

Great Yoga Adventure with Lesley Macalister

16th October – 5th November 2014

Imagine practicing yoga on the roof top as the early morning sun rises, reflecting on the snow capped mountains, creating a sense of awe and wonder!



I am the Tour Guide for the Great Yoga Adventure tour. We will explore the amazing sites of Kathmandu, Pokara, and hillside villages.

I have been involved in Yoga in NZ for over 30 years. My first visit to Nepal opened my eyes to the culture, the beauty and the poverty.

Combining Hatha Yoga, adventure, and the selfless service of Karma yoga has been the most memorable holiday that I have yet experienced.

It is extremely rewarding to spend time with the Nepali children, Teachers and families in the village environment. They are eager to learn and the little we give means so much to them.

It takes \$1000 NZ dollars to run an early childhood Centre in Nepal for one year!!!!

I hope you can join me and have an amazing holiday as well as giving a little of yourself to help Nepali children have a better chance at an education!

This is a life changing trip!



**Join me for an adventure
of a lifetime!!!**

Contact myself or First Steps Himalaya
NOW!!!!

www.firststepshimalaya.org

