

Yoga Mini-Vipassana + Mindful Exploration and Service

Are you ready to connect with silence and explore your own inner universe in a tranquil outer environment?

Join Gopal and his family on an organic farm in Koshi, Sunsari district in eastern Nepal from 17-30th October for 7 days of facilitated silence (Vipassana) and meditation: sitting and moving + structured Yoga Asana (posture) and Pranayama (breath) work. Following this we will have 5 days of exploration in the national park there: walking, biking, hill walking, jungle treks and perhaps even with elephants.

We will also learn about organic farming in the region through mindful Karma Yoga on the farm according to seasonal activity and follow a simple lifestyle, observing the difference between our needs and wants.

This will be a profound personal journey of revelation and witness so please be aware if it suitable for you at this present time.

Cost: £420, \$550 or 500euros to include:

Shared accommodation in the farmhouse or your own tent

2 meals a day during Vipassana and then 3 meals a day

Travel during your stay

Vipassana facilitation

Daily structured Yoga class

Excursions to river, mountain, jungle

Bike hire

50 hours professional development credit if required

(You will organise your own flights, visa, transfers, insurance, vaccinations)

For further information please contact:

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