



# BODY MIND SPIRIT

**NEW DATES: YOGA TREK NEPAL - FEB 25 - MARCH 8 2019**

Dear Adventurer,

Nepal is an incredible country - I can't wait to share it with you!

My name is Emily Eglitis and I will be your Tour Guide. I have carefully put together a tour which will give you a taste of some of the best that Nepal has to offer.

I first travelled to Nepal as a volunteer almost 10 years ago and spent 3 months living with a Nepalese family. When I learned the hardships still faced by my adopted family in the wake of the 2015 Earthquakes, it was heart-breaking to feel so helpless. The best way I can help them is to bring people to share their amazing culture and country. You will be supporting their local economy and all proceeds from this trip will go directly to helping the local Langtang community.

I invite you to be challenged, to be inspired and most of all to enjoy the adventure that awaits. Afterall, "life is either a daring adventure, or nothing at all." (Helen Keller).

I look forward very much to meeting you.

Namaste!

Emily Eglitis  
Physiotherapist, Australian Tour Leader



**[EMILY EGLITIS.COM.AU](http://EMILY EGLITIS.COM.AU) // [PHYSIYOGASTRATH.COM.AU](http://PHYSIYOGASTRATH.COM.AU)**

PhysiYoga  
8(B) Rankine St  
Strathalbyn 5255