



## Two New Adventures: Portugal Coastal Walk and Tuscany Pilgrimage Hike



The Rota Vicentina in the Alentejo Coastal Region of Portugal is one of the best coastal trails in the world! It follows paths used by locals to access isolated beaches and fishing grounds. Besides the fishing villages, there is absolutely no development along the coast and no vehicular traffic allowed on the footpath, leaving the wildness of the coast for walkers alone to enjoy. We will walk 50 of the most stunning miles among dunes and wildflowers, passing fishermen perched on ochre cliffs patiently waiting for their haul.

The Via Francigena in Italy is an ancient road and pilgrimage trail connecting Canterbury with Rome. Our route will take you on one of the most iconic sections through Tuscany, allowing you to meet new people, cross unique landscapes, and taste the local cuisine. It will be an immersive experience, visiting authentic Italian villages with vibrant medieval piazzas and open-air cafes. In comparison to the Camino Santiago, walking the Via Francigena is a more peaceful experience with uncrowded paths that are off the beaten track. By the end of this trip, you may just want to continue all the way to Rome!

**[Click for Portugal Coastal Walk and Tuscany Pilgrimage Hike itineraries.](#)**



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**Travel makes the ordinary extraordinary**

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## Introduction to Mindfulness and Meditation 4 week course

Journey to Calm. Do you want to reduce stress, improve sleep and have significantly higher levels of mindfulness and self-compassion? If so, invest in yourself by registering for an evidence-based mindfulness and meditation class. This class is designed to equip you with essential skills and help you integrate these skills and practices into your daily life.

Conducted via Zoom, this four-week course will be led by Maryjane Sweet, a MIEA Mindfulness Instructor, certified Yoga teacher, and ICF certified Mindset Coach. August 27, September 3, 10, and 17 from 7-8:15 p.m.

Please see the registration link for dates and details. Cost for the four-week course is \$50. Maryjane looks forward to journeying with you!

## Registration Link for Journey to Calm Course



## INDIA – It's time to book the International Yoga Festival: March 3-15, 2025

Join us for the world famous annual International Yoga Festival in Rishikesh, India – uniting yogis of every culture, color and creed together in a one-world yogic family, expanding global consciousness, and bringing healing to the planet, one person at a time!

[Click here for India Itinerary](#)

Please see the registration link for dates and details. Cost for the four-week course is \$50. Maryjane looks forward to journeying with you!



## Meet Christine – our new Director of International Adventures

Christine Klotz, MPH (Master of Public Health), has lived as a nomad for more than 15 years, balancing a career working as an international public health professional in refugee camps around the world with long distance walking for thousands of miles in more than 100 countries.

Pilgrimage routes have a special place in her heart, and the fellow "pellegrinos" she has met along these paths have impacted her life in profound ways.

Some of the multi-day hikes she has enjoyed include Drakensburg Circuit in South Africa, Fish River Canyon in Namibia, Rwenzori Central Circuit in Uganda, Mt. Karisimbi in Rwanda, Mt. Kenya, Mt. Meru and Mt. Kilimanjaro in Tanzania, Ras Dashen and Simien Mountains in Ethiopia, Mt. Toubkal and High Atlas Mountains in Morocco, Jordan National Trail, Druk Path in Bhutan, Kumano Kodo in Japan, Guguan Seven Heroes in Taiwan, Ma Pi Leng in Vietnam, Mt. Apo in Philippines, Mt. Kinabalu in Borneo Malaysia, Mt. Rinjani in Indonesia, Abel Tasman Coast Track in New Zealand, Janapar Trail in Nagorno-Karabakh, Transcaucasian Trail in Georgia, Lycian Way in Turkey, High Tatras in Slovakia and Poland, Via Dinarica in Croatia...and this list goes on and on and on....

Christine is currently walking the Via Transilvanica in Romania and is always dreaming about the next adventure.

*"It's a beautiful world, and I'll be thrilled to explore it with you one step at a time."*

[Check out Portugal April 2025 and Tuscany May 2025](#)



## UPDATE ON OUR GLOBAL SERVICE PROJECTS

**Costa Rica: Girls for Success School in Carbon I** -Sponsors for new girls enrolling in our 2025 program are needed for \$500 a year.

**Costa Rica: NEW Girls for Success program to be implemented in Garza in 2025**

**Dominica: Girls for Success Library** Our goal is to deliver new books for girls between 10 and 18 years old; Legos, games, stationary, and puzzles. Send to: PTYF; 5723 Lower Garden Way; Zionsville, IN 46077 to be delivered January 2025.

**Dominica: Preschool** - Books and games for four years old also needed by January 2025. See address above.

**Guatemala: Mayan Mother's Food Fund** - Donations are appreciated via our DONATE button

**India: Ramana's Garden Children's Home** - Supplements and hygiene items will be needed in March 2025.

**Peru: Willka T'ika Children's Fund** - Wishlist for school supplies will be provided in the spring.



[Click here for details on our Karma Yoga Projects](#)

## Karma Yoga Projects