



A Tropical Paradise?! Let's explore which one is for you!

Paradise means something different to everyone. For some, the idea of paradise is sitting on a quiet beach or next to the pool with a book. Others like to enjoy daily yoga, explore and find adventure! We have it all! Besides our signature trip to Costa Rica for the past 18 years (sold-out this fall; but stay-tune in the future), the popular adventure of a lifetime to the island of Dominica, the exciting mystical journey to Guatemala on Lake Atitlan, we are excited to be announcing a new destination in 2024 to **the private island of...**

St. George's Caye, Belize. No public transportation, no roads, no cars, no crowds. An all-inclusive secluded adults-only retreat to unwind and "unplug". Unlimited use of kayaks, windsurf boards, Hobie Cat sailboats, standup paddle-boards, snorkel gear with free instruction plus daily yoga, optional adventures to the mainland and much more! . [Click here for more information on St. George's Caye, Belize!](#)



Dominica- The Nature Island of the Caribbean: February 3-10, 2024

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 full details](#)

GUATEMALA'S LAKE ATITLAN – MARCH 16–23, 2024

Enjoy hiking to local villages, kayaking on Lake Atitlan, exploring a Mayan Marketplace, and experiencing a Mayan Fire Ceremony, a Chichimeca Sweat Lodge, and Shamanic Sound Healing and Cacao Ceremonies. Immerse yourself into Raya and Kundalini yoga classes focused on asana, pranayama, and meditation. The mystical lake offers unparalleled natural beauty.

You will see beautiful blue water drifting peacefully past local villages with huge volcanoes towering in the background.

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. For more information, [click here](#).



A week at a FRANCE ASHRAM: September 9–17, 2023

A week of “simple living” in a traditional ashram in the French countryside will allow the body to regenerate and the mind to become steady and calm down.

The Ashram is a very spiritual environment away from the noise and disturbances of daily life. Whether you are new to yoga or a seasoned yogi, this will be a transformational experience should you choose to say “yes”.

Come experience a yogic life style...

blending the practice of postures, pranayama, meditation, mantra chanting and service at the Ashram of Yoga Sivananda in France with Peace through Yoga Foundation. [Click here for details](#).





Morocco, Africa: April 3-13, 2024

Trek the Atlas Mountains, ride camels along the beach, experience glamping and riding ATV's in the desert, explore the markets in Marrakech, deepen your yoga practice and much more! An intoxicating country that is mystical, ancient, challenging and exotic.

[Click here for the Moroccan Adventure itinerary](#)



PILGRIMAGE IN SPAIN - HIKE THE LAST 70 MILES OF THE CAMINO DE SANTIAGO - MAY 10-19, 2024 (2 SPACES LEFT!!!)

The Camino de Santiago is one of Europe's oldest and most popular long-distance pilgrimage trails and for many good reasons. This journey is about walking in its most civilized form combining hand-picked accommodations with exceptional day walks, where you carry just a small daypack and a camera. No heavy backpack is required. No bunkbeds at night. Only en suite rooms in charming inns and hotels for our pilgrims.

[Click here for itinerary.](#)

PEACE THROUGH YOGA FOUNDATION'S 2023 AND BEYOND SCHEDULE...SO FAR!

- * France Ashram - September 9-17, 2023
- * Costa Rica - November 4-11, 2023 (SOLD-OUT)
- * Dominica Caribbean Adventure - February 3-10, 2024
- * Guatemala's Lake Atitlan Retreat - March 16-23, 2024
- * Morocco - April 3-13, 2024
- * Camino de Santiago - May 10-19, 2024
- * Sedona Adventure - September 2024
- * St. George's Caye, Belize: Private Island Retreat - November 10-17, 2024 New in 2025
- * Scotland Adventure - June 2025



A DREAM COME TRUE!! Our new Girls for Success School is to be completed by late July. Our builder, Senor Evans, and his team are doing meticulous work.

WE STILL NEED YOUR HELP...over the past year, the value of the dollar has fallen 15% compared to Costa Rican colones! We have essentially lost \$7000 in buying power. This, along with inflation, leaves us short for needed items in the school such as: a refrigerator (\$590), stove/oven (\$1670), washing machine (\$404), kitchen sink and faucet (\$295), utility sink (\$125), worktable/shared desk (6 x \$211), etc.

TWO WAYS YOU CAN MAKE A DIFFERENCE:

- * Donate online. Any amount is greatly appreciated!
- * ART GALLERY FUNDRAISER For those in Indiana, please join us for an art fundraiser where 100% of the proceeds will go to the Girls for Success School. Artist and PTYF Board Member, Karla Becker, will be selling her paintings on Sunday, August 6 from 10 a.m. to noon at the North Indy East Gallery of St. Luke's United Methodist Church, 100 W. 86th Street, Indianapolis, IN 46260. The opportunity to buy paintings will extend through the month of August 2023!

