

# IWOKRAMA

## RIVER LODGE TOURS AND YOGIC MEDITATION PACKAGE

**Day 1** -- Upon arrival at the River Lodge you will be meet by our representative who will welcome you with refreshments and a cold towel after which you will settle into your comfy accommodation, overlooking the mighty Essequibo River. After your welcome dinner participate in a power point presentation on the Introduction of Yoga and yogic lifestyle.

**Day 2 – Turtle Mountain Hike and Relaxation Techniques** - Your first session on Yogasana and simple yogic cleansing practices commence at 6am. After breakfast participants will depart the Iwokrama River Lodge on a boat ride and hike to Turtle Mountain summit. Our trained guides will point out medicinal plants, and assist in navigating the rock boulders along the way to the summit of Turtle Mountain. The summit is approximately 290m above sea level but the view breathtaking and a once in a life time “wow” factor. The tour then returns to the base at Turtle Mountain Camp site before returning to IRL for lunch.



After lunch and at 1530hrs, participate in Yog Nidra - mindful relaxation session easing the strains of the mountain hike. After dinner participate in Jyoti meditation (Tratak) along with some eye exercise and quick relaxation techniques.



**Day 3 - Hello Sunshine and KKC Rapids** – Guided meditation and Pranayama session at 0600hrs along with Suryanamaskar before b/fast. At 1000hrs, your experienced guide will take you on the Screaming Piha and Bushmaster trail, in search for the Capuchin Bird – commonly called the cow-bird because of the call they make. Ask your guide about the medicinal plants and many other species of trees and palms found in the Iwokrama Forest before returning to the Lodge for lunch at 12:30hrs. At 16:30 hrs, we will take you on a boat ride around the Kurupukari Rapids with a chance to view the historical rock carvings – also known as petroglyph before returning in the sunset for your farewell dinner at 19:00 hrs



**Day 4 - Indian House Island and - Yoga Celebration** - Today, at dawn (06:00 hrs) in the fresh air and cool temperature, you will experience an early morning boat ride on the Essequibo River around Indian House Island before returning to the Lodge in time for a truly Guyanese breakfast at 0800 hrs and preparation for closing ceremony and departure. You depart the Iwokrama River Lodge at 0945hrs.

