



WC 50 YOGA CAMP LYVG & LA BELLE VERTE SPOR/STUDY



<http://la-belle-verte.jimdo.com/english/>

WC 50 SPOR 04/06/16 – 14 /06/16 2–10 18–26

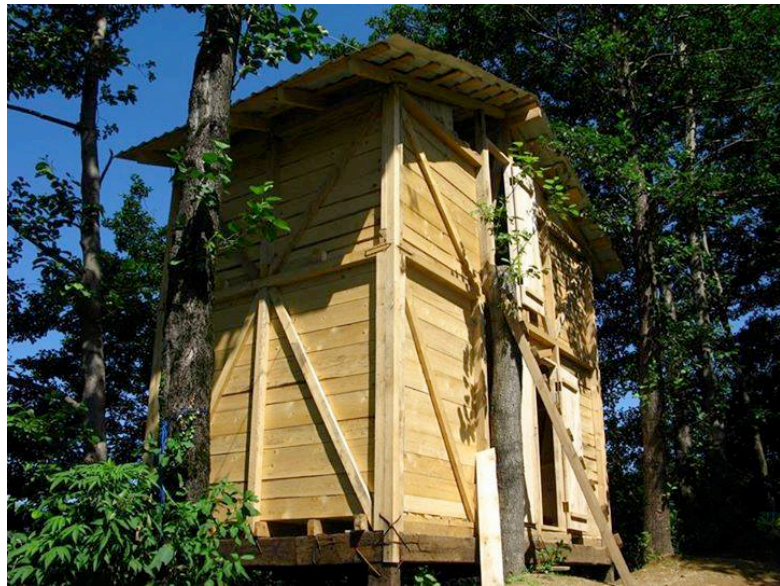
PROJECT MOTIVATION: Have you ever practiced yoga or a least wished to do yoga? Do you like dance rhythms? Would you like to try eco life in a eco camping for simple life, for **being involved** in local Georgian life, enjoy subtropical jungles in Mtirala Park? You will enjoy your stay in LA BELLE VERTE while practicing yoga and doing eco activities.

SPORT & WORK ACTIVITIES: Every day we will do yoga or rhythm (you can try African rhythms and elements of Indian dance trible fusion, call Mandala dance). We will hike in forest. For the eco tasks we can collect herbs from Mountains, we will collect fruits from garden, make eco food and also yoga style of food (Ayurveda kitchen). For farming activity we can also do such things as planting/weeding/watering. You can help to create eco camp, like painting or landscape tasks. You will also help in the kitchen (washing dishes, serving, etc).

LOCATION: Batumi is capital of Adjara autonomous republic and important port at Black Sea cost in southwest Georgia. It is situated in a subtropical zone, rich in agricultural produce such as citrus fruit and tea. Since 2010, the face of the city has been transformed by the construction of new high-rise landmark buildings and the renovation of the Old Town. Batumi is the town of various music festivals. Huge investments, new tourism infrastructure, beauty of nature and beach attracts lots of visitors. www.batumi.ge/en/

ACCOMMODATION: The „LA BELLE VERTE“ located by National park Mtirala. It is only 20 minutes by bus to Batumi. Protected area with unique subtropical forest including endemic flora and fauna. **Forrest save original for thousands years.** You will live in forest eco camping with tree house and wooden bungalows in double room (for 2 persons). No night life, TV or disco is available at the city, but there is good internet connection. Wi fi, hot showers and toilette.





FOOD: Eco food from our village, tasty Georgian cuisine 3 times a day (breakfast, lunch and dinner).

WHAT TO BRING: sleeping bags and yoga mat with you. Clothes and boots for rainy weather. Bring clothes for yoga classes. You can also bring your music instruments and of course your good mood and open heart for new country, friendly Georgian people and wild forest.

LEISURE TIME: Every day we will have yoga or rhythm classes for well feeling and good mood. There are many possibilities for leisure time, especially for those who love nature: acquaintance with nature of the area, hiking, swimming, visit ancient architectural monuments etc. Excursion to the historical places is planned as well. Volunteers will have a very good chance to get in close contact with the local people, experience local traditions and learn some customs like how to be a farmer and make Georgian food. The region is very attractive and famous for its homemade wines and tasty eco food. You can enjoy sea view, National Botanical Garden of Batumi. <http://gobatumi.com>

LANGUAGE: English, Russian.

THE LIMITATION OF THE PROGRAM: 2 – 10. Maximal 10 persons at the same time.

AGE: 18–26.

PARTICIPATION FEE: 150 EUR for 10 days (participation fee is to be paid upon arrival).

HOW TO GET TO WC: You can arrive in Tbilisi, Kutaisi or Batumi. From Tbilisi to Batumi goes every day comfortable train or bus. We provide group transfer on 4-th of June from Batumi. Otherwise there is a bus 141a to Korolistavi village. It goes from funicular in Batumi center. Go to the end station.

CONTACT of LYVG (leader)
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MEETING PLACE AND TIME: Please inform us about your arrival details in order to make meeting place and time more comfortable for you.