

“THE BEST WAY
TO FIND YOURSELF
IS TO LOSE
YOURSELF IN THE
SERVICE OF
OTHERS”

—GHANDI



kamLoops
Hot yoga

DEVELOPING
WORLD
CONNECTIONS



GET IN TOUCH

JOY@KAMLOOPSHOTYOGA.COM

KARMA YOGA EXPERIENCE

FEB 24 - MAR 10 2018
GUATEMALA



WWW.KAMLOOPSHOTYOGA.COM



About

Your Trip

Developing World Connections (DWC): DWC and their Guatemalan partner organization, Open Windows Foundation will be facilitating the service component of the experience. This non-denominational, non-profit, charitable organization based in Kamloops, has been providing service experiences for thousands since 2005. The planned service experience for this trip is to build or renovate a home including an efficient stove as seen in the video below. For information visit:

- Developing World Connections.
- Open Windows Foundation
- Guatemala Trip Video

Joy Demsey of Kamloops Hot Yoga: Joy is an experienced traveler with nearly 6 years of living and traveling in foreign countries including: Japan, India, Moldova, Kyrgyzstan and Nepal, Thailand. Most recently, Joy led a Karma Yoga Experience to the Philippines in 2016. She has been practicing yoga for over 28 years and teaching yoga for 18 years. Her specially designed, all level morning and evening classes will empower you with the strength and grounding needed for integrating this karmic service work into your own yoga practice.

San Miguel Dueñas: a traditional Guatemalan community surrounded by rural countryside. It is an agricultural town of 9,000 people, many of whom are subsistence farm laborers, squatting on land in dismal tin houses with no water or electricity even though Dueñas is situated just 15 kilometers from the tourist centre of Antigua.

Cost: \$3400* - flight included or \$2400 - flight not included. *Final cost may vary slightly depending on current flight prices.

Included: Double occupancy accommodations, meals, bottled water, group airport transfer, group ground transport, dedicated trained team leader Tony Dufficy (you may have seen him in your KHY yoga class), cultural components and morning and evening yoga classes at the hotel.

Not Included: Travel insurance, mandatory emergency medical insurance, passport, visa, inoculations, incidental and personal expenses, extra-curricular activities, weekend excursions, snacks, beverages, alcoholic beverages and gratuities.

Early Bird Deadline: Oct 15th, 2017. If you register by Oct 15th you qualify for 1 of 4 \$200 grants towards your program costs provided by KHY. Reserve your space by Oct, 15th with a \$500 deposit.

Final Deadline: Jan 1st, 2018. Full payment is due 60 days prior to departure (Dec 24th, 2017). All payments made to DWC.

Payment Details: The \$500 deposit is non-refundable after final deadline (Jan 1st, 2018) and serves as a program cost contribution going directly to our group. The whole experience is 100% tax deductible. Choose the option to use your own personal flight points or extend your stay in Central America by making your own flight arrangements. Final cost may vary slightly depending on current flight prices. Options for personal fundraising are also available through DWC which include charitable receipts for donations over \$20.

Additional Weekend Excursion options:

You will be able to choose between two weekend destinations for the weekend between our 2 weeks of service work or options to set out on your own.

1. In nearby country side, hike Pacayo Volcano, one of Guatemala's 33 active volcanoes and shop at traditional Mayan markets in the various communities around Lake Atitlan and bask in Mayan culture. For more information:

- Lake Atitlan
- Video

2. Take in the Beach of Monterrico 2.5 hours south of Antigua, including mangrove tours, turtle sanctuary, riding horses on the beach or just chill on the relatively quiet, beautiful black sand beaches along Guatemala's west coast. For more information:

- Monterrico
- Video

Ready to sign-up or looking for more specific trip details? [CLICK HERE!](#)

