



Teaching Yoga in Cambodia

November 7 – 18, 2011



Yoga Round-Up, LLC presents a trip coordinated by Friendship with Cambodia, for both yoga teachers and practitioners to journey to Cambodia and teach yoga at an orphanage, a street children's shelter, and at a school for deaf children in the cities of Siem Reap and Phnom Penh, Cambodia. The tour group will teach one or two sessions per day (30 – 60 minute sessions) through Friendship with Cambodia's partner organizations that are helping disadvantaged children.

In your free time, you will explore the ancient temples of Angkor Wat, take a boat trip to see floating villages on the Tonle Sap Lake, visit a Buddhist temple, see a dance and shadow puppet performance, tour a silk farm and weaving center, visit Angkor Hospital for Children, see the Genocide Museum and Killing Fields Memorial, tour the Royal Palace and National Museum (sculpture), and shop in fair-trade craft stores.

Minimum of 9 participants and maximum of 20. This 12-day trip can be taken within a 2 week vacation, including travel time.

Trip Cost: \$2500 per person. \$1000 is tax-deductible because it supports the humanitarian work of Friendship with Cambodia (87% goes to programs). Price includes meals, in-country transportation, entry fees, and guides. Does not include airfare, tips, drinks, visa (\$20), and departure tax (\$25).



One of the children from our street children's shelter



Ta Prohm Temple covered in jungle

Helping Cambodia: Friendship with Cambodia leads trips for people who are interested in helping Cambodia. You are our good-will ambassadors. We hope that upon returning home trip participants will want to sponsor a student in school through Friendship with Cambodia or help in another way. One of our programs is selling fair-trade crafts made by landmine survivors, destitute women and other disadvantaged groups. Participants can help by carrying crafts back for Friendship with Cambodia or by hosting a craft sale.

For more information or an application:
contact Carol Gleason
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www.friendshipwithcambodia.org