

Uganda, Africa

Program Starts: Monday, January 16, 2012

Program Ends: Wednesday, January 25, 2012

Trip Leaders: Sally Brown Bassett, Ph.D. and Natalie Angell

Itinerary

DAY 1 – Monday, January 16: Arrive in Uganda.

Uganda is saturated in color, the outstanding natural beauty of its people and its landscapes have always stirred inspiration in travelers and residents. Since the late 1980s Uganda has rebounded from the abyss of civil war and economic catastrophe to become relatively peaceful, stable and prosperous. But the lives of millions in Uganda remain blighted by one of Africa's most brutal rebellions, along with the effects of AIDS and poverty. Nearly 2,000,000 people have been displaced. Approximately 940,000 Ugandans have AIDS; 130,000 are children. There are 3,000,000 orphans in Uganda. Less than 50% of children in Uganda finish primary school.

Most flights from the U.S. and Canada arrive in Entebbe in the late evening. Upon arrival, you will be met at the airport and transferred to our accommodations in the capital city of Kampala. A good night's sleep is encouraged.

Sheraton Kampala Hotel is ideally located in the heart of the capital city of Kampala. The hotel is within walking distance of many main attractions including the National Theatre craft market, Uganda Golf Course, Nakasero and St. Balikuddembe market (famously known as Owino market), shopping malls, as well as many dining and entertainment spots.

Sheraton Kampala Hotel
Ternan Avenue, P. O. Box 7041
Kampala, Uganda

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=410>

Phone: (256)(414) 420000 (256)(414) 420000

Fax: (256)(414) 256696

DAY 2 – Tuesday, January 17: Orientation/Kasana

In the morning, you will meet your trip leaders. Natalie Angell, founder of Shanti, will give an overview of the history of Uganda and the existing impact of HIV/AIDS and maternal mortality. Hearing the history and relevant local circumstances will help you to understand and engage more fully in your volunteer projects.

Late morning you will depart for Kasana and check-in to a local guest hotel. After a vegetarian box lunch, you will do a village walk with the local chairman. You will learn more about the history of the area, visit a family graveyard, take a historical journey through the various home building techniques through the ages and learn about traditional mat weaving. Dinner will be served at the Kasana Guest House.

DAY 3 – Wednesday, January 18: Shanti Uganda Birth House

Morning yoga session with Sally outside on the hotel's lawn and a good breakfast, you will visit a local hospital and learn about current birthing practices in Uganda. You will also tour the Shanti Uganda Birth House, meet the midwives and staff, learn more about the mission of Shanti Uganda, and explore the grounds. After lunch you will meet the Shanti Uganda Women's Income Generating Group, participate in a buying day and learn how to roll a paper bead to make jewelry.

Dinner will be a highlight. You will enjoy a traditional Ugandan dinner at one of the homes of a member from the Shanti Uganda Women's Income Generating Group.

DAYS 4 and 5 – Thursday, January 19 and Friday, January 20: Service projects at the Shanti Uganda Birth House

After an optional morning yoga session and breakfast, you will spend the day working on a service project onsite at Shanti Birthing House. This may include

working in the birth house, working in the garden, helping the women's group or helping with a group project, and assist with the teen program at Shanti. Individual skills and experience will be taken into account. A vegetarian lunch will be served on site. Day 4 you will have a chance to rest late afternoon back at the hotel. Dinner will be served at the hotel and group processing to follow. Day 5 there will be a celebration dinner and bonfire at the Shanti Uganda Birth House--a chance to dance and sing with the women you have met.

DAY 6 – Saturday, January 21: Kasana to Murchinsons Fall

After a yoga session with Sally and breakfast, you will head to Murchinson Falls. Murchison Falls National Park derives its name from the Murchison Falls where the mighty River Nile explodes through a narrow gorge and flows down to become a placid river whose banks are thronged with hippos, crocodiles, waterbucks and buffaloes. The vegetation is characterized by savannah, riverine forest and woodland. Wildlife includes lions, leopards, elephants, giraffes, buffaloes, hartebeests, oribis, Uganda kobs, chimpanzees and many bird species including the rare shoebill.

After checking in at your hotel, you can enjoy the afternoon at the pool then dinner later at the lodge. **Paraa Safari Lodge** is in Murchison Falls National Park, northwest of Uganda. Elevated high above the Falls on the north side of the river, the historic Lodge enjoys simply astounding views. With magnificent views of the majestic Murchison Falls, Paraa Safari Lodge offers a unique blend of comfort, relaxation and adventure. Set in a small area of landscaped gardens, the Lodge recreates the mood of quiet elegance for a new generation of guests.

DAY 7 – Sunday, January 22: Safari

Go for an early morning game drive to search for giraffes, lions, hart beasts, elephants, Cape buffalo and many other mammals. Birds include the Black Chested Snake Eagle, Blue Napped Mouse birds, the Secretary bird, Swallow Tailed Bee-eaters and the Silver Headed Agama. After lunch, enjoy a two hour boat ride on the placid Victoria Nile to the foot of the magnificent Murchison Falls where the Nile plunges through a narrow crevice and over a 40 meter drop. En route, you may see the Nile crocodile, pools of hippo, water bucks and a variety of bird species including the rare Shoebill Stork. Dinner and overnight at Paraa Safari Lodge.

DAY 8 – Monday, January 23: Murchinson Falls to Kampala

After breakfast, visit the top of the falls before returning to Kampala.

Top of the Falls: Trails around the top of the Falls go right up to the water's edge. You have the opportunity to hike to the top of the falls from the boat landing and to get to the narrow gorge through which the river explodes into the falls. Campsites, picnic sites and walking safaris are available here.

Upon arrival again into Kampala, check into the Sheraton Hotel. The rest of the afternoon is at leisure. Dinner will be at a local restaurant followed by group processing.

DAY 9 – Tuesday, January 24: Market Day

After breakfast, we will travel over to the Nile for a half day of rafting, which includes lunch on the Nile. We will spend the rest of the day spent by the pool, visiting the local market for gifts to take home, and packing. We will have a late afternoon processing session followed by a lovely farewell dinner at a local Indian restaurant where we will spend the night eating and having a closing session.

Day 10 – Wednesday, January 25: Depart for Home or Safari

After the morning yoga session, enjoy breakfast and some free time before heading to the airport. This will be an adventure of a life-time that you will never forget.

Package Includes:

- **Nine night accommodations at the Sheraton Kampala Hotel and Kasana Guesthouse**
- **All meals**
- **Airport transfers**
- **All in-country transportation**
- **Two night Safari**
- **Yoga sessions with Sally and Natalie**
- **Volunteer activities**
- **Group processing**
- **Luggage handling and maid service**
- **All tipping**
- **\$500 donation to The Shanti Uganda Society**
- **Services of Trip Leaders**

Trip Costs:

\$2949 per person double occupancy

To book this yoga retreat and get assistance with your air arrangements, call our Air Desk Manager, Susie Morwick, toll-free at 866-326-6110 . Or complete the Reservation form and fax to 317-471-1802.

For Travel Insurance, contact Travelex at (800) 228-9792 Please refer to our Terms and Conditions on the website for cancellation policies and other important information.



Sally Brown Bassett, Ph.D., E-RYT 500, Founder of Peace through Yoga and Women Like Us Foundation

Dr. Sally Brown Bassett is a humanitarian, world traveler, and yogi. She has traveled to over 130 countries and has held numerous positions from airline stewardess to C.E.O. Sally went from the galley to the boardroom in 30 years in the travel industry.

Sally is president and co-founder of a non-profit called *Women Like Us Foundation*, dedicated to empowering and inspiring women and girls to make a difference globally and locally. This foundation has evolved with Sally's desire to make more of an impact with global sustainable projects. Projects have included building a birthing center and an elementary school in Uganda, supporting a children's home in South Africa and a preschool in Kenya, raising funds for a school in Costa Rica, and currently working on building a Halfway House and Bakery in South Africa.

In 2003 she started another organization, *Peace through Yoga*, which offers short-term humanitarian trips mixed with yoga, humanitarian work, and adventure.

Sally has been studying yoga for close to two decades and teaches a variety of styles ranging from gentle and therapeutic to power yoga. She has had the fortunate opportunity to have been instructed by some of the world's top teachers. Sally has expanded yoga as an outreach into corporations, schools, and hospitals. She also leads yoga and meditation retreats to destinations like Costa Rica, Africa, and India, mixed with adventure and/or humanitarian service. She enjoys teaching yoga to children as she travels around the world.

Nic Besseling - Shanti Uganda Project Engineer

Nic Besseling is a mechanical engineer who lives and works in Vancouver, British Columbia. His experience in sustainable design and construction allowed him to assist in the development of The Shanti Uganda Birth House. In 2009/2010, Nic carried out the design and implementation of a rainwater harvesting system and a solar electricity system to power the newly constructed birth house. Nic is passionate about cycling and has cycled down the west coast of North America and around the dusty dirt roads of Nsaasi Village, Uganda.





Natalie Angell – Shanti Uganda Founder & Executive Director

Natalie Angell is the Founder and Executive Director of The Shanti Uganda Society. She has been sharing her time between Vancouver, BC and Uganda, East Africa since 2007 and has a deep respect for grassroots women’s initiatives. Natalie is on the International Advisory Board for The Women Like Us Foundation and has spoken around North America on issues surrounding maternal

and infant health and HIV/AIDS in Uganda. A yoga teacher and doula, she has now turned her focus to sharing the power of yoga with HIV positive women in Uganda.