



Lake Atitlan, Guatemala "A Journey to the Self"

Experience a Mayan Fire Ceremony, Chichimeca Sweat Lodge, Shamanic Sound Healing and Cacao Ceremonies, a Mayan Marketplace, kayaking on Lake Atitlan, hiking to local villages, and immerse yourself into Raja and Kundalini yoga classes focused on asana, pranayama, and meditation. There will also be quiet time scheduled for silence, contemplation and journaling at our beautiful all-inclusive retreat. Our hope is for you to disconnect for a week from work, technology, and all responsibilities to truly be present on this journey back to the Self. We hope you say YES to this transformational body, mind, and soul retreat.



[Click here for detailed itinerary.](#)

March 16-23, 2024 Guatemala Itinerary - Limited to 14 people

Explore, Pray, Love.

Like the Julia Robert's movie, "Eat, Pray, Love", we have an affinity for international retreats that incorporate all three with a twist. Peace through Yoga Foundation provides destinations that are unique to our travelers with time outdoors experiencing different adventures. Our recent trip to Dominica allowed for exploring by hiking the island's mountains and crossing streams, to snorkeling and whale watching in the Caribbean.

Yoga, of course, is offered on all our retreats, even if at the end of the day after hiking the Camino de Santiago in Spain or climbing the Atlas Mountains in Morocco. We believe coming to the mat reverently is more than a physical practice. Yoga can be a prayer in motion when setting an intention on a yogic philosophy such as non-violence, truth, surrender, and more.



On many of our retreats, we also offer Karma Yoga – this is an opportunity to serve with love. Working at our girls’ school for an afternoon has always been a highlight for those traveling to Costa Rica the last 18 years with us. Carrying an extra suitcase full of books for toddlers or teen girls makes a huge difference in Dominica, where books have become obsolete due to two major hurricanes in the last eight years (see the picture at the bottom of this page of our library in Dominica). [Click here to read more about Karma Yoga.](#)

Just as important, we want our transformational yoga retreats to help you to serve and love yourself. Journeys like France and Guatemala give you a way to find time for reflection, rest, and rejuvenation. We hope to see you soon. In the meantime, get on the mat and discover much joy, peace, and love.



Our Girls for Success School in Costa Rica Awarded a U.S. Embassy Grant

Our Girls for Success School was awarded a U.S. Embassy Grant to provide expanded programming to the girls and to simultaneously demonstrate collaboration between U.S. and Costa Rica citizens. This programming includes nine workshops in Science, Technology, Engineering, Arts and Mathematics (STEAM) and 3 workshops in Health and Wellness.

The first workshop was with veterinarian, Dr. Estefania Solano, who hosted the girls in three different age groups. They watched Dr. Estefania examine a dog, give vaccinations, test for parasites, and were able to listen to the dog’s heart. They also learned about owning a business and the importance of education. Our next visit is to a dentist and an oral surgeon. Other workshops will also include professionals in their fields from the U.S.

[Click here to learn more about our GFS School being built and how you can help](#)



Journal Entry: MEDITATION MATTERS

In this month’s Journal entry entitled Meditation Matters, we give you tips on how you, too, can easily include this ancient practice in your daily schedule with no effort or judgement of “doing it wrong”.

- * Tips on how to meditate
- * Benefits of meditation: physically, mentally, emotionally and spiritually
- * Contact information on “who you gonna call” to get meditation training, if interested, which is a four day consecutive program, just two hours a day
- * How you can connect to your true self through meditation *
- * Understanding the universal purpose and need for meditation

[Click here to read more from the Journal Entry: Meditation Matters by Sally Bassett](#)



Attention All Women!!

Your fellow “sisters” in Morocco could use your help. We have planned a visit to a women’s shelter just outside Marrakesh on April 22 that offers temporary lodging to women and children who are victims of violence. This includes abused wives but also single moms, who are rejected by their partners and families. They also take care of pregnant refugees and migrant women. We will be taking needed items like diapers, food, medicine, hygiene items, etc.

Upon arriving in Morocco we will personally shop from a list of their current needs. The women are so excited for our visit that they have organized a henna tattoo ceremony for all of us to participate together.

Please consider a \$25+ taxable donation to Peace through Yoga Foundation where 100% of the funds will go to this cause. To donate, [click here](#) and select “Donate” at the upper right-hand corner or send a check to PTY Foundation; 5723 Lower Garden Way; Zionsville, IN 46077.

[Click here for more information about our annual Morocco trip](#)

INTRODUCING A SUPERFOOD



On many of our wellness retreats heading south, we include briefings on the cacao process or even include a Cacao Ceremony. Cacao is a superfood, packed with beneficial minerals and neuro-modulators that beneficially affect our state of mind.

Here's a look at some of cacao's incredible benefits:

*** Mood Elevating * Heart Health * Brain Health**

We strongly believe that drinking cacao regularly can not only have a positive impact on the body and mind, but also on creating a holistic lifestyle. One recommended source that several of us at PTYF use *mayamooncacao.com*. This superfood product provides wages to Mayan single mothers in Guatemala. Cacao is said to be the Nectar of the Gods!