

Safari Yoga and Meditation

African Living Spa, Osero Forest Clinic
Personal Meditation and Yoga Instruction

Writer & Scholar - in - Residence: Tanya Pergola, PhD
"Time is Cows: Meeting Maasai Wisdom in Everyday Life"

Yoga on the physical level, involves postures, called *asanas*, designed to tone, strengthen, and align the body. These postures are performed to make the spine supple and healthy and to promote blood flow to all the organs, glands, and tissues, keeping all bodily systems healthy.

On the mental level, yoga uses breathing techniques, called *pranayama*, and meditation to quiet, clarify, and discipline the mind. Practicing yoga in a small class setting gives you the opportunity to work with your teacher to add yoga to your daily life.

Meditation is a tool for rediscovering the body's own inner intelligence and ability to renew itself. Learning the basics of meditation from a certified instructor helps you develop a regular meditation

practice that works for you. Primordial Sound Meditation uses individually selected sounds of nature called *mantras* that are repeated silently during your practice. Meditation is recommended for anyone who wishes to reduce stress, improve health and enjoy deeper peace.

Dr. Pergola will be in residence at Gibb's Farm as writer & scholar-in-residence July through September. She is completing her book "Maasai Healing: Meeting Ancient African Wisdom in Everyday Life". Dr. Pergola holds a PhD in Sociology/Social Psychology and is a certified yoga teacher and meditation instructor with the Chopra Center for Wellbeing.



CHOPRA  CENTER™
CERTIFIED INSTRUCTOR



African Living Spa

Practicing Yoga and Meditation on a daily basis will help you:

- 🌟 Manage stress & reduce anxiety
- 🌟 Improve your relationships
- 🌟 Create inner peace
- 🌟 Enhance your sleep patterns
- 🌟 Lower your blood pressure
- 🌟 Connect more deeply to spirit

Consultation We coordinate the time of Dr Pergola through the Reception desk. Just ask at the farmhouse.

Time 45 min to hour and a half suggested

Location Cottage or estate forest wooden platform

Cost "Time is cows," payment is made according to one's personal success the same way African Living Spa payments are made - with cows.

What to bring Loose fitting clothing, we have mats and medicinal tea to stay refreshed and comfortable.

Payments are a contribution to Terrawatu

Dr Pergola is a co-founder and co-director of Terrawatu. While she is writer-in-residence at Gibb's Farm she is facilitating its many projects. For over ten years Terrawatu has been engaged in medicinal plant research, cultivation of medicinal species in the region, and the development of traditional medicine clinics. Terrawatu taps time-tested ancient wisdom along with modern technology to create sustainable development projects rooted in community. Yoga and meditation instruction payments are donated to Terrawatu.

www.gibbsfarm.net
reservations@gibbsfarm.net
osero@gibbsfarm.net

