

## MAURITIUS GENERAL INFORMATION



# Walking with Lions

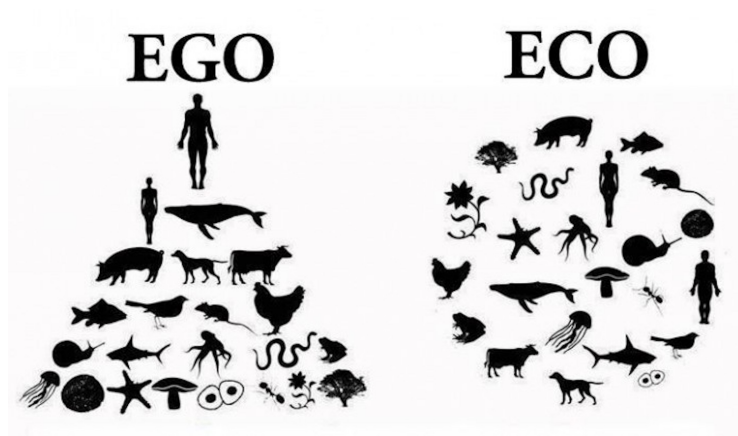
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October 2021

# Walking With Lions

This is a truly unique opportunity to experience the world in a different way.

Several years ago we came into contact with the Bristow family whose mission is to help save endangered species with hopes of reintroducing them into the wild. They currently run one of only facilities in the world where it is possible to have a hands on encounter and interaction with Lions, Tigers, Cheetah and several other “wild” cats.



In addition the 630 acres of park is a sanctuary for 184 other species of animals including white rhino.

And just when we thought it could not get any better we discovered three pods of wild dolphins and visiting humpback whales in the pristine waters of Mauritius.

During your time with us you will get to go behind the scenes at the park, meeting the people that matter, receiving information and experiences that will forever change the way you view our world.

You will treat and in return be treated: All previous participants have reported a truly significant shift personally and professionally.

In the following pages we provide general information but if you would prefer to discuss why you have been drawn to the program and why you should go, please just call (708)-297-8879 and we will be happy to chat with you.

# General Information

## Airlines

Most Major airlines fly to Mauritius or make connections with those that do. To find out the prices of tickets to Mauritius you might wish to use:  
[Http://www.kayak.com](http://www.kayak.com)

Flights to Mauritius are not included in the price of the event.

We are happy to help arrange flights for you and please make use of our extensive experience in long haul travel arrangements.

You will need a valid passport with at least 6 months from the time you expect to LEAVE Mauritius.

## Travel Partners:

We are happy to work with you find travel partners for your journey: You can also leave your details on our Facebook page Walking with Lions.

## During the flights

As these are long haul flights, please remember to take some snack food and a change of clothes together with any cosmetics and drugs that you might need. You can buy water once you are through security. Please remember to drink lots of water. Individual dietary requirements such as Gluten Free and Vegetarian should be made at the time of booking with the airlines.

## Jet Lag

Most people do not report the effects of Jet Lag flying INTO Mauritius although the trip is long, the time zone differences and the energy of Mauritius does seem to compensate.

Jet Lag seems to affect most people upon return to the USA or home. We have found that a very effective method to lessen the effects is to take St. John's Wort. We start the day we leave and continue for up to two weeks when we arrive back.

## Greeting at Mauritius Airport

Once you have made your travel arrangements simply let us know your flight arrangements via email and we will arrange to have you met at the airport in person or by an English-speaking driver. You will be transferred to the course facilities. Please ask if you need to use the toilet on the way as it is a 2-3hr drive depending on the time of day.

## Arrival in Mauritius

Visas:

Visas are not required for most people with EEC or American passports.

Upon confirmation of you're booking with us you will be given a complete information guide with all of the information required to enter Mauritius.

You will be met at the airport please look for the driver holding a sign with your name on it once you have cleared customs and in the arrival point in the airport.

If you miss your flight connection simply message us via text or Facebook Messenger and we will reorganize things.

### Vaccinations:

Mauritius is fairly unique for a tropical country in that it is free of such diseases as malaria, yellow fever and cholera. This is because of the very effective efforts of the government to combat these diseases. For most people therefore, vaccinations, etc., before departure are not necessary. If in doubt please check with your local Mauritian embassy before departure.

### Health Care:

The medical standard on Mauritius is well advanced and the hospitals are free of charge. This applies to visitors as well. There are now additionally many private clinics in the island and they offer a more attractive environment plus frequently some of the latest medical equipment available. They are however not free and you would be well advised to check that your health insurance is valid for Mauritius before you come.

The local water is relatively clean and the Mauritians drink it. You need therefore have no fear if you use it for cleaning your teeth , etc. However, it is better you boil the water before drinking it or buy bottled water which is freely available in the local shops.

### Mosquitoes:

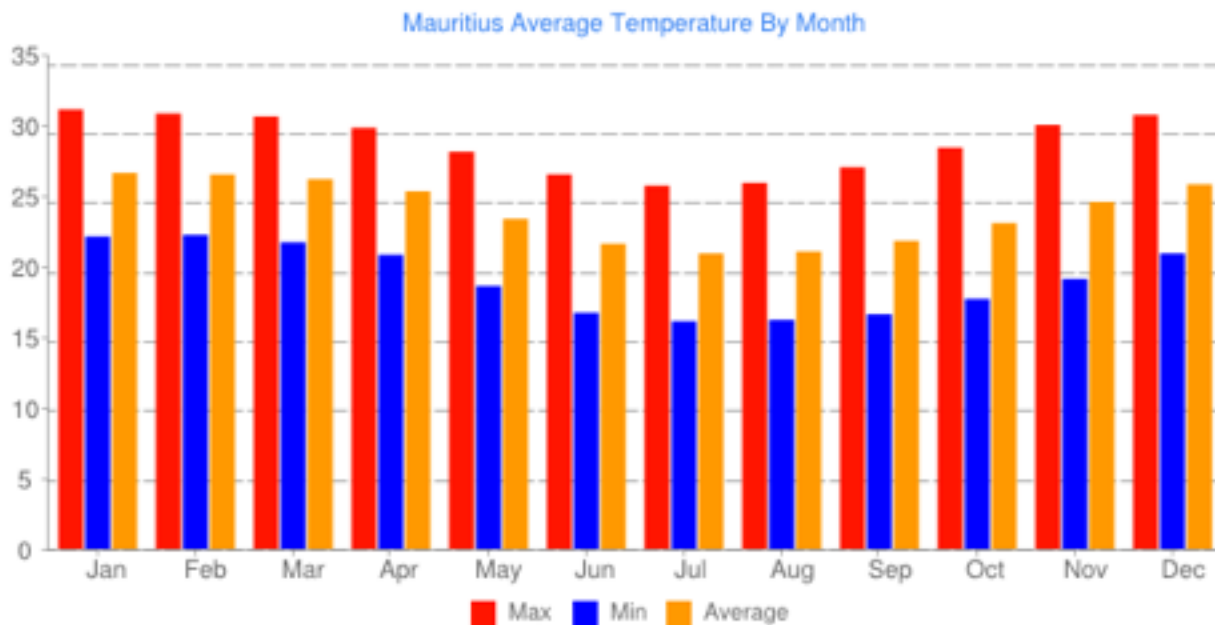
As in all tropical countries (even Europe in the summer) mosquitoes do exist. We recommend using a mosquito repellent cream to keep them away.

Some holidays houses are equipped with electrical mosquito repellents (vapes) which you can use at night. Small impregnated tablets are inserted into the apparatus which is then plugged into the electricity. The effect will last for about 8 hours. You may leave 1 window open in the bedroom but you should ensure that there is no strong wind as this blows the vapor away. If you run out of tablets they can be purchased locally for about 65 rupees.

## Sun Screen Lotion:

The sun is exceptionally strong on Mauritius and many people are surprised (too late) by its strength and have to suffer sunburn for several days. Even on cloudy days, please make sure that you use a good sun cream.

## Temps in Mauritius



Mauritius is not far from the Capricorn. That means that the sun is longer at its highest point than anywhere else.

It is a tropical island and it is very green.

Usually in winter (means May to October) the highest temperatures vary between 20°C and 26°C in the coastal regions. In summer (November to April) it's slightly higher, meaning 26°C to 32°C .

The water temperature of the Indian Ocean can go up to 28°C. Usually wind is blowing quiet steady from easterly directions.

Rain does sometimes occur especially in the Mountains and late evenings. They can be sometimes quite heavy so a light rain jacket is advisable.

### Languages

English is widely spoken in Mauritius together with many other languages. We will include a starter booklet on How to speak Mauritian as part of your welcome package as it is always polite and good fun to communicate in the local language.

### Course and Non Course Options

We offer two variations on the basic package and other options can be added to meet your needs: The Options are:

#### The Basic Bodyworker Package:

Designed for bodyworkers to gain additional skills.

#### Eco\_Somatics Package:

This is for persons who have a passion for wild life conservation or simply wish to experience our world but not as a tourist. The program timetable is the same as the Basic Body Worker Package with certain exclusions.\*



## Body Worker Course Materials:

### Walking with Lions

WOWS, a part of our Eco-Somatic's CST training program (ETCISC) which offers the opportunity for students of CST and other modalities to truly deepen several aspects of their work:

- Palpation skills (CSR)
- Multi-hands Therapy Techniques
- Aquatic CrainoSacral Therapy (Application of protocols in several water based environments.)
- Compassionate Neutrality
- Creation of and sustaining a Holistic Therapeutic Container
- Non Verbal cueing and communication skills (Cultural Independent)
- Interspecies Communication
- CST in a non office based environment
- CST as applied to differently abled persons
- CST as applied to children with social integration challenges
- Transference of skills (Direction of Energy) to non trained personnel.

The program is deeply immersive, designed by practitioners and educators utilizing a unique blend of experiential and techniques base learning engagements which simultaneously encourage both personal and professional development. As such events may change according to availability and the needs of the group.



It is lead by Anthony & Mary McGrath. Both of whom are practitioners with over Twenty(20) years of clinical experience. Anthony is a published author on these topics. All participants will receive a copy of his book Walking with Lions.

The program is conducted on the Island of Mauritius and is offered twice a year in February and November. It is a Seven(7) day program with 32 CEU's from NCTMB for eligible practitioners. Certification by way of Certificates of Attendance or Certificate of Completion following an open book test. The course is offered by our training company One World Training Touch and certification is included in the price of the program.

### Pre-requisites:

Inclusion in the program is at the discretion of Anthony and Mary McGrath. It is generally suited for persons who wish to explore their



Provider Number 1040

*"One World Training Touch is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education*

relationship to the animal kingdom.

The group size is limited to Nine(9) persons.

To be considered for the program you must physically fit, defined as being able to walk up a flight of nine steps without significant breath loss, you must be able to swim, you must be flexible enough to put on a pair of fins without assistance. As certain activities include possible hazards you will be expected to sign a wavier. Waivers will also be required for access to certain parts of the program that include working with children at risk.

The program costs include:

Three (3) days interaction with Wild Bottle Nose and Spinner Dolphins

Three (3) days interactions with Animals under Human care, Camels, Rhino, Giraffe, Lions, Tigers, and many others.

One (1) day working with Differently Abled and Children with social integration challenges.\* *(Basic Body Worker Package Only)*

Visits to sites of cultural significance.

All Program and course manuals and tuition.

The course and course material is in English. We provide full course information to you in one of two formats:

Electronic PDF readable for most e-readers:

Printed copy:

Course information is provide one month prior to the commencement of the course:

## Time in Mauritius

Mauritius Time Zone is GMT + 4 hours. To find the current time from your location <http://www.timeanddate.com/worldclock>

## Safety in Mauritius

Mauritius like most other places in the world is mostly safe. Despite isolated incidents crime involving westerners are rare. Do be cautious in public places when carrying money as you would anywhere in the world. All of the locations and drivers we have selected are safe and secure.

## Insurance

It is recommended that you pre purchase travel insurance for your trip.

## Accommodation

As part of the package all accommodation is included. If you wish to extend or to shorten your stay please let us know by email.

If you wish to bring a partner who will not be a part of the daily activities this is possible.

## Food and Drink

Breakfast, Lunch & Dinner is provided each day during the retreat. All other meals are at your discretion and cost.

In accordance with our practice all foods are Organic Sustainable and Local in nature.

If you have any special dietary needs please email us and we will do our best to ensure that your needs are met.

The food in Mauritius is generally safe and wonderful in type and variety.

It is generally safer to drink bottled water, which will be provided.

### Clothing

Light, airy, casual clothes are the most practical and you'll find natural fibers like cotton or linen are the most comfortable in Mauritius's often humid conditions.

**A waterproof, lightweight rain poncho is also a good idea for sudden downpours.**

**A swimsuit, hat, sunglasses, sunscreen, Lip Balm, insect repellent, water shoes and Rash Vest are MUST HAVES.**

Snorkel tubes, Masks, Fins if you have your own are advisable. **We offer an option to hire a full face mask as part of the course:**

### Currency and Buying “Stuff”

Generally, you will not need to bargain for most things in Mauritius.

Mauritian Rupee Bank Notes

100, 500, 1,000.

Coins 1, 50.



Currency Converter <http://www.xe.com> If you are bringing currency, you can use travelers' checks, which you can purchase at your local bank or branches of American Express. While the exchange rate is a little different, they do have the added advantage that if you lose them, they are insured. American Dollar /Sterling/Euro traveler's checks are accepted at most banks and Hotels.

Cash is also available via ATM's in Mauritius that have the Visa or Master card symbols.

If you bring cash there is no limit to what you may bring into Mauritius. Most shops, hotels and restaurants will accept credit cards.

### Shopping Advice

There are many items, unique to Mauritius so if you like buying “stuff” then bring an emptyish suitcase with you. Additional bags can be purchased in Mauritius. Larger items can be shipped anywhere in the world for a reasonable fee. Check with the vendor and also remember that you may have to pay import duty in your country of residence or the country to which any item is being shipped.

### Tipping

Generally tipping is not expected in Mauritius however you may if wish.

### Credit Cards

Major credit cards are acceptable in most hotels and restaurants. VISA, MASTER CARD AND AMERICAN EXPRESS are the most common.



## Electricity

Most hotels use 240 volts, 50 cycles and as per the picture below the standard is a three pin 'British' Style typical plug. Bathroom shaver plugs usually have a transformer switch. You may need an adaptor for your appliance out side of the hotel



## Getting Around Mauritius

As part of the package, all transportation to and from the airport and certain group tours is included.

Everything else will be at your discretion and cost. Transportation is generally very inexpensive in Mauritius.

You will find a range of chauffeur driven limousines, self-drive cars, taxis and hotel courtesy cars. Most taxis are metered but it wise to ask the approximate cost to the destination.

Public buses are a form of transport unique to Mauritius. They are a communal bus system and a great way to meet local people. Motorcycles can also be hired in many places but special care should be exercised at all times as road and traffic conditions can be somewhat hazardous in certain locations. Traveling around Mauritius is made all the easier because everywhere you go you'll find friendly people only too happy to give you advice and directions on how to get where you want to go.

## Driver's License

If you wish to hire a car, you must be over 18 years of age. Car is quite expensive through traditional sources: **We do have a very local and cost effective source if you wish to do this.** Driving is generally easy in Mauritius except in the city of Port Louis. In Mauritius you drive on the left — hand side of the road and give way to the right. This is a big change for some, but what is even more striking is the difference in the way of driving. On your way you will see road-workers who are turning signs instead of traffic lights, you will see scooters loaded with weird things, people walking on the motorway and so on.

## Communications

Most Cellular phones will work in Mauritius, however it is generally quite expensive you should check with your provider to get rates.

Our location(s) will have Internet connections although the speed can be somewhat slow. So you need not worry about being out of touch.

We do offer options for person wishing to hire mobile phones or sim cards whilst in Mauritius: Please let us know if this is a requirement.



## Comments from Previous Attendees:

“A friend picked us up from the airport today and he ask me what did I learn from this trip to the Republic of Mauritius. I could not in a few words articulate an answer because there is so much I've learned while on this trip; such as, the Mauritian history of the island and it's people, one on one contact with several different species of animal and bird. Feeding Flying Foxes and Monkeys, swimming in the Indian Ocean with Spinner Dolphins and I realized the gap between human and animal is not that big. We all have the same objective to survive in this world best we can as long as we can. We are born, we have families that we love and protect and we pass on. I needed to touch and walk with a wild animal to really feel this connection. To me it is a blessing. Being able to work with some ‘differently abled’ in a government ran facility was another blessing to connect and learn from the challenged souls that they also have a valid place in the universe. Also I learned more about myself and what I need to do to stay balanced and connected. One of the best learning experiences ever!”

Judy N.

“Wonderful! Loved every part of it. Thank you to everyone who donated! It was a most amazing morning of sharing love and compassion with the mothers and aunts at the children's home!” Suzanne M

“This course was incredible, it was so mind opening, I learnt so much about myself, animals CST and myself.” Melanie M

“I am inspired by the course and the foundations put in place, the convivial intimacy of the accommodation. The variety and relevance of the experience felt good to me. There have been numerous pleasant surprise moments with abundant joy, time and space to meditate.” Anne C

“Facilities were very good. Appreciated the non chlorinated pool. Food was good perhaps to much and the closing party was the best”. Marianne W

## Booking Process:

To be considered for the course: Please send an email to [ajmcgrath@mac.com](mailto:ajmcgrath@mac.com) stating:

Name:

Address:

Level and type of training:

Type of Accommodation required (single or shared).

We do offer a payment plan for those for whom this is a requirement:  
Please indicate in the email if this is a requirement.

We will acknowledge the email within 24 hrs and send you further information on how to book:

To order contact us directly via email: [ajmcgrath@mac.com](mailto:ajmcgrath@mac.com)

## Useful Numbers

Anthony's email [ajmcgrath@mac.com](mailto:ajmcgrath@mac.com)

Anthony's Cell Phone 708 297 8879

Mary's Cell Phone 708 323 7880

Costs:

The October 2021 program is \$5,157.00

What this **INCLUDES**:

**Accommodation:** Accommodation is provided in either single room or sharing formats: Single rooms are available by way a supplement to the inclusive course cost and are allocated on a first come first served basis:

**Transportation:** All transportation is provide whilst in Mauritius to and from the airport and during activities: (You will be met at the airport by the program organizers).

**Food:** All meals and soft drinks will be provided during the program, please advise as to any food sensitivities or allergies during the application process. Alcohol is not included.

**Activities:** The program costs include:

Three (3) days interaction with Wild Bottle Nose and Spinner Dolphins

Three (3) days interactions with Animals under Human care, Camels, Rhino, Giraffe, Lions, Tigers, and many others.

One (1) day working with Differently Abled and Children with social integration challenges.\* *(Basic Body Worker Package only)*

Visits to sites of cultural significant significance.

All Program and course manuals and tuition.

What this does **NOT** include:

**Airfare:** The cost of Airfare is NOT included in the program costs. Assistance is available to help with booking air travel and activities before or after the program.

**Other:** You will be expected to be in Mauritius at least ONE(1) day prior to the commencement of the program. Assistance will be provided booking suitable accommodation which is NOT included in the price of the program. The program activities begin in October 2021.

**For the avoidance of doubt the group is likely to be of mixed abilities with respect to CST skills. We have found that this is to the advantage of all students.**

## Terms and Conditions: Price:

Dollars \$5,157.00  based on sharing

Euros €4185.10  based on sharing

Price is inclusive, of all accommodation, 7 nights, 8 days stay in arranged accommodation. All meals, (breakfast lunch & dinner). Activities as outlined which may change from time to time. Soft drinks are included but alcohol is not. Transportations in Mauritius to and from the airport and from other locations within Mauritius upon request. Airfare to Mauritius is NOT included and you should not book your flight before you have a confirmation from Anthony and Mary. Prices are correct at time of printing but are subject to change without notice. Due the fluctuation in the Euro/Dollar at this time please note that we will notify you of any changes which represent a 2.5% fluctuation from the above in which case you will have the right to cancel and receive a full refund prior to 60 days of commencement of the program.

## Payment:

A deposit of 15% per person of the total is required to hold your place.

A further 45% is required by October 31st 2017.

The balance is required by January 15th 2018.

An easy payment plan can be arrange for individuals so please ask.

Payments in Dollars can be made by way of cash, check or charge card:

Payments in Euro's are accepted only by Wire Funds Transfer, charge card at this time.

Payments made by personal or company check should made payable to Anthony & Mary McGrath and sent to: 6507 179th Street, Tinley Park, IL 60477 USA.

Payments are also accepted by Credit Card, Wire Funds Transfer or Pay Pal Transfer, please email or phone for details. These payments may attracted a surcharge.

The size of the group is strictly limited so please book as early as you can. Accommodations are allocated on a first come first served basis so again early booking will ensure better choice.

Cancellations and Refund Policy If you cancel 60 days prior to scheduled date then your deposit and or monies paid minus a 10% handling fee will be refunded. 30 days prior to schedule date 50% of the final fees will be retained. The unlikely event that we have to cancel this class and trip, then we will refund all monies paid minus any transfer or credit card charges. We do not accept responsibility for costs associated with cancelations of airfares or any other expenses that might arise from the such cancellation.