



Discover Haiti –  
with some yoga  
April 20 – 29, 2018



# OVERVIEW

EIM invites you to explore Haiti. Discover the sprawling city of Port-au-Prince, the open beaches of Jacmel and the peaceful mountains of Furcy - while connecting with the people that call it home.

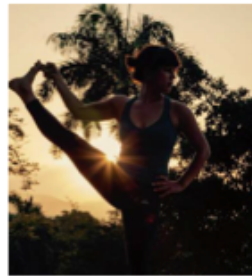
This is a unique opportunity to broaden your perspective of the world and visit a place that is overlooked and too often undervalued. Blend tourism with volunteering. Experience something new, outside of your comfort zone.

Come and see Haiti for yourself. Explore more. Learn more. Live more. Like a Haitian.

With a side of yoga.



*Bassin Bleu, Jacmel  
(Google Images)*



# SAMPLE ACTIVITIES

- Meet the students of EIM (<https://englishinmindinstitute.org/>)
- Visit the Jasper House (<http://www.jasperhousehaiti.org/>) in Jacmel to learn what they're doing to improve the lives of young women.
- Shop at Haiti DesignCo (<http://haitidesignco.org/>), an artisan collective that puts people first.
- Volunteer at Sakala in Citi Soliel (<http://www.sakala-haiti.org/cite-soleil/>), a community-driven initiative whose vision is to provide peaceful alternatives to violence and crime.
- Chill on the beach.
- Hike to waterfalls.
- Eat great food.
- Dance to Haitian music.
- Practice daily yoga and meditation, self-reflect.
- Smile a lot.
- Laugh.



*Jasper House, Jacmel  
(jasperhousehaiti.org)*

# SAMPLE HOUSING

Hotels will be confirmed a few weeks prior to our trip as it depends on the total number of attendees. EIM has can negotiate rates at the following venues:

## Port-au-Prince

- Haiti Communitere (<https://haiti.communitere.org/>)
- Eucalyptus Guest House (<http://www.eucalyptusguesthouse.com/>)

## Jacmel

- Surf Haiti Guest House (<https://www.airbnb.com/rooms/2641436>)
- [La Colline Enchante](#)

## Furcy

- [Rustik](#) (aka Ozone)



Haiti Communitere, Port-au-Prince



Surf Haiti, Jacmel

# ITINERARY

## FRIDAY

- Arrive in Port-au-Prince, transportation to guest house, evening yoga

## SATURDAY

- Morning yoga, travel to Jacmel

## SUNDAY

- Yoga with local instructor, beach day, dinner/drinks in town

## MONDAY

- Yoga, visit waterfall at Bassin Bleu, picnic

## TUESDAY

- Beach yoga with local instructor, downtown volunteer activity (e.g. Jasper House, Audio Institute, etc.), downtown arts tour

## WEDNESDAY

- Jacmel volunteer activity (TBD), yoga, travel to Port-au-Prince

## THURSDAY

- Morning yoga, tour of Citi Soliel/Sakala, lunch at Haiti DesignCo, live music in Petionville

## FRIDAY

- Hangover yoga, wellness workshop with EIM students, travel to Furcy, sunset yoga

## SATURDAY

- Yoga, hike to waterfall in Furcy, travel back to Port-au-Prince

## SUNDAY

- Departure day ☺

# COST

\$1200 per person

Includes: All meals, ground transportation, housing, yoga practice, excursions.

Does not include: Flight, alcohol, travel insurance, souvenirs, extra amenities (e.g. massage)

A portion of your fee will support EIM.



Tap Taps in Port-au-Prince, (Google Images)

# FAQs

**Q: Is Haiti hot?**

A: Yes.

**Q: Do I have to be a yogi to participate in daily yoga and meditation classes?**

A: No! All levels are welcome. Kari and Tracy believe that the asana (physical poses) prepares the body for meditation. They will be your guide and offer suggestions on alignment. Leave with an understanding of how a regular yoga practice can strengthen the connection to oneself while also establishing a sense of community.

**Q: Will I meet Haitians?**

A: Yes and they are super awesome. This is one of the most inclusive, unique and immersive opportunities you could ask for in 9 days. Kari and Tracy will be your US guides, but will be accompanied (and arguably led by) Haitian students from EIM. These students will put their English-speaking skills to use and help us navigate our trip.

**Q: Will I like volunteering?**

A: We have no idea. You'll dip your toe in the water of a voluntourism-based trip. The objective is to help you see Haiti - for all of its beauty, complexity and depth. You'll be exposed to a few socially progressive initiatives. You might relate to one more than another. It will be up to you if you decide to come back and donate your time to one cause.

**Q: How do I signup?**

A: Follow this link:

(<http://volunteer.englishinmindinstitute.org/>). Click on the button that says "I'm interested". It will take you to a form. Fill it out and enter in the dates April 20-April 29 or say YOGA. We will contact you shortly after receiving the form.

## YOUR GUIDES



Kari was a scrawny teenager. She had to wear a thick, neck to waist brace to treat scoliosis. The brace came off later in life, but as she grew, the chronic back pain persisted. Fast forward 20 years, Kari became a rock n roll manager

and found yoga by accident while on tour with the late, great, [Lou Reed](#). Part of her job was to find English speaking yoga classes for crew members. She started to attend herself, and found that a daily asana practice helped with the stress and fatigue of touring and eased her back pain.

Kari left the management business, earned her 200 hour Yoga Works teacher training and is now in the startup stages of her own endeavor, Wildside Wellness, for traveling and touring artists.



Tracy is in marketing. She is constantly analyzing things, problem solving and trying to create better ways to communicate with people. It's a heady place to be, and requires a healthy amount of balance.

Enter yoga. Tracy discovered yoga in 2008 while looking for alternative ways to exercise. She stumbled into a class in her gym and was hooked, but only because she nailed crow pose and felt like a ninja. She soon realized that her yoga practice was much more than the physical postures. It gave her a dedicated space to connect with herself, to be present and to simply breathe.

Determined to deepen her understanding of yoga and share it with others, she enrolled in the 200 hour teacher training through Moksa Yoga Center in Chicago. She has studied under Gabriel Halpern, Alie McManus, Kim Wilcox, Aadil Palkhivala and more.



EIM is one of the only non-profit adult English schools in Port-au-Prince. At EIM we use English as a tool to open doors in a variety of industries, including tourism. Since 2013, we've hosted hundreds of visitors to Haiti, We handle logistics, safety, and translation, while creating a fun, immersive experience along the way. As a result, an astonishing 48% of our visitors have returned for a second (or third, or fourth...) trip.

## SIGN-UP

Yay! Go to (<http://volunteer.englishinmindinstitute.org/>).

Click on the button that says "I'm interested". Enter the dates April 20-April 29 or say YOGA on the form. We'll contact you shortly after receiving the form.

### MORE QUESTIONS? JUST ASK!

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