Day 3 (Wednesday)

Welcome, reflecting the previous day, meditation

- Group Session: Schema Therapy: which modi determine my thoughts and actions. Skills training: how can I implement what I have learned at home? Collecting positive/desired
- Excursion to Namibia's capitol Windhoek / Cultural Experience / Changing perspective
- Lunch in Windhoek
- Final group meditation
- Dinner

Day 4 (Thursday)

Welcome, reflecting the previous day, meditation

- Group session: Schema therapy exercises, skills training / social competence, confrontation with reality in home country, role plays, strategy training, homework - Which situations may be challenging? What possibilities do I have to react differently with my newly acquired skills? How can I change my behaviour?
- Lunchbreak
- Theme Group Workshop 5: SUSTAINABILITY - Experience / Animal assisted Intervention Session with cows / traditional cheese making / Pleasure Therapy
- Final group meditation
- Dinner

Day 5 (Friday)

Welcome, reflecting the previous day, meditation

- Theme Group Workshop 6: MOVEMENT & RHYTHM - Dance Therapy & Musical expression (vocal & drumming)
- Lunchbreak
- Group session: Establishing and activating positive schemas and modi, skills training / role-play, strategy training, naming the acquired skills for 'the time after Africa'
- Final group meditation
- Dinner
- Bonfire & Stargazing

Day 6 (Saturday)

Optional final individual therapy sessions. A schedule will be made at the beginning of the week.

- Around the Fire: Group Session: Feedback on different levels
- Special Good-Bye Dinner night.



Day 7 (Sunday) - Day 1 of Safari - Sossusvlei & Namib Desert

Farewell from Sandwerf; Safari Vehicle will fetch you after breakfast.

Wild Wind Safaries detailed Itinerary:

Sunday: Pick up in the morning from Sandwerf Retreat Farm and on route south to Sossusvlei via scenic Spreetshoogte Pass – one of the most spectacular places of Namibia. Stop-over at Solitaire, oasis in the Namib Desert.

Accommodation: 2 nights near Sossusvlei
Distance: 350 km on gravel road.
Duration: 5 hours with stop-overs and lunch break.
Meals: Lunch & Dinner.

Week 3

Day 1 (Monday) - Sossusvlei, Deadvlei, Dune 45

Early morning before sunrise, 70 km scenic drive through Sesriem Gate to Sossusvlei – place of the highest dunes of the World, which was recently inscribed on the UNESCO World Heritage list as the ‘Sand Sea’. Option of climbing picturesque Dune 45 to experience beauty and vastness of fascinating orange-coloured landscape. After the climb, 5 km off-road 4×4 trail to visit surreal Dead Vlei, a place of vast clay pan and dried-up, ancient acacias standing silent in an impressive landscape. Break for lunch. In the afternoon visit at Sesriem Canyon and sunset at Elim Dune. Evening: dinner, time for rest, relaxation and star-gazing.

Optional activities: Helicopter flight over the dunes.
Distance: around 200 km on tar, gravel and sand roads
Meals: Breakfast pack, Lunch & Dinner.

Day 2 (Tuesday) - Atlantic Coast

Adventure starts after breakfast, as we travel through the Namib-Naukluft Park to Swakopmund, passing by canyons and fascinating rock formations. Magnificent landscape of the Namib reaches as far as eye can see. Wildlife and grazing antelopes: oryx and springbuck, mountain zebras, giraffes and the world’s biggest birds that don’t fly – ostriches. On route, celebrating crossing of the Tropic of Capricorn (famous geographical line) – time for pictures! On arrival in Walvis Bay visit to lagoon for close encounter with flamingos.

Accommodation: 2 nights
Distance: 300 km (gravel road).
Duration: 5 hours with stop-overs.
Meals: Breakfast, Lunch & Dinner.

Day 3 (Wednesday) - Swakopmund & Welwitschia Mirabilis

Coastal adventure invites you to the ‘lunar landscape’ for a discovery of the botanic attraction, Welwitschia Mirabilis, called a ‘living fossil’, one of the oldest and most original, living plants on Earth, remembering the times of Christ.

Optional attractions:

- Early morning dolphin cruise to the flamingos and fur seal colonies & Sandwich Harbor excursion, where dunes meet ocean.
- Swakopmund city tour and visit to the Crystal Gallery and local craft market.

- Quad Bike ride into the dunes of the Namib.

150 km on gravel and tar roads.

Meals: Breakfast, Lunch & Dinner.

Distance.

Day 5 (Thursday) - Etosha National Park

We bid ,farewell' to coastal town of Swakopmund, on our way to Etosha National Park – treasure of Namibia, considered to be one of the most loved parks of Africa!

On arrival in Etosha, we are welcomed by wild animals and white sand of the plains, while searching for the king of the savannah – lion, during the afternoon's game drive we are admiring variety of magnificent game: antelopes, giraffes, zebras as well as herds of African elephants roaming through the bush.

In the evening, relaxing dinner served in the thrilling atmosphere of the wild. At the waterhole, thirsty animals gather for the drink of water, while you are invited to watch the ever-changing ,theater of nature' till late!

Accommodation: 2 nights at Etosha Nationalpark

Distance: 450 km (gravel routes).

Duration: 5 hrs.

Meals: Breakfast, Lunch & Dinner



Day 6 (Friday) - Etosha Wildlife Kingdom

Today full day unlimited game drive in Etosha National Park, from sunrise till sunset with a brake for lunch.

Distance: around 200km on gravel roads of Etosha (gravel routes).

Duration: full day unlimited Game drive in Etosha, sunrise till sunset.

Meals: Breakfast, Lunch & Dinner.

Day 6 Windhoek

In the morning visiting few waterholes and leaving Etosha before lunch. Arrival in Windhoek in the afternoon.

Our guide will drop you off either at your Windhoek Hotel after lunch or at the Windhoek Hosea Kutako International Airport at approx 16:00

Distance: around 450 km (tarred roads).

Duration: 6 hrs.

Meals: Breakfast & Lunch.



Included in the tour:

Transport, fuel, 6 nights accommodation and reservations, meals as per itinerary + mineral water in the car, national park entrance fee, full-day unlimited game drives in Etosha National Park (sunrise till sunset) in the provided tour vehicle, experienced tour guide for the entire tour, airport transfers within the tour dates.

Not included in the tour:

Scheduled, international flights ,to/from' Namibia, individually extended accommodation, additional transfers (airport transfers beyond tour dates, which we may arrange at euro 20 pp), individual travel and medical insurance, drinks and alcoholic beverages, optional activities, gratuities and tips, trip extensions, visa to Namibia (if required).

Please note the Namibia Safari Tour is not operated by Sandwerf directly but with Wild Wind Safaries. When you leave Sandwerf after your 2 weeks retreat Wild Wind Safaries is your host. The Tour details were provided by Wild Wind Safaries and can be subject to small changes from Wild Wind Safaries.

Please note that our retreat program is written as a guideline. We are dealing with human beings and also with animals in our program and we might adjust the concept where needed to accommodate the individual rhythms and needs of each group and it's unique participants.

Retreat concept written in cooperation with **Gudrun Hoika-Messing Flöter**, Doctor and licensed Psychologist Psychotherapist, Youth & Children Psychotherapist; **Elena Fiebig**, Dipl.Psych. licensed Children- and Youth Psychotherapist, Psychologist Psychotherapist i. A., EMDR Therapist; **Joyce Angolini**, M.Sc. Psychologist, Licensed Dance Therapist; **Carolin Behrend**, Licensed animal assisted Therapist; **Annika Funke-Barnard**, co owner of Sandwerf Retreat.

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