



Celebrating 20 Years!

Happy New Year!

2025 is a milestone year for Peace through Yoga Foundation. This year, we proudly celebrate our 20th anniversary! Since our founding in 2005, we have shared this incredible journey with many of you, offering trips with a purpose that extend beyond travel.

Over the past two decades, we have practiced yoga in some of the world's most breathtaking locations, from the sacred banks of the Ganges River in India to the serene hilltops of the Caribbean and the majestic mountain views of Morocco.

Our adventures have led us to explore and connect with nature through hiking, river rafting, snorkeling, kayaking, zip-lining, glamping, horseback riding, camel treks, bicycling, ATV excursions---just to name a few!



Our mission has also taken us to serve communities across five continents, supporting children and women in rural villages throughout Africa, Asia, Central and South America, and Europe. Together, we have delivered thousands of dollars in in-kind donations, creating a lasting impact and fostering global connections.

Through it all, our guiding purpose has remained steadfast: to provide transformative experiences that nourish the mind, body, and soul.

As we mark this special milestone, we look ahead with excitement to future destinations and life-changing journeys. Thank you for being an essential part of our story.

Namaste!

Sally Bassett President



SPIRITUAL PLACES: PERU

Join us on an unforgettable journey to Peru, a land of ancient wonders and breathtaking landscapes. This adventure takes you deep into the heart of the Sacred Valley, where you'll explore vibrant markets, visit centuries-old ruins, and connect with the rich traditions of the Andean people.

The highlight of the trip is a visit to the awe-inspiring Machu Picchu, one of the New Seven Wonders of the World. You'll experience the magic of this mystical citadel as the mist clears to reveal its iconic terraces and temples perched high in the Andes. With yoga sessions to ground and inspire you along the way, this trip offers a perfect blend of adventure, culture, and spiritual renewal.

Click here
for April 27–May 4, 2025 itinerary



TUSCANY: AN ANCIENT ROAD AND A PILGRIMAGE HIKE

Our route will take us on one of the most iconic sections through Tuscany, where you will have the opportunity to meet new people, traverse unique landscapes, and savor the local cuisine. This immersive experience includes visits to authentic Italian villages featuring vibrant medieval piazzas and charming open-air cafes.

Unlike the Camino de Santiago, which draws thousands of pilgrims annually, walking the Via Francigena offers a more tranquil experience with uncrowded paths that take you off the beaten track. [Click here for itinerary.](#)



IRELAND: TRIP FOR THE MIND, BODY AND SOUL

Discover the breathtaking beauty of southwest Ireland on a hiking adventure through its most stunning landscapes. Traverse the rugged trails of the Dingle Peninsula, the majestic slopes of Mt. Brandon, and the serene paths of Killarney National Park. Along the way, immerse yourself in the charm of Doolin and Adare, enjoy panoramic views from the Cliffs of Moher, and experience the lively spirit of Irish culture. This journey blends invigorating hikes with moments of tranquility, offering a perfect balance of natural wonder and cultural richness.

Click here for September 2025 Itinerary



A LIFE-CHANGING EXPERIENCE: 200 HOUR YOGA TEACHER TRAINING!!

Yoga Teacher Training (YTT) is the learning that prospective yoga teachers go through in order to become qualified yoga teachers. Our YTT will include learning of asanas, pranayama, meditation, philosophy, anatomy, teaching methodology, and more. Interested? Please consider joining Sally Bassett and Chris Yovanovich at Blossom Yoga and Pilates in Zionsville, IN August 21, 2025, through February 28, 2026.

Click here
for detailed information on Yoga Teacher Training



COSTA RICA: A BLUE ZONE EXPERIENCE November 1-8, 2025

GOAL: A Transformational Journey to Lifelong Wellness.

Bodhi Tree Yoga Resort is a luxury, boutique resort nestled in Nosara, in the northern Pacific province of Guanacaste. This serene destination offers an array of amenities, including yoga shalas, two state-of-the-art gyms, a rejuvenating spa, scenic jungle trails, a refreshing saltwater pool, a juice bar, and a restaurant.



CLICK HERE FOR DETAILED ITINEARY

