



### **2025/2026 INTERNATIONAL RETREATS**

- [ITALY](#): May 16-25, 2025
- [BANFF, CANADA](#): August 2-6 and 6-10, 2025 (sold-out)
- [IRELAND](#): September 12-20, 2025 (sold-out)
- [IRELAND](#): September 19-27, 2025
- [COSTA RICA 'BLUE ZONE'](#): November 1-8, 2025 (sold-out)
- [THAILAND Multi-Adventure](#): January 17-29, 2026
- [DOMINICA](#): February 14-21, 2026
- [PORTUGAL](#): March 21-27, 2026
- [GREEK ISLANDS](#): May 16-24, 2026
- [MENORCA, SPAIN](#): May 30-June 6, 2026
- [AZORES, PORTUGAL](#): June 7-13, 2026
- [BANFF, CANADA](#): August 1-5, 2026
- [BANFF, CANADA](#): August 5-9, 2026
- [COSTA RICA 'BLUE ZONE'](#): November 7-14, 2026



## Exciting News from Aer Lingus!

Aer Lingus has just launched non-stop flights from Indianapolis to Dublin, operating four times a week! To celebrate, we've put together an unforgettable itinerary that combines exploring picturesque towns, walking through Ireland's stunning countryside and coastline, and enjoying traditional pubs filled with live music and local charm.

[Click here for itinerary](#)





### **1,605 New Books Delivered to PTY's Four Libraries**

We are thrilled to announce that 1,605 new books have been delivered to four libraries in Costa Rica and Dominica. These include the Girl's for Success School library in Carbon I; a newly established library at a local elementary school in Nosara, Costa Rica; a girls' teen center and a preschool both in Dominica. A huge thanks to the donors who supplied the books (sending hugs to Lauren, Ceci, Connie, and Half Price Books) and all the passengers who helped deliver them via suitcases.

We are now raising \$400 for bookcases for our four libraries. To help, go to [Peace through](#)

[Yoga](#) and click "Donate" at the top right corner.  
100% of all donations goes directly to the  
bookcase fund.



## What I Learned at One of the World's Blue Zones in Costa Rica

by Sally Bassett

[CLICK HERE TO READ MORE!](#)



### New JOURNAL Entries

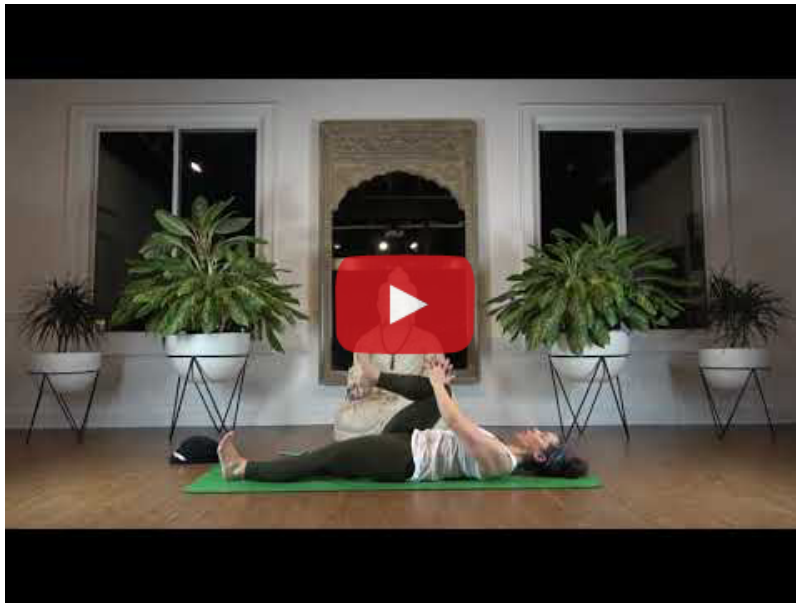
1. ["TEN LESSONS I LEARNED IN INDIA"](#) by  
Karla Becker



2. **"A JOURNEY WITHIN: CAUSES OF  
HUMAN SUFFERING"** by Christine  
Yovanovich

**Practice Yoga from Home with  
Our Video Library!**

**"Morning Flow with Kristen"**



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Peace through Yoga Foundation

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[www.peacethroughyoga.org](http://www.peacethroughyoga.org)

*“The world is a book and those who do not travel  
read only one page.” – St. Augustine*

In partnership with Blossom Yoga and Pilates

[www.blossomyoga-pilates.com/](http://www.blossomyoga-pilates.com/)

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