



### **Multi-Adventure and Yoga Retreats**

- [\*\*AZORES, PORTUGAL\*\*](#): Hiking, Kayaking, Whale Watching
- [\*\*BANFF, CANADA\*\*](#): Hiking, E-Biking, Kayaking
- [\*\*COSTA RICA\*\*](#): Kayaking, ATV Excursions, Horseback Riding
- [\*\*DOMINICA\*\*](#): Hiking, Kayaking, Snorkeling, Whale Watching
- [\*\*GREECE\*\*](#): Boating, Cultural Immersion, Hiking
- [\*\*IRELAND\*\*](#): Hiking, Biking, Pub Fun
- [\*\*TUSCANY, ITALY\*\*](#): Hiking, Cultural Immersion
- [\*\*MENORCA, SPAIN\*\*](#): Bird Watching, Hiking, Kayak, Waterfall Swims, Whale Watching
- [\*\*PORTUGAL COASTAL WALK\*\*](#): Hiking
- [\*\*THAILAND\*\*](#): Hiking, Waterfall Adventure, Elephant Sanctuary, Bamboo Rafting and more!



## THAILAND MULTI-ADVENTURE RETREAT

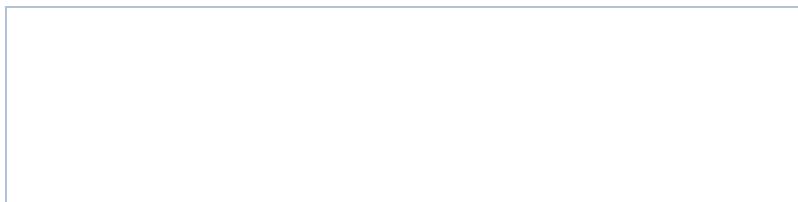
Thailand is a premier destination for wellness and adventure, offering breathtaking natural landscapes, rich cultural heritage, world-class spas, outdoor activities, and delicious cuisine made with fresh, local ingredients. You will leave Thailand with memories of yoga among the songbirds, interactions with majestic elephants, strolls among stately teak forests and ancient stupas, and the legendary warmth of Thai hospitality. It's a journey that will nourish your soul, inspire your spirit, and leave you longing to return to one of the happiest places on earth, the "Land of Smiles." [CLICK HERE FOR ITINERARY!](#)



## **PERU JOURNAL: *A Journey of the Spirit:*** Exploring Cusco, the Sacred Valley, and Machu Picchu

Our Peru Adventure last month was more than a vacation —it was a journey of the heart, filled with beauty, connection, and healing. My time in the Sacred Valley reminded me of the power of stillness, the richness of ancient wisdom, and the importance of nurturing both the body and spirit. I look forward to leading a trip back to Wilka T'ika in **May 1-8, 2027**.

[Click here for PERU JOURNAL](#)







### Empowering Girls for Success

This past winter, the students at our Girls for Success school in Costa Rica continued to ***celebrate the power and influence of women***. In each session, they explored the story of a different woman who made history and sparked meaningful change. These stories inspired thoughtful conversations about empowerment, strength, resilience, and the girls' own personal dreams. They reflected on the achievements of women throughout history, the important women in their own lives, and the value of perseverance and never giving up. Go Girls!

## #1 DESTINATION IN 2025 - THE ISLAND OF DOMINICA



**Dominica** has proudly secured the #1 spot in BBC's prestigious list of the "25 **Best Places** to Travel in **2025**." Recognized for its unspoiled natural beauty, eco-tourism appeal, and rich cultural heritage, **Dominica** continues to rise as a top global travel destination.

TRAVEL TO DOMINICA FEBRUARY 14-21, 2026



1. Become aware of your natural breath without trying to change it.
2. Introduce the Throat Constriction. Imagine you are about to fog up a mirror with your breath, but your mouth is closed. Feel the slight constriction in the back of your throat that occurs when you do this. Close your eyes and practice the breath for several minutes.

## **Step-by-Step Guide to Ujjayi Breathing to Reduce Stress and Anxiety**

Ujjayi, often called "ocean breath" or "victorious breath," involves a slight constriction in the back of your throat.

When practiced correctly, *Ujjayi* breath will both energize and relax the body, mind, and spirit. The breath should be steady, rhythmic, smooth, and full. The “ocean” sound should soothe your mind. Throughout your practice, keep the steadiness, length, and smoothness of your breath as much as you can.





## TUSCANY HIKE A HUGE SUCCESS

*"The Tuscany hiking trip in Italy with Christine was one of the BEST trips that I have done! Christine is an outstanding trip leader who pays attention to every detail in planning and had done the hike multiple times to ensure that she was familiar with the trail and was able to adjust the route if/when necessary. I will definitely do another trip with Christine in the future.*

*Greece, here I come!!!!" Janet Smith*

**Next  
trip: Fall 2026**



**COSTA RICA "BLUE ZONE" - TWO ROOMS**  
**AVAILABLE NOVEMBER 1-8!**

[Click Here for Itinerary](#)



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*"Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts"* Mark Twain

In partnership with Blossom Yoga and Pilates, [www.blossomyoga-pilates.com](http://www.blossomyoga-pilates.com).

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