



IRELAND Walking and Yoga Adventure – September 2025!



This 8-day walking tour of southwest Ireland offers a delightful combination of breathtaking scenery, rich history, and cultural experiences. You'll explore Dublin, Dingle, Killarney, Doolin, the Cliffs of Moher, Adare, Mt. Brandon and more blending vibrant city life, charming villages, and awe-inspiring natural landscapes.

Begin in Dublin, Ireland's capital, where history, culture, and urban charm converge. From there, immerse yourself in the rugged beauty of the Dingle Peninsula, hiking along the Sleat Head Drive with views of the Blasket Islands and ancient ruins. In Dingle, enjoy its traditional music scene and fresh seafood.

On your way to the southwest, stop in Adare, a picturesque village celebrated for its thatched cottages and historic architecture. Take on one of Ireland's most stunning hikes up Mt. Brandon, where panoramic views of the Atlantic Ocean and rolling countryside await. Next, visit Killarney National Park, where you'll explore trails like the Gap of Dunloe and Torc Waterfall, surrounded by serene lakes, dense woodlands, and majestic mountains.

Your final two nights are based in Doolin, a charming village and gateway to the Cliffs of Moher. Hike along the coastal trail for dramatic views of the cliffs plunging into the Atlantic Ocean. Spend a day biking on one of the Aran Islands, immersing yourself in its unique culture and tranquil landscapes. Evenings in Doolin offer the perfect opportunity to enjoy traditional Irish music sessions in its lively pubs.

This carefully crafted itinerary balances Ireland's cultural richness and natural wonders, with ample hiking opportunities that connect you to the country's wild beauty and welcoming spirit. AND, for those who live in the Midwest, there will be new non-stop flights to Dublin from Indianapolis on Aer Lingus starting in May 2025. [Click here for full itinerary.](#)



“Life isn’t about finding yourself. Life is about creating yourself.”

Irishman George Bernard Shaw

STAY CONNECTED WITH SOCIAL MEDIA: Facebook and Instagram

MOTIVATIONAL MONDAYS – *Start your week right with a motivational intention to reflect on throughout your week*

WANDERLUST WEDNESDAYS – *Ready for your next retreat? We’ll feature an upcoming trip weekly on Wednesdays so you’re fully in the loop!*



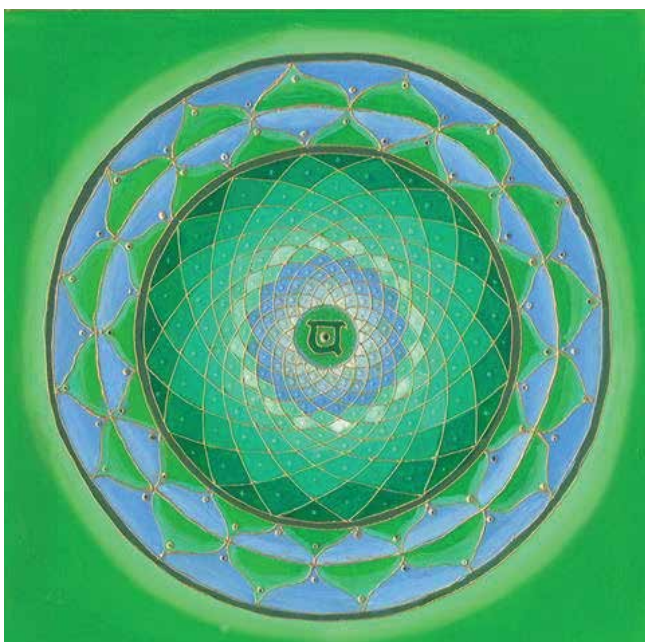
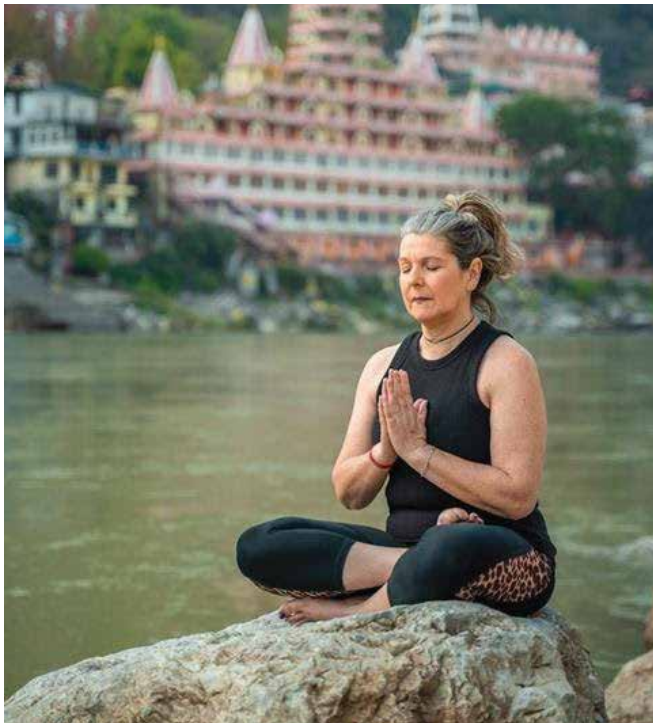
INNER HEALING WITH MARIAH **Breathing Exercises to Manage Anxiety**

Most of us have experienced some level of anxiety—whether it’s a tightening in the chest, shallow breathing, hot flashes, racing thoughts, or a pounding heart. In these moments of panic, our instinct is often to do anything but sit with the discomfort, as our fight-or-flight response takes over.

The next time you feel a wave or twinge of anxiety, I invite you to try this simple breathing exercise. Practicing it even when you’re not feeling anxious can help your body recall the technique when you need it most.

Belly Breathing

1. Place one hand on your heart and the other on your belly, just below your rib cage.
2. Slowly inhale through your nose for a count of 5, feeling your stomach rise.
3. Exhale through your mouth for a count of 5, feeling your stomach relax inward.
4. Repeat this cycle 5 more times—or as many times as needed—until you feel your body begin to cool and quiet.



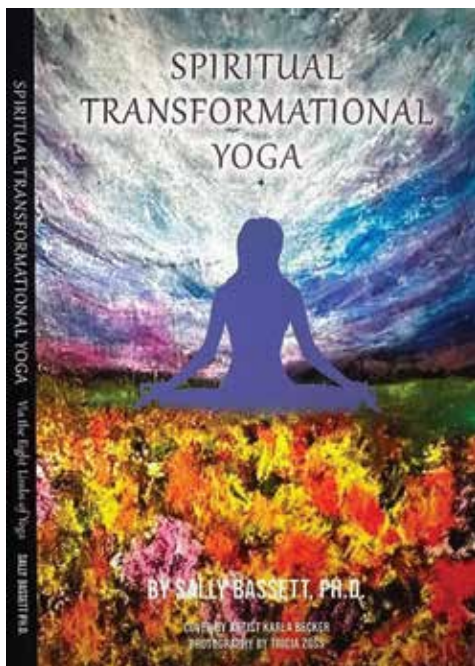
2025 INTERNATIONAL RETREAT SCHEDULE...so far!

- **DOMINICA:** January 18-25, 2025 (sold-out)
- **INDIA - INTERNATIONAL YOGA FESTIVAL:** March 4-16, 2025
- **COSTA RICA "BLUE ZONE":** March 29-April 5, 2025 (sold-out)
- **PORTUGAL:** April 4-11 and April 12-19, 2025
- **PERU - Machu Picchu and the Sacred Valley:** April 27-May 4, 2025
- **TUSCANY, ITALY:** May 2-11, and May 16-25, 2025
- **BANFF/LAKE LOUISE:** August 2-6 (sold-out) and August 6-10, 2025
- **IRELAND:** September 12-20, 2025
- **COSTA RICA "BLUE ZONE":** November 1-8, 2025
- **DOMINICA:** February 14-21, 2026 (Valentine's Day and President's Day...just sayin')

FUNDRAISING ART EXHIBIT by Karla Becker

Experience the beautiful artwork by Karla Becker to benefit Peace through Yoga Foundation on Instagram at [instagram.com/karlabecker_art](https://www.instagram.com/karlabecker_art). For information about buying a painting, please email her at info@karlayoga.com.

The opportunity to buy paintings will extend through December 2024!



HOLIDAY GIFT IDEA FOR YOUR FAVORITE YOGI

Spiritual Transformational Yoga via the Eight Limbs of Yoga is a comprehensive book designed to help readers of all faiths discover inner peace and deepen their spiritual lives. Rooted in the ancient wisdom of the Eight Limbs of Yoga, this book offers a step-by-step approach to integrating these timeless principles into everyday life, fostering personal growth and spiritual transformation.

Book sold on Amazon & Barnes and Noble



UPDATE: Girls for Success School in Costa Rica

Girls For Success (GFS) hosted its 2nd Annual Fundraising Gala in Puerto Viejo on October 12, 2024, to raise funds, increase program awareness, and inspire local support.

The community responded enthusiastically, contributing a new student sponsorship, gift certificates, prizes, Silent Auction items, and cash donations. Our talented students also showcased their creativity, selling handmade items such as jewelry, tote bags, hand-painted succulent pots, and pet bandanas. The festive evening drew a capacity crowd, all coming together to support GFS's mission.



HOW YOU CAN HELP

Sponsor a new girl at \$500 per year.

Purchase a bicycle for one of our students at \$230 each.

Provide a field trip for our students at \$300.

Thank you for your continued support in empowering the girls of this community! Go to Peace through Yoga and click "Donate" at the top right corner. 100% of all donations always goes directly to the cause. Please contact Liseth Carpio, if any questions on sponsorships, lis.blaze@gmail.com.