

**Safari Yoga & Meditation  
Offered this Summer at  
Gibb's Farm**



PRESS RELEASE June, 2010

NGORONGORO, Tanzania - This summer personal meditation and yoga instruction will be offered from the African Living Spa ®, Osero Forest Clinic of Gibb's Farm. Instructor Tanya Pergola, PhD, is Writer & Scholar-in-Residence at Gibb's Farm from mid July until the end of September.

Dr. Pergola holds a PhD in Sociology/Social Psychology and is a certified yoga teacher and meditation instructor with the **Chopra Center for Wellbeing**.

Practicing yoga and meditation on a regular basis helps to manage stress & reduce anxiety, improve relationships, enhances inner peace, sleep patterns, and lowers blood pressure. For over forty years Gibb's Farm has been a respite from the rigours of the Tanzanian safari. The working farm's vast floral gardens, organic farm fresh food is supported by the first integrated medical facility in Tanzania. Through its clinic Osero the African Living Spa offers authentic wellness to calm a journey or enhance a life style.

**"Time is Cows: Meeting Maasai Wisdom in Everyday Life"**

Dr Pergola's decade-long research is taking book form. Gems of wisdom from Maasai culture are translated into useful tools for modern living. Part philosophy, part psychology, and a lot of serious play, Time is Cows illuminates the bushman or woman in all of us, with a smile. Tanya will read from her manuscript "Ideas for Practicing in Daily Life" which offers some choices on how to practice the profound simplicity of indigenous healing techniques in daily life within one's family and community.

Payments for instruction are a contribution to Terrawatu. The amount of payment is at the discretion of the client. Dr Pergola is a co-founder and co-director of Terrawatu. While she is writer-in-residence at Gibb's Farm she is facilitating its many projects. Like Osero Forest Clinic, Terrawatu is engaged in medicinal plant research, cultivation of medicinal species in the region, and the development of traditional medicine clinics. Terrawatu taps time-tested ancient wisdom along with modern technology to create sustainable development projects rooted in community.

For more information click on the brochure above, or go to the Packages and Promotions of Gibb's Farm. The in-residency programs of Gibb's Farm include writers, artists, scholars and interns and are part of the Living-Museum project.

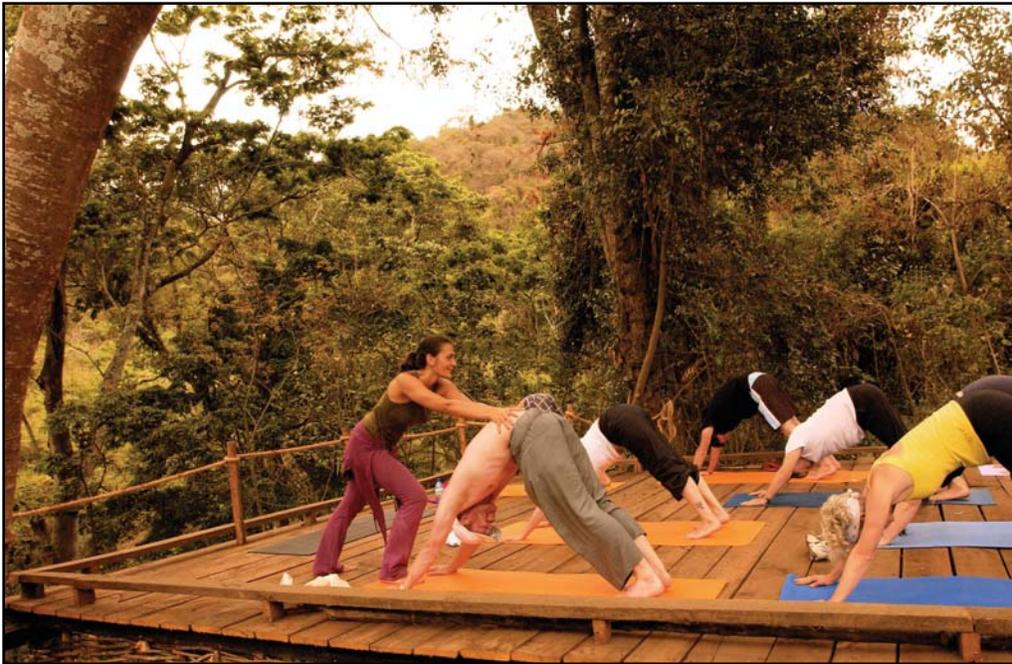
**About Gibb's Farm**

Set beside the Ngorongoro Conservation Area, Gibb's Farm has a tradition that goes back more than 80 years, and it is the oldest coffee farm in the Ngorongoro Forest. The African Living Spa offers unparalleled spa, treatments, and healing services based on traditional Maasai techniques and medicines. As the world traveler's respite from the rigors of safari, Gibb's Farm allows one to discover a community of nature, people, culture, art, and beauty, providing a sense of place and history.

**Contact**

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*Caption: Guest yoga instructors prefer the forest estate of Gibb's Farm or one's private cottage.*



*Caption: There are many locations on the Gibb's Farm estate well suited for guided meditation.*

