



Who is it for?

Individuals willing to engage in deep leadership and personal development, with a willingness to prepare for the trek. It is an invitational odyssey.

When and where is it?

Please inquire about our future dates in 2011 and 2012

The trek happens in the National Everest Park in Nepal

Limited to 8 people

Join us for an unusual way to step up and prepare your leadership for your future projects!

For the Legacy Odyssey trek: US \$3,000
Per person, based on double occupancy
And a minimum of 6 participants
Supplement for single room
(International airfare is separate)



After you sign up, we will immediately sponsor the education of a child in Nepal through the **Durga Educational Society for Help**

We will send you a complete Legacy Odyssey preparation kit

To sign up or get more details, call Edmond Antoine
00 1 973 921 92 80 or 00 1 973 327 31 72

or email:
edmond@legacyodyssey.com

or check our websites
www.teamglobalnetwork.com
www.legacyodyssey.com

Let's create something together!



JOIN US FOR AN ADVENTURE OF SELF-DISCOVERY

In the heart of the Everest National Park

The Legacy Odyssey Trek™

is a voyage that is both internal and external, a discovery or rediscovery of what's essential for you, witnessed by the Himalayas.

You will derive 5 major benefits:

1. Powerfully transform your authentic self while admiring breathtaking nature and sacred sites in the highest mountains of the world.
2. Connect with ways to expand your leadership and the inner strength of your true human nature.
3. Rediscover your body while relieving stress and enhancing emotional harmony.
4. Rekindle your creativity and clarify what is essential for you,

what is absolutely critical for you to realize in the coming years— Clarify your Leadership Project or any other meaningful goal you might desire.
5. Come to know and love the variety of people you will encounter while enjoying the camaraderie and friendship of your travelling companions.



We promise to help you create energetic connections with nature, with each other, and with yourself

- 1 Together**, with the help of certified sports instructor Cyril Dufour, we will create a customized physical training program for you.
- 2 Through the inspiring coaching** of Edmond Antoine (a Master Certified Coach with 20 years experience) we will use a new set of leadership skills that are so needed in today's world, such as the ability to internally focus and concurrently move swiftly. These new set of skills blended with the power of the massive mountains and the wisdom of the Nepalese culture will support the clarification of your project during the trip and beyond.
- 3 You will stay at comfortable lodges** and enjoy healthy food and beverages from breakfast to dinner, and be guided through breathtaking surroundings by dedicated Nepal Sanctuary trek guides.
- 4 Truly get to know the Nepalese culture** when we interact with local Sherpa.
- 5 After the trek** has ended, we will co-create a support system so your personal leadership project takes off and develops itself in a sustainable way.

Program detail

Part 1: The preparation

(from 3 months to one week before)—Includes pre-trek physical training program and coaching conversation.

Part 2: The Trek itself—Everyday will include increasingly intense coaching conversations, meditation, warm-ups, mindful trekking, stretching, relaxation, good conversations and laughter.

Day 1 – Arrival and welcome in Kathmandu, Nepal.

You will meet your travel companions and Legacy Odyssey team, and stay overnight at the Hotel Dwarika, a World Heritage Award-winning 5 star hotel.

Day 2 – Fly to Lukla (2840m), and trek to Monjo – 6 to 7

hours. Practice mindful trekking in amazing nature and relax overnight at the Everest Summit Lodge.

Day 3 – Trek to Tashinga (3450m) – 5 to 6 hours.

This will be one of the more invigorating days of trekking, but we will take it slowly in a gradual ascent, using visualization and breathing techniques. Lunch and relaxation will be enjoyed at Namche Bazar, then tea time at the Tashinga Lodge where we will gather around the wooden stove to warm up and rejoice before dinner.

Day 4 – Trek to Tengboche

Monastery (3873m) – 5 to 6 hours.

This is the culmination of the trek, offering stunning views of the Himalaya's highest summit. Here we will center on ways to fulfill your individual project. Overnight we will relax at the Tashinga Lodge.

Day 5 – The focus will be on developing specific writing keys that can help you optimize your project.

Also there will be a nature talk along the lovely Dush Koshi river. Then dinner and an overnight stay at the Monjo Everest Lodge.

Day 6 – Return to Lukla.

This is a wonderful day of celebration because as we descend toward Lukla you will have found your rhythms and have a clearer path.

Day 7 – Flying back to Kathmandu and winding down.

Includes early breakfast, first flight out and Legacy Odyssey Trek™ closing at Dwarika Hotel.

