



Live from Provence, France

A JOURNEY OF THE SENSES



France truly is a journey for the senses.

The combination of breathtaking sights, the smell of lavender in the village shops, the unbelievable tastes at every meal, the feel of the earth walking the countryside, and the sounds of nature all make Provence an unforgettably joyful experience.

Out of all the destinations I have been blessed to travel, I cannot deny France is one of the most special places in the world and I ended up being here by accident this year. LOL :) On my return flight home from a hiking pilgrimage on the Camino de Santiago in Spain this past May, I traveled through Paris, as it was my only available option that day. When I deplaned in Paris to transfer to another gate, it brought so much joy to just be surrounded by all things French—the French language, French chocolate and macaroons, French music, French clothes and cosmetics.... I immediately started scheming to come back. After months of planning.... **Read more**

[Click here for the September 2023 France detailed itinerary](#)



The Benefits of Yoga in Nature

The main goal of yoga is to quiet the mind, and what better place to do it than outside. Yoga's many benefits include, improving flexibility, building strength, increasing muscle tone, improving balance, supporting joint health, preventing back pain, improved quality of breathing, mental calmness, reducing stress, increasing self-confidence, and so much more. Doing yoga outside increases these benefits by pumping fresh air into your lungs, getting your daily dose of vitamin D, connecting with nature, and feeling even more revitalized.

We hope you will consider doing yoga on one of our international retreats:

- **Costa Rica** – a PTYF signature trip since 2005, the half octagon yoga studio is in the middle of the rainforest.
- **Dominica** – a beautiful large yoga studio overlooking the Caribbean. The gentle evening yoga classes enjoy awesome sunsets.
- **Camino de Santiago** – after a fun day of hiking 8-12 miles a day, there is nothing like some gentle movement in the gardens next to the unique farmhouses.
- **Morocco** – what's not to like when doing gentle yoga and viewing the Atlas Mountains or the Sahara Desert!
- **Provence** – after a day of lovely hikes and before a gourmet dinner, yoga outside our beautiful accommodations will be another highlight of the trip.



Artist Satya Kolli raises funds for new Girls for Success school

On September 11 Satya Kolli, artist and PTYF Board Member, had a magical and very successful art show giving all proceeds, approximately \$6000, to begin construction of our new Girls for Success school in Costa Rica. We are so grateful to Satya as well as her husband, Naga Chalasani, who have been sponsors and travelers with us through the years. Please consider helping us reach our goal of \$10,000.

To Donate, **[click here.](#)**

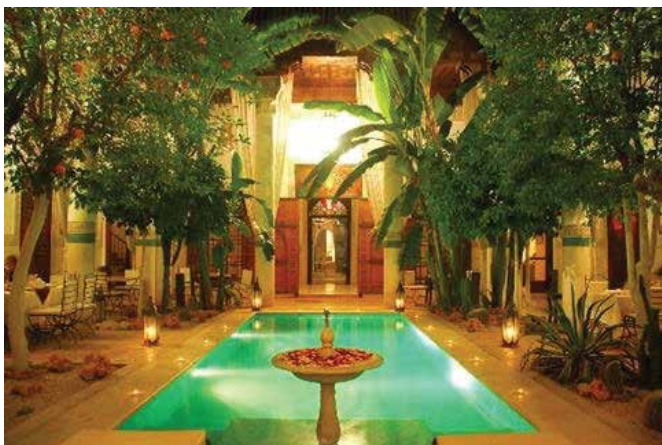


Sponsor needed for Keisy in Girls for Success Costa Rica program

Meet Keisy Peralta Monge, a first grader who recently joined our Girls for Success program in Costa Rica. She loves to play with her one year old sister, wants to be a doctor when she grows up, and her favorite colors are red, purple and pink.

Since 2005, we have been committed to our Girls for Success program sustainability by providing a sponsor for each girl. Your annual \$500 gift would assist with our English and sewing teachers, field trips, school supplies, educational workshops, and more. We'd love to have you join us on our mission and sponsor one (or more!) of these very special girls.

Check-out Girls for Success sponsorship program or email Liseth Carpio at lis.blaze@gmail.com



UPCOMING INTERNATIONAL RETREATS

- **Dominica:** November 5-12, 2022 (SOLD-OUT) February 4-11, 2023
- **Morocco:** April 20-30, 2023 (3 spaces left)
- **Camino de Santiago:** April 30-May 9, 2023 (2 spaces left) May 5-14, 2023
- **Provence France:** September 9-16, 2023
September 16-23, 2023
- **Costa Rica:** November 4-11, 2023

www.peacethroughyoga.org

YOGA OFF THE MAT

Less is not more. More is more. And more is not necessarily better.

How do you feel about the things that you carry? The items in your closet, in the trunk of your car, on your shoulders, on your soul? What would "less" feel like? I know that I have often confused abundance with excess, almost exclusively in the form of material goods. It's exciting at first. After a while, it just becomes...heavy---at least it has for me.

I'm experimenting with putting some things down. Starting with external validation. Yes, I care about what others think of me. I also am learning that I can best serve the world by being myself. For me, the way to abundance has been through less, through letting go, both of physical things, and emotional ones. As Rumi said, your task is not to seek for love, but to seek and find all the barriers within yourself that you have built against it. What heavy thing(s) are you willing to let go of? Letting go does not mean you are weak, my friend. It means you are brave. It can bring you closer to you. And you are wonderful.

Let's be brave and wonderful together. Sometimes, less is best!

"Yoga Off the Mat" is a monthly contribution by Kavita Battula

