

Yoga of Devotion in AFRICA

A Thanksgiving Service Retreat - 2012



A Joint venture with:
Angela Pashayan-YOD and
Swami Padmapadananda of Sivananda Yoga
(fromhandtohand.org)



12 DAY YOGA SAFARI

Experience Nature, Gratitude, Community, and the Spirit of Thanksgiving
in the Motherland of Africa: A Tanzanian Safari

NOVEMBER 7-20



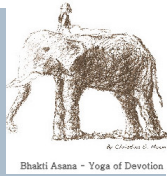
CONTACT: AP@YOGAOFDEVOTION.ORG

Yoga of Devotion - Non-profit Serving the Human Spirit

One Embarcadero Center, Suite #500

San Francisco, CA 94111 / 415.623.2088 USA

WWW.YOGAOFDEVOTION.ORG -SITE



NOURISH YOURSELF AND FEED THE HUNGRY 2012

NOV.7-20

12 Days, Pre-Thanksgiving, Experiencing & Serving in the Motherland. Enjoy game drives in the height of the Migration, daily yoga, fireside dharma talks, and time with the Maasai. The trip ends with hands-on giving back at the Maasai Joy School in Arusha. Reflect and prepare you mind for home the last days on the beaches of Zanzibar.

Daily yoga is optional, so if you're "on" for Safari and serving at the school - come anyway! All levels of yogi's are welcome, children 8+ welcome.

Yoga of Devotion is a non-profit organization that combines Yoga, Travel, and Service opportunities around the world.

Costs:

- \$3800/pp double occupancy
- Airfare separate. Group fare available.



Package Includes:

- Safari & Beach Lodging
- All Meals except 2 lunches
- Airport Transfers
- In-country flights
- Park Reserve fees and governmental taxes
- Ngorongoro Crater Fees
- Olduvai Gorge Fees
- Cost of Guide and Drivers
- Land Transportation
- Bottled water during Game Drives
- Yoga/Meditation/Discussion Program
- Pre-Thanksgiving FEEDING with School Children
- Maasaijoy.org

Refunds:

- 90days before travel - Full refund
- 60days before travel - 50% refund
- 30days before travel - No refund

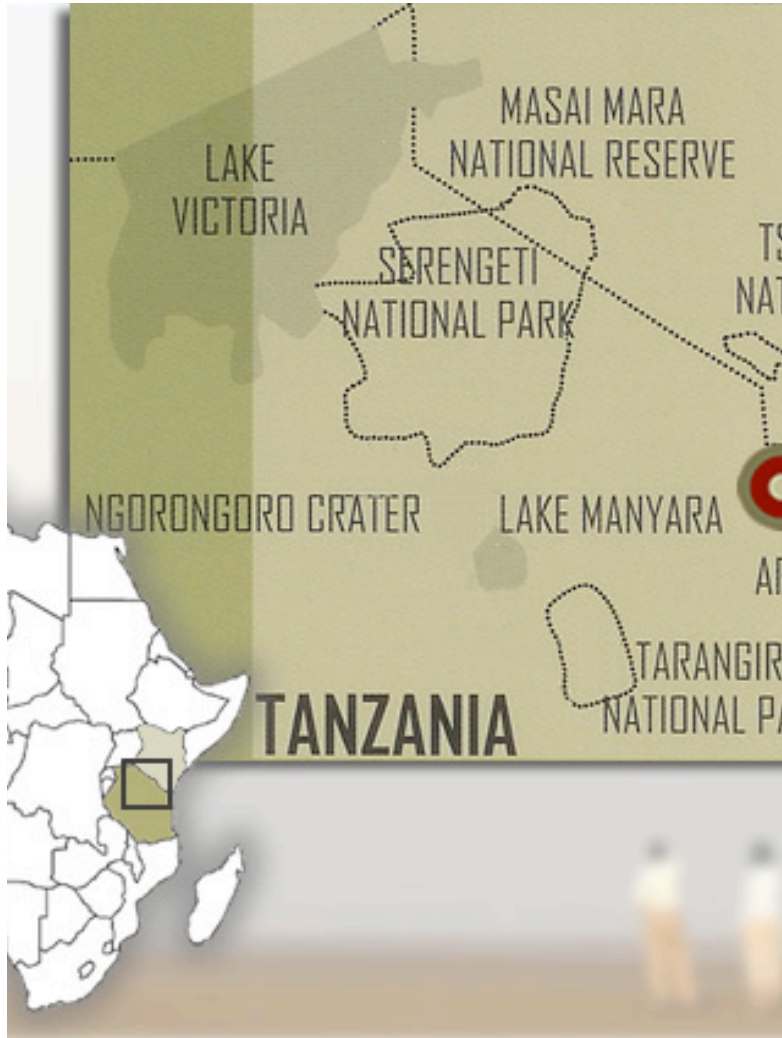
Airfare purchased with the group is non-refundable but is exchangeable for future travel. Change fees will apply at the time of travel + any additional cost of airfare.

Travel Insurance is highly recommended. Cost should be no more than \$250 and should cover emergencies just prior and during travel that are related to health issues, natural disasters, in-country political problems, lost luggage, etc.



Each day will include:

Morning Yoga before breakfast, Game Drive, Free time (Journal provided by YOD), Restorative Stretch before dinner, Fireside Dharma Talk. Some sunrise or sunset Yoga and Game Drives, afternoon Vedanta Philosophy. Bring your Mat!



ITINERARY

Day#1 - 11/7

Arrive Kilimanjaro - to Lake Manyara

[Kirurumu Manyara Tented Lodge, 2nts](#)

Day#3 - 11/9

Ngorongoro Crater, Maasai, Serengeti

[Mbuzi Mwae Tented Camp, 3nts](#)

Day#6 - 11/12

Ngorongoro Rim

[Serena Lodge, 1nt](#)

Day#7 - 11/13

Sunrise on the Ngorongoro Crater Floor

[Crater Forest Tented Camp, 2nts](#)

Day#9 - 11/15

Arusha - prepare for charity program and www.maasaijoy.org

[Arumeru River Camp, 2nts](#)

Day#11- 11/17

Flight to Zanzibar

No program - Relax & Debrief

[Pongwe Beach Hotel, 2nts](#)

Day#13- 11/19 - Fly Home arrive 11/20



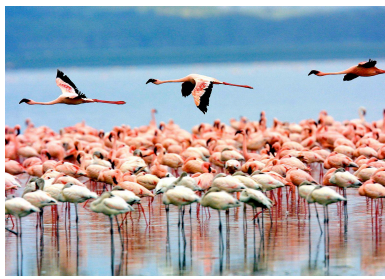
Trip does not Include:

- Visa & Vaccines
- Travel insurance
- International flights
- Gratuities
- Laundry service
- Alcohol & soft drinks
- Airport taxes



BOMA WALKS

In some areas we will be able to take a short (safe) walk to see smaller wildlife and enjoy walking on the Plains of Africa. These walks are sometimes led by Maasai or local tribe guides.



LAKE MANYARA

The unspoiled location of our first overnight, allowing us to ease into Safari mode. The abundant bird-life around the Lake will help us find our internal balance after long hours of travel.



NIGHTLY FIRESIDE TALKS

Enjoy casual talks nightly on various topics on the Yogic Lifestyle, Re-incarnation, Samskara's, Nutrition, Ayurveda, and ancient texts like the Gita and the Tao. Feel free to ask questions and share common knowledge.



DAILY GAME DRIVES

After morning yoga, get set for an exciting Game Drive in a 4x4 Toyota Land Rover Vehicle with Pop-Top for viewing and taking photographs. Learn more about the animals from the Guide and Driver.