



the wilderness WITHIN

Immersing ourselves in the wilderness brings us wonder, joy, and peace.

With practice, we can also **discover these qualities within ourselves**
- our own **Inner Wilderness**.

Join **Buddhist Nun Ani Tsonдру** and **Wilderness Guide Roy Ashton** for a unique 5-day Wilderness Trail in Umfolozi Game Reserve, as we explore the meeting place of outer and inner worlds through wilderness camping and meditation.

We will walk and live in the breathtaking wilderness beside the Umfolozi River, home of elephants, rhinos, and other amazing animals, attuning ourselves to the rhythms of nature, cooking around a fire, walking on animal trails, sleeping under the stars.

As the wilderness works its magic on us, Ani Tsonдру will share **The Work That Reconnects**, helping us reconnect with our own truest nature. Guided meditations will offer us tools that empower us to bring back home the peace and joy we discover in nature, and to live them every day.

To enquire please email royashton@gmail.com and ani.tsonдру@gmail.com

Space is limited to 7 participants

Cost: R11 900 per person SA citizen, €900 non-SA. This includes all food, permits, equipment hire, guides, and pickup from Durban airport. (Flights not included).

❖ **18th - 22nd October 2020**

Please note: Wilderness Trails in Umfolozi require an average level of fitness, the ability to carry a backpack weighing 15kg+, and willingness to exit your comfort zone!



 **The Wilderness Within**

Ani Tsonдру

is a Tibetan Buddhist nun from South Africa who has spent over 7 years in closed retreat, and many years living and working in the bush.



Roy Ashton

is a Wilderness Guide who has worked on four continents, and is dedicated to healing the human-nature relationship.

