



10 Reasons to Take a Trip like...



Greetings from the Sivananda Ashram in France. Over the past two years, it has been a blessing to stay at an abbey with Trappist Monks, a convent with the Sisters of Saint Benedict, hike close to two hundred miles on a pilgrimage, and participate in eight international yoga retreats. Now I am enjoying the simplicity and spirituality of this beautiful Ashram in the Loire Valley of France. I love it here! The serenity that has been created in the heart of the French countryside feeds the soul.

Here are 10 reasons you might consider joining us on a trip like this in the future:

1. Unplug: Disconnect from your day-to-day routine (especially technology) and enter into a deep experience of presence on many levels— with nature, with others, and with yourself.
2. Go back to the basics and become independent from regular habits, patterns and indulgences
3. Enjoy a great cultural and life-changing experience
4. Increase your energy, physical strength and mindfulness
5. Let go of anything that no longer serves you
6. Be part of history: the Camino de Santiago itself is officially a pilgrimage that is over 1,200 years old
7. Enjoy solitude
8. Experience the camaraderie and traveling with like-minded individuals
9. Tune in more deeply with life and yourself
10. Connect to God or your Higher Source

An Ashram is a very spiritual environment away from the noise and disturbances of daily life. This week is all about embracing a yogic lifestyle that includes asana, pranayama, meditation, mantra chanting, and service to others. The theme for our retreat is "Soothing the Body and Mind" and the natural setting of the Ashram has

[Click here to read more](#)

Hope you join us here in France next September! Au Revoir!



Dominica Caribbean Adventure - Getting Out of Your Comfort Zone

Join us as we travel to this beautiful island and all-inclusive Jungle Bay Lodge. You will have the opportunity to hike through the rainforest to unique waterfalls, enjoy daily yoga, eat farm-to-table meals, sea kayak in turquoise waters, and snorkel through unique underwater volcanic bubbles while you explore the diverse sea-life at Dominica's premier marine reserve.

[Click here for February 3-10, 2024 itinerary](#)

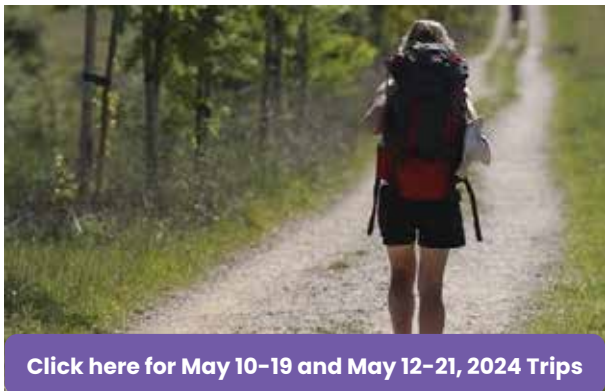


Guatemala - A Journey to the Self

This is your invitation to P-A-U-S-E. Breath deeply. Join us on this sacred adventure retreat to Lake Atitlan. Enjoy hiking to local villages, kayaking, exploring a Mayan Marketplace, and experiencing a Mayan Fire Ceremony, a Chichimeca Sweat Lodge, and Shamanic Sound Healing and Cacao Ceremonies. Immerse yourself into Raja and Kundalini yoga classes focused on asana, pranayama, and meditation. The mystical lake offers unparalleled natural beauty.

[Click here for March 16-23, 2024 Itinerary](#)

Our accommodations are at the stunning all-inclusive Village Sumaya. It is a retreat and wellness center located in Santa Cruz la Laguna on Lake Atitlan.



[Click here for May 10-19 and May 12-21, 2024 Trips](#)

Camino de Santiago Pilgrimage

The Camino was historically a religious pilgrimage to the tomb of St. James. Many pilgrims walk to connect and discover a deeper meaning in life, to spiritually connect with nature or themselves, or walk to find answers to deep questions. An adventurous spirit and the physical challenge are also guiding forces for many of the pilgrims along the Camino. In a world of busyness with too many obligations and long workdays, this journey helps you disconnect to reconnect to the self.

INDIA: THE INTERNATIONAL YOGA FESTIVAL IN RISHIKESH, INDIA

LATE FEBRUARY/EARLY MARCH 2025 ITINERARY COMING SOON!

