

# RWANDA

## KIGALI, MUSANZE, & AKAGERA NATIONAL PARK



In May of 2012, I traveled to Rwanda through a short term travel abroad course at Hamline University, as I was finishing my undergraduate degree. The synopsis of the course: We were studying the Rwandan genocide, factors leading up to those 100 days in 1994 that tore communities and families apart, and how communities have rebuilt themselves, in order to continue living side-by-side and move ahead with life.

It was during one of our visits to a genocide memorial that I saw a staggering 500,000 women were raped during the genocide. As I moved on to complete my 200-hr yoga teacher training and certification in Healing Touch Energy Therapy a few years later, that statistic and questions about healing in the country of Rwanda have resurfaced periodically for me.

Although there was not time to find out about healing on my previous trip, I am ready to go back with a healing practice focus. Recently, I have reached out to a few organizations that are using yoga as healing for the genocidal trauma people have endured. I've also contacted a Kigali company to help with logistics on the ground there, locating more organizations using yoga and arranging lodging, transportation and guide services.

My intention is to find out how yoga is benefiting the women, children, and men of Kigali, how accessible those services are to people in need, and what kinds of experiences those participants and service providers are having.

Join me in July 2018: We'll travel to Kigali, meet people who continue to put themselves back together again and the organizations assisting them, creating wholeness through yoga practice. We will practice with some of these folks; holding healing space, deepening our own practice, and sending out continued peace and love; uniting our breath in what it means to be human. There will also be an option to experience Akagera National Park, practicing amidst the wilds of African terrain as the sun rises and sets near Lake Ihema, as well as participating in a safari excursion. There will be colorful markets and Rwandan cuisine to experience, along with plenty of opportunity to immerse yourself in Rwandan culture, meet local people, and make relationships that span continents.

I invite you to come with me,

### Dates of Travel:

July 8 to 14 2018, opt. extension 14-16th

### Registration Deadline:

March 1, 2018

### Estimated Cost: \$2,220/ person

- Please note that a non-refundable deposit of \$1000 is due on March 1, 2018 to reserve your spot on the trip. The remaining balance is due April 15.
- Based on double occupancy; single occupancy available upon request for additional \$250.

### INCLUDED in the itinerary:

- Airport transfers & ground transportation between cities
- Welcome and Farewell Dinner, includes 1 non-alcoholic drink
- Breakfast each day, meals as noted
- Multi-bedded accommodations
- Daily yoga practice

### NOT INCLUDED in itinerary:

- Roundtrip airfare to/from Kigali, Rwanda
- Visas, Travel and Medical Insurance
- Gratuities to guides, drivers, maid service, porters, restaurant wait staff
- Expenditures of personal nature: telephone, internet fees, laundry, etc.
- Anything not mentioned in "included" above
- Optional Extension: Safari at Akagera National Park, additional fee of \$785

### Inquiries, Contact & Register:

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### ITINERARY:

July 8 — Arrive in Kigali, transfer to hotel. Welcome group dinner.

July 9 — Visit Nyamirambo Women's Center and guided walking tour of neighborhood, includes cooking class and lunch. Dinner on own.

July 10 — Day at Yego Yoga and exploration of Rwandan artisanal work, traditional dancing workshop, followed by dinner.

July 11 — Introduction to traditional basket weaving and its repercussion on women empowerment. Remainder of day at Agahozo Shalom Village, visiting school and community center, yoga for all workshop, followed by dinner shared with students.

July 12 — Morning at Project Air, activities with folks there. Transfer to Musanze, walking tour in local markets and introduction to traditional healing with plants. Group Dinner.

July 13 — Yoga session at Fitness Center, Musanze. Back to Kigali for guided Transcendental Meditation session. Farewell dinner.

July 14 — Visits to markets and crafts markets, depending on departure time; Lunch and Dinner on own.

### Optional Extension:

July 14 — Transfer to Akagera National Park. Visit Women's Opportunity Center of Women for Women. Afternoon game drive, lunch and dinner included.

July 15 — Full-day game drive, with packed lunch. Dinner at Lodge.

July 16 — Transfer back to Kigali, personal farewell at airport. Lunch and Dinner on own.

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