



Seva Challenge 2009 Bare Witness: African Humanitarian Tour

Peace through Yoga has partnered with two dynamic nationally-known yogis, Seane Corn and Suzanne Sterling, through their organization, Off the Mat and Into the World, by offering an annual trip where individuals raise \$20,000 per person to participate. If you are wanting a challenge, read on...

The war in Northern Uganda has been called the most neglected humanitarian emergency in the world today. For the past 23 years, the Lord's Resistance Army and the government of Uganda have been waging a war that has left nearly two million innocent civilians displaced. Millions of children have been orphaned by AIDS and thousands of women die annually in childbirth. An entire generation has never known peace...

OTM is committed to continuing our work to support cultures and communities where basic human needs are at risk and to offering our hearts, hands and resources in joyful and practical service.

We will be working with the following organizations:

[Shanti Uganda](#)
[Building Tomorrow](#)
[Youth AIDS](#)

The Seva Challenge asks participants to raise significant funds in support of a select few organizations working to eradicate the tremendous financial and health crises that exist in Africa, and creating sustainable solutions for communities in crisis. This effort helps participants know that they are leaders who have the ability to find, support and manifest a dream. We then take a small group of leaders and push them to expand their self-confidence and capabilities by exposing them to unique physical and spiritual challenges. We will leave Africa knowing we have been in deep service and have left a powerful legacy. Participants will have until December 15, 2009, to reach the fundraising goal, and we will provide extensive training materials and phone support.

Through the transformative practice of daily yoga, extensive hands-on experience and leadership training, we will create a powerful container in which to learn, discover and become effective agents for change. The integration of practical and spiritual tools is an important part of the journey.

Each day will start with two hours of yoga followed by hands-on work building an eco birthing center with a sustainable farm, working with local villagers building schools, immersing us in local culture, learning about the HIV/ AIDS epidemic in Africa and playing with children at local orphanages.

Join Seane and Suzanne on an inner and outer journey. Take on our seva fundraising challenge and join us on a journey of transformation and deep service. Be a part of the emerging movement of sacred activism, touch a soul and change a life... perhaps your own.

For more information, visit www.offthematintotheworld.org.