

Carleton College

ALUMNI ADVENTURES

Explore the world

Sri Lanka: Outer Travels, Inner Explorations

We are greatly excited by the opportunity to share our love and knowledge of Sri Lanka with Carleton alumni this December on our Alumni Adventures tour: “Sri Lanka: Outer Travels, Inner Exploration.” We have lived in Sri Lanka on two occasions, and found the island to be extraordinarily beautiful and varied, whether in terms of topography, wildlife, religion, or culture—and its people to be kindly, intelligent, and sophisticated.

Two aspects of this trip make it unusual.

First, Sri Lanka itself is in many ways a microcosm of South Asia. On a tropical island no bigger than West Virginia, you will find speakers of three major languages (Sinhala, Tamil, and English), practitioners of four world religions (Buddhism, Hinduism, Islam, and Christianity), and members of a variety of socio-economic groups, from tribal, to agricultural, to thoroughly cosmopolitan. The island is home to some of the world’s greatest Buddhist art and, since independence in 1948, it has developed a complex and contentious democratic political system. It is -- and has been for centuries -- a laboratory for the ongoing experiment in multicultural living that has marked South Asian civilization since ancient times; it is an alluring, variegated, and utterly unforgettable country.



The tour we are leading also is unusual because it will combine the standard academic approach of most such programs with opportunities to practice exercises for mind and body rooted directly or indirectly in South Asia in general and Sri Lanka in particular. These include mindfulness practice, a centuries-old type of Buddhist meditation that is increasingly recognized in the West for its health benefits; and somatic yoga, a gentle, conscious form of exercise that is focused on releasing chronic tension and pain throughout the body. Through a combination of intellectual and experiential approaches, we hope to provide a journey to Sri Lanka that is stimulating, restorative, and deeply satisfying.

We really hope you’ll join us on this adventure!

Sincerely,

Roger Jackson & Pam Percy

