



Letter from the Founder

Greetings from Dominica. It has been an incredible week of hiking, kayaking, yoga, and snorkeling as well as working with the local people to set up a long-term sustainable program. We are excited to be adding Dominica to our Peace through Yoga Foundation's Adventure, Yoga and Service retreat schedule for years to come. Hope you will join us this May or November and find out why.

We are starting a new Girls for Success Dominica by developing a library at the Girlhood Lounge here on the island. Our library will provide an element to their program by placing the magic of reading directly in their hands. Our goal is to provide 500 new or used books for girls' ages 13-17 over the next year as well as provide educational modules to the new leadership team on all different subjects.

It has been sixteen years since we started the Girls for Success Costa Rica, where we have 30 students in the program, including our Mentor Club for high school girls. We are thrilled to announce PTYF officially raised \$25,000 to purchase a lot to build a new center for long-term sustainability. With the help of Michigan State University's Engineering Department, who has helped maintain our current rented property, we look forward to their expertise in designing and assisting with the building of this future center. Stay-tune for more information on a Capital Campaign.

We have a new website where we added a Video Library for your convenience to do yoga at home. One of our goals is to increase accessibility to yogic practices and increase awareness of how yoga can add positively to your life. Kristen Barfield, yoga teacher extraordinaire and co-leader on many trips in the future, is featured in two of the videos. We will be adding new videos each month that will include different types of yoga practices.

Other fun new trips include Morocco: Trekking the Atlas Mountains to Riding Camels. Hope that got your attention! You will also have time for yoga outdoors and support two women co-ops.

Below are even more NEW announcements! I hope to see you on the mat soon...locally or globally.

Namaste!

Sally Bassett
Founder and Chief Passion Officer

peacethroughyoga.org



Costa Rica

Back to School at GFS

School vacations in Hone Creek start in December and end in February, when students put on their freshly laundered uniforms and return to classes. The vacations were greatly enjoyed by the students and teacher Jakeline in this Costa Rican Caribbean paradise!

In order to keep the girls progressing in English, we began classes a bit earlier at the Girls for Success Center, starting in mid-January instead of mid-February. We start with a lot of energy and high hopes that this will be a great year for everyone, full of success and wonderful experiences. Attendance has been excellent.

Happily, two new girls have joined our GFS program. We present to you one of these special and lovely girls. Her name is Allison. She is 8 years old. She is a girl full of sweetness, energy and dreams of a blessed future. She has one younger brother. She likes to play with Barbie dolls and go to the beach with her family. Her favorite color is purple. As with all of our students, we hope to help her achieve fluency in English and to inspire her to complete her education, go to university and pursue a career of her choosing. We are grateful to Jenny and Tom Godby, who became Allison's sponsor on the last PTYF trip in November.

On January 26th, we celebrated World Environmental Education Day. At the GFS center, we focused on respecting, valuing and preserving nature and the living beings that surround us. The girls worked on art projects, emphasizing preservation of the environment. Beautiful Naydelin created a mural made with creativity, where she shared certain tips to protect and preserve our earthly home.

Dominica

A founding committee was formed in Dominica to start a second Girls for Success program. Three local women founded The Girlhood Lounge for girls ages 13-17 that provides a safe space for girls to interact, explore their individuality and develop good values and positive self-concepts. Our library space will provide another element to the program by placing the magic of reading directly in their hands. This initiative aims to engage, empower and educate these girls. Furthermore, literature can help empower youth to be inquisitive, assertive and innovative as they figuratively face the challenges of their novels' characters. Finally, different aspects of education are met, not just academically, but socially, spiritually and emotionally among others. We hope you will consider donating to this cause of providing 500 books to our new library this next year.



Help us purchase books
for our new Library in Dominica!
Go to Peace Through Yoga
and click "Donate"
at the top right corner.



Morocco: Trekking the Atlas Mountains to Riding Camels April 20-30, 2023

Immerse yourself in the wonders of Morocco as we trek the Atlas Mountains, ride camels in the Sahara, experience glamping in desert tents, explore the markets in Marrakech and much more! You will have time for yoga offerings outdoors and also support two women co-ops. An intoxicating country that is mystical, ancient, challenging and exotic.

[Click here for the detailed itinerary!](#)



Caribbean Adventure In Dominica March 5-12, 2022 / November 5-12, 2022 February 18-25, 2023

Get ready for one of the most fun adventures of your life! Join us as we travel to the beautiful island of Dominica where you will have the opportunity to hike through the rainforest, swim in unique waterfalls and mountain pools, 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 the detailed itinerary!](#)



Costa Rica November 4-11, 2023

Join us on our signature trip to the Costa Rican rainforest on the Caribbean coast. Since 2006, we have taken over 37 small groups to this special place that is now a second home. Wake up to the sound of howler monkeys from your bungalow overlooking the Caribbean. After yoga enjoy fun filled days of adventure activities from zip lining through the jungle to hiking and swimming at a nearby national park to participating in activities at our Girls for Success center.

[Click here for the detailed itinerary!](#)



A Journal Entry:

A Monastery Retreat of Silence and Solitude

It is late as I write here at the Abbey of Gethsemani in Kentucky. Amidst the busyness of the holidays, I became aware of this monastery of approximately 40 Trappist monks of the strictest order of silence and solitude. With a little need for both, I was blessed to have been confirmed for a four night and five day stay in January. During my stay, I have found there are not enough hours in the day with seven prayer services, reading, journaling...Read more!

Peace Through Yoga Foundation's Mission:

We believe yoga is an inner and outer journey of personal transformation on and off the mat. Our mission is to make an impact through international yoga, adventure, and service retreats. Our service focuses on empowering girls and women in the destinations we serve.

