MOUNTAINS, MONASTERIES, & MOVEMENT
OCTOBER 5-16, 2018

HIMALAYAN YOGA TREK

THIS RETREAT INCLUDES:
Group transfers (arrival, departure, and tours)  
All accommodations and meals  
Guided treks through the Himalayas, including the Everest trail  
Daily yoga and meditation sessions  
Guided tours of UNESCO World Heritage Sites  
Visit to The Small World girls' education project  
Monastery visits, including a Dharma talk with a Buddhist monk  
Attend a traditional Buddhist Puja ceremony

THE SMALL WORLD.ORG/HIMALAYAN-YOGA-TREK
This particular area is Solukumbhu (the lower, less traveled, Everest region) where we’ll embark on a rigorous trek in the terraced hills deep in the heart of Sherpa country. From here, “the local hospitality tour begins!” We will trek through local villages; don’t be surprised if we are invited to have tea with the Head Lama, attend a blessing ceremony just for our group, or eat boiled potatoes in a local’s home. Our main objective will be to climb Pike Peak at 13,400 ft (no crampons or any climbing equipment needed) for an incredible view of Mount Everest and the surrounding Himalayan Mountains. After our trek, we will fly back to Kathmandu from Phaplu. From Pike Peak 4090m in clear day you will see four of the highest peaks in the world: Mt. Everest, 8848m, Mt. Kanchanjanga, 8598m Mt. Lhostse, 8586m and Mt. Makalu, 8475m, as well as many other 6000m-7000m peaks: Dablam 6812m, Thamserku 6623m, Kantega 6780m, Kusum Kangaru 6370m and Mera Peak 6650m. We will rise with the sun with morning yoga and find stillness with daily guided meditations. During this trek, you also will see real ground breaking work of The Small World making difference through Girls education, visiting our Girls higher education program in Everest region and Himalayan Hope Home for vulnerable girls who are at high risk of trafficking and child abuses. All profit of this trip goes for The Small World charity.

KIKI BAXTER KIKI_BAXTER@ICLOUD.COM

While at Florida Atlantic University, Kiki studied Psychology and jumpstarted her career as a yoga teacher, using movement and meditation as tools for adolescent trauma recovery. She has facilitated programs for various outreach organizations in schools, recovery centers and foster homes, in addition to working alongside leaders in the international yoga community. She is a 200 hour certified yoga instructor and has additional certifications in yin, aerial, and children’s yoga.

During her undergraduate studies, she spent time in Thailand and Costa Rica teaching English and working with undocumented children affected by human trafficking. Kiki is also a passionate photographer, capturing the allure of communities across Indonesia, New Zealand, Central America, and parts of Europe. She spent the summer of 2018 working with National Geographic Student Expeditions and The Small World leading high school trips through the Kathmandu Valley.

After completing her degrees, she was invited to Bali to document 2011 CNN Hero of the Year, Ibu Robin Lim, who offers free birth services to combat Indonesia’s high infant and maternal mortality rates. She has also taught alongside and photographed acclaimed teachers (e.g., Seane Corn, Russell Simmons, Jetsunma Tenzin Palmo, Tara Stiles) and has been published for her photography (e.g., Huffington Post, Mantra Magazine).

When she’s not working or traveling, Kiki volunteers with local youth outreach programs teaching yoga and photography.