

WAYS TO ZERO WASTE WEEKEND RETREAT



About the Program

Description of Program:

This retreat is designed to help participants to embrace conscious living through zero waste lifestyle, healthy food intakes, and mindfulness. Participants will spend a lovely weekend at the BSP Organic Farm facilities nearby Mount Salak. The farm is by a pristine river, a beautiful rice terrace in the backyard, and a waterfall reached through trekking.

All meals and snacks served during the program will mostly consist of vegetables from BSP own garden/farm.

Dates & Location:

Friday – Sunday, March 2 - 4

3 days & 2 nights at BSP Farmstay

Kampung Loji, Desa Pasir Jaya, Bogor, West Java

(www.bspagrotourism.com)

Participants

- 15-25 people (18 years and above)

Language of Instructions:

- Intermediate to advanced understanding of English

Contributors:

- Ways to Zero Waste Lifestyle: Navakara Team
- Conscious and Mindful Living through Self-healing: Niina Strobel (www.soulandspiritspa.com)
- Conscious and Mindful Living through Healthier and Cleaner Eating & Healthy Drinks Demo: Katta (www.tastyhomemade.com)
- Intro & Practice of Pranayama & Meditation and Yoga Class: Yogi Arijit (www.caringnaturewellness.com)

Participant's Fee and Terms & Conditions:

- Early Bird Rp3,000,000 (now until Feb 14)
- Regular Rp3,500,000 (Feb 15 until Feb 21)
- Fee includes:
 - transportation Jakarta - BSP Farmstay – Jakarta
 - accommodation & all meals
 - all scheduled classes & programs
 - goody bags
- Fee excludes:
 - transportation from and to meeting & drop-off points in Jakarta
 - foods and beverages outside schedule

- activities outside of scheduled classes
- laundry & tips
- Cancellations:
 - Between Jan 31 – Feb 7 → admin fee of 10% from paid amount
 - Between Feb 8 – 20 → admin fee of 50% from paid amount
 - No refund after Feb 21
- Surcharges:
 - Surcharge of Rp150,000/person for in-room bathroom/toilet facilities
 - Rooms, unless otherwise noted, are dormitory style and first-come-first-served
- Risks and Responsibilities:
 - BSP Farmstay is not responsible for any property loss, damage, injury or accident.
 - Participants are advised not to bring valuable items.
 - BSP Farmstay offers simple Indonesian farm-style accommodation. Participants are suggested to bring appropriate shoes, sandals for outdoor activities, as well as umbrellas and/or raincoats.

To register:

<https://goo.gl/forms/NYI3voJyk3Mjkqvi1>

About Organizer:

Mitra Solusi Navakara (Navakara for short) is an organization founded in Jakarta, Indonesia by four friends who share the same concerns about various environmental degrading issues.

“Mitra Solusi Navakara” is derived from Sanskrit words of “mitra” (partner) - “na” (no) - and “avakara” (waste). “Solusi” is solution in Indonesian language.

The organization is thriving to be the best partner of zero waste ideas and solutions, to those who share the same care about the environmental issues, and those who are looking for a different approach in conscious and mindful living.

Website: www.navakara.com

Instagram: [@na_avakara](https://www.instagram.com/na_avakara)

Facebook: Mitra Na Avakara

Email: contact@navakara.com