NATÍV METHOD | JOSEPHS DREAM STUD

DAILY PROGRAM

Journey to Coregulation

Nine days of transformative nervous-system work, herd wisdom and wide horizons at Joseph's Dream Stud & Academy, Namibia.

WITH NATASA KOVALIK & ANNA POPPE



DATES	LENGTH	GROUP	PRICE
1–9 March 2027	9 days · 8 nights	Max 8 participants	€3,500 per person

THE NATIVMETHOD APPROACH

The horse as a mirror

Horses are prey animals. Their survival depends on reading every living thing around them – its energy, its intention, the state of its body – and responding in the moment. They don't respond to what you say, but to how you are. That makes them honest, gentle mirrors.

Coregulation is what happens when two nervous systems settle each other. In the company of a calm herd, attention moves out of the head and back into the body and intuition. Nativmethod works with this through presence, clarity and authenticity – focused on the process and the connection, not on a goal to reach.



01

Presence

The horse meets you as you are right now – not your role, title or plans.

02

Clarity

Mixed signals get mixed answers. Clear intention gets an immediate, honest response.

03

Authenticity

When what you feel and what you show match, connection becomes easy.

IN PRACTICE

The horse's response shows you patterns you may not yet have words for.

Every session closes with a shared reflection, so the insight comes home with you.

Nativmethod is a self-awareness and learning experience for healthy adults. It is not a substitute for therapy or medical care.

DAY

01

Mon 1 March

ARRIVAL

Welcome to Joseph's Dream Stud & Academy at Sandwerf Retreat

Settle into your luxury chalet, soak up the tranquillity of Sandwerf Retreat and enjoy your meal at the Sandwerf Restaurant while getting to know each other and your hosts. Learn about the history and vision of Sandwerf and Joseph's Dream – a story of respect, passion, community and conservation.

ARRIVAL	Hosea Kutako International Airport, Windhoek (flights and visa arranged independently)
TRANSFER	Airport transfer to Sandwerf, included in the package
LUNCH	Sandwerf Restaurant, depending on arrival time
AFTERNOON	Exclusive JD stable tour and introduction to the Joseph's Dream philosophy
EVENING	Welcome dinner at the Sandwerf Restaurant
NIGHT	Sandwerf Luxury Chalet – single room, private bathroom









DAY

02

Tue 2 March

MEETING THE HERD

Arriving in your body, among the horses

The first full day with the herd. Before anything happens, we simply observe the horses and notice how our own nervous system responds.

MORNING	Breakfast, then **Rewire** – nervous-system exercises in nature, led by Natasa Kovalik
LATE MORNING	**Coregulation in stillness** – visiting and observing the herd in the open field
LUNCH	Sandwerf Restaurant
AFTERNOON	**Coregulation in movement** – groundwork sessions in smaller groups
EVENING	Dinner at the Sandwerf Restaurant · night in your Sandwerf Luxury Chalet

DAY

03

Wed 3 March

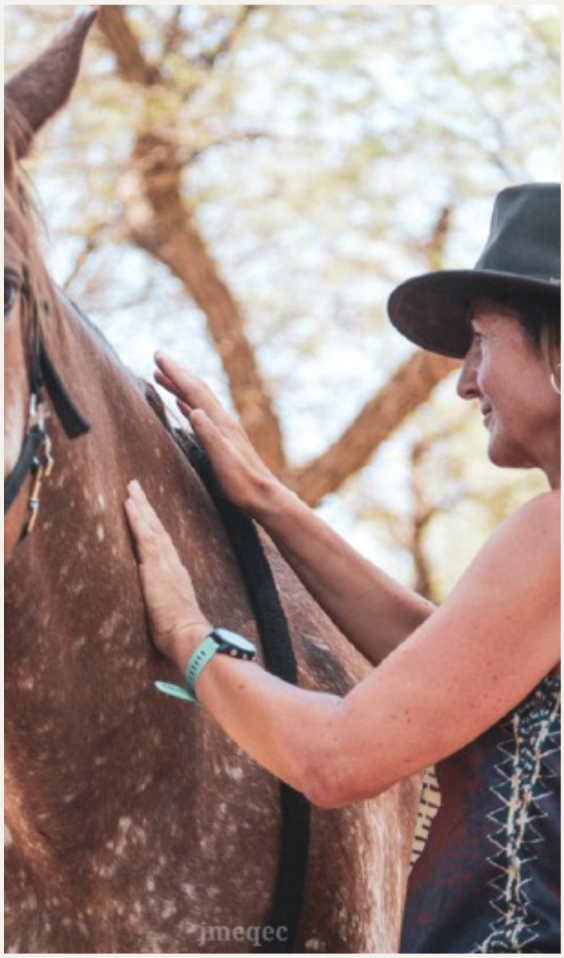
TOUCH

Body to body

Today the connection becomes physical: through scent and touch in the morning, and walking side by side with the mini horses as the sun goes down.

MORNING	Breakfast, then **Rewire** – nervous-system exercises in nature, led by Natasa Kovalik
LATE MORNING	**Coregulation in stillness** – aromatherapy and bodywork with the horses
LUNCH	Sandwerf Restaurant
SUNSET	**Coregulation in movement** – sunset hike with the mini horses
EVENING	Dinner at the Sandwerf Restaurant · night in your Sandwerf Luxury Chalet











DAY

04

Thu 4 March

BREATH

Breathing together

Breath is the quickest way into the nervous system. Next to a horse, you feel how a slower breath changes both of you – and carry that calm into groundwork or liberty.

MORNING	Breakfast, then **Rewire** – nervous-system exercises in nature, led by Natasa Kovalik
LATE MORNING	**Coregulation in stillness** – breathwork with the horses
LUNCH	Sandwerf Restaurant
AFTERNOON	**Coregulation in movement** – groundwork or liberty sessions
EVENING	Dinner at the Sandwerf Restaurant · night in your Sandwerf Luxury Chalet

DAY

05

Fri 5 March

FEEL IN THE SADDLE

From the ground into the saddle

Transfer your connection and feel from the ground into the saddle. Find a connection between your bodies to prepare for your journey through nature together, in harmony.

MORNING	Breakfast, then **Rewire** – nervous-system exercises in nature, led by Natasa Kovalik
LATE MORNING	**Coregulation in stillness** – exploring touch in stillness
LUNCH	Sandwerf Restaurant
AFTERNOON	**Coregulation in movement** – riding from the seat and from feel: become real riding partners, listen to each other and prepare for the journey into the African bush. **Non-riders:** liberty session with JD trainers.
EVENING	Dinner at the Sandwerf Restaurant · night in your Sandwerf Luxury Chalet



DAY
06
Sat 6 March

JD SIGNATURE RIDING SAFARI · DAY 1

A wild journey begins, an inner journey continues

MORNING	Breakfast, then **Rewire** with Natasa Kovalik
RIDE	Into the bush for the first 10 km, via the mountain trail with magnificent views
LUNCH	Picnic with a view
AFTERNOON	Back into the saddle for another 5–8 km to the overnight camp in the plains
EVENING	Dinner at the bonfire and stargazing
NIGHT	Exclusive bushcamp together with the horses – raised tents (single, or shared if preferred) with mattresses and duvets; shared open-air bush bathroom under the stars

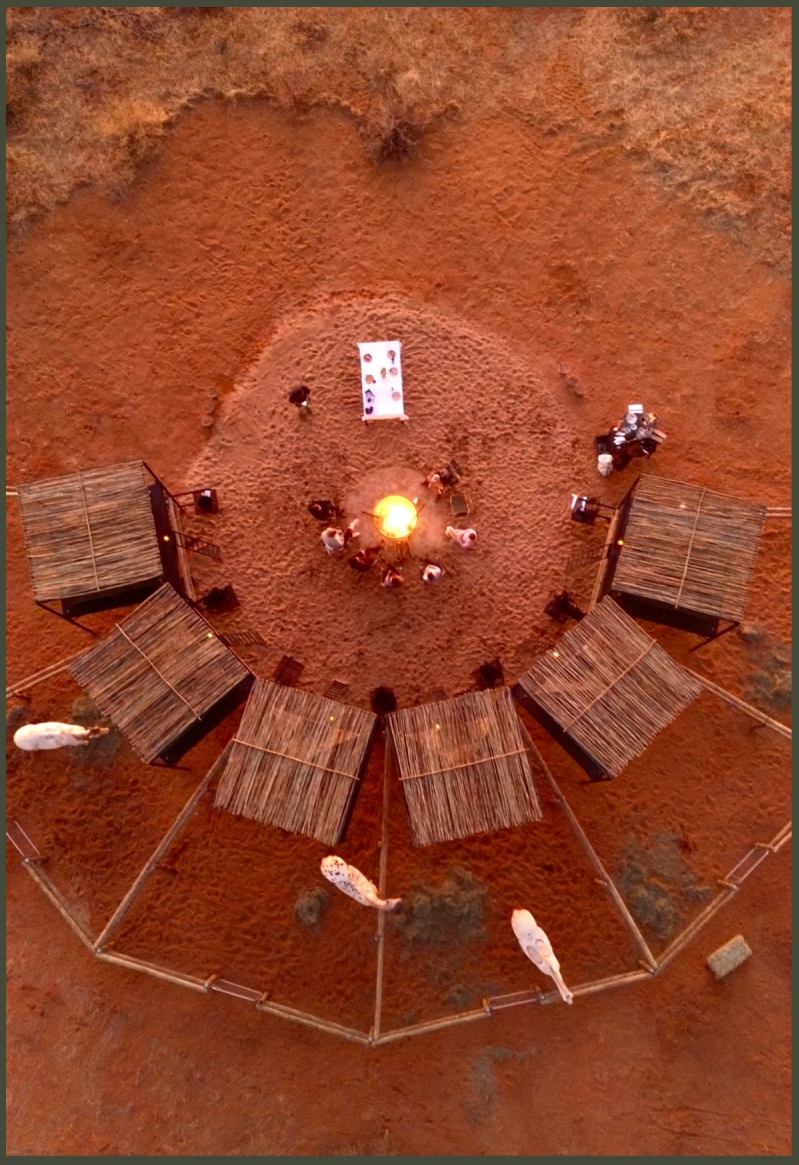


DAY
07
Sun 7 March

JD SIGNATURE RIDING SAFARI · DAY 2

Into the savannah

MORNING	Breakfast at camp – we take it easy in the morning
RIDE	Scenic day loop of about 15 km, looking for giraffes, zebras and antelope in the breathtaking savannah
LUNCH	Picnic at the waterhole or back at camp
AFTERNOON	Back into the saddle for a scenic or sunset ride
EVENING	Dinner and stargazing to the sounds of the African night
NIGHT	Bushcamp with the horses · optional moonlight connection work with your horse







DAY

08

Mon 8 March

JD SIGNATURE RIDING SAFARI · DAY 3

The way home, across the plains

EARLY RIDE	Breakfast, then home via the plains route – sandy terrain for a gentle canter and a feeling of freedom and space you only find in Namibia
BRUNCH	Light early picnic brunch
MIDDAY	The last mountain stretch back to Sandwerf Retreat
AFTERNOON	Time to relax
EVENING	Dinner at the Sandwerf Restaurant · night in your Sandwerf Luxury Chalet

DAY

09

Tue 9 March

CLOSING & DEPARTURE

Closing the journey where it all started

A last morning together at Sandwerf to gather what the horses showed you and to name what you take home – before the transfer back to Windhoek.

MORNING	Breakfast at the Sandwerf Restaurant
CLOSING	**Closing circle** – closing the journey where it all started
DEPARTURE	Airport transfer to Hosea Kutako International Airport, Windhoek, included in the package



NOT RIDING? DAYS 6–8

Non-riders continue their movement journey on the ground with a daily liberty session by JD trainers, observed by Anna and a Sandwerf Retreat activity like a weaving session or spa treatment.

PLEASE NOTE

This program is written as a guideline. We work with people and with horses, and may adapt the plan to the rhythm and needs of each group, the herd and the weather. Additional Sandwerf Retreat activities are not included in the package price, but can be booked at your request. All participants are asked to sign an indemnity form before the program starts.

YOUR FACILITATORS

Two guides, one herd



Anna Poppe

CO-FACILITATOR

Anna spent years building brands and teams as a global marketing leader at Philips and CMO of Hungary's leading online grocer – then stepped away from corporate life to find a different way of working. She knows from experience what a real transition asks of you.

This is her sixth year travelling with horses in Africa, and she returns to Sandwerf Retreat a year after volunteering with the herd. She trained in the Nativmethod with Natasa, and now brings the method to the herd she knows.

Natasa Kovalik

FOUNDER, NATIVMETHOD · LEAD FACILITATOR

Natasa grew up in the saddle with her horse Morci, who first showed her that a horse can mirror our inner states. She founded Nativmethod twelve years ago and has since led self-awareness, leadership and team-building work with horses for individuals and companies. She established the Nativmethod™ Academy and teaches her method worldwide.

She is a certified Gestalt therapist, trained as a horse assisted trainer with HorseDream, is an ICF-accredited horse assisted coach, studied with Linda Kohanov in Paris, and spoke at TEDx in 2019. She leads the daily Rewire sessions.

PRACTICAL INFORMATION

Travel & visa

ARRIVE	TRANSFER	DEPART
Fly into Hosea Kutako International Airport (WDH), Windhoek, on Monday 1 March 2027.	Sandwerf is about an hour from the airport. Transfers are included.	Tuesday 9 March, after the closing circle. Please share your flight times when booking.

Flights are arranged independently.

VISA FOR NAMIBIA

Most EU citizens need a visa and can get one on arrival – but the Namibian authorities recommend applying online beforehand (e-visa), which saves time at the airport.

WHERE TO APPLY
eservices.mhaiss.gov.na/visaonarrival – official portal

WHEN
At least two weeks before travel

FEE
NAD 1,600 per adult (about €80) · children 6–11 NAD 800 · under 6 free

PASSPORT
Valid 6 months beyond your stay, with 3 blank pages

YOU'LL NEED
Recent passport photo, return ticket, your Sandwerf Retreat booking confirmation

ON ARRIVAL
Bring your printed approval and fill in the arrival form – the visa is issued at immigration

Do I need a visa? Check the official visa fact sheet.

HEALTH & INSURANCE

Please arrange comprehensive travel and medical insurance that covers horse riding, and ask your travel clinic about routine vaccinations.

WHAT TO PACK

Closed shoes for groundwork, long trousers for riding, a wide-brimmed hat and sun protection, a warm layer for cool nights in the bush, and a head torch for camp.

Visa and Namibia Entry Rules and fees can change, please check before you travel.

SUMMARY

Price & booking

PER PERSON

€3,500

Dates · 1–9 March 2027 · 8 nights

Place · Sandwerf Retreat, Namibia

Group · max 8, safari max 6



INCLUDED

- 6 nights in a Sandwerf Luxury Chalet and 2 nights at the safari bushcamp
- Three meals a day, with water, juice, tea and coffee
- Airport transfers to and from Windhoek
- Daily Rewire nervous-system sessions
- Two horse assisted sessions a day on the retreat days
- Three-day JD Signature Riding Safari, or the separate program for non-riders
- JD stable tour and closing circle

NOT INCLUDED

- International flights
- Visa
- Comprehensive travel & medical insurance
- Alcohol and other extra drinks
- Additional activities and gratuities

HOW TO BOOK

01 · GET TO KNOW US

Book your call →

A short call with Natasa to ask your questions

02 · RESERVE

Book your trip →

Secure your place directly with Joseph's Dream

Deposit · 50% (€1,750) at booking, non-refundable

Final payment · 50% (€1,750) one month before arrival