



## Traveling with a Purpose

Making a Difference in Your Life and Others



In 1998, I was involved in the first “voluntourism” trip for Ambasadair Travel Club, the sister-company of Indiana’s former local airline, ATA. I remember sitting at my home desk one Sunday afternoon thinking about my most memorable trips that I had led to over 120 countries. It brought back great memories of Honduras exploring the Mayan ruins, banana plantations, seaside towns, and other nearby sites. However, the highlight was when some eye doctors, who were also on the trip, asked one day if I would help distribute glasses to children and adults. I got up close and personal to people in a village that I would never have had that experience just as a “tourist”. On a later trip, I helped doctors in Haiti and saw things I would never have had as a lay-person. I believed there was a place for a type of vacation offering an element of service.

The first trip added with a “mini-mission” element was to Mexico City. We were hoping to get 30 people who might take part in one of the options called “Ambassadors for Children”. We filled the jet with people wanting to explore the city, but also be part of working with orphans two afternoons in a variety of opportunities.

"Traveling with a Purpose" took off from there. We offered voluntourism trips to dozens of countries where individuals could enjoy fabulous vacations...an African safari in Kenya, hiking Machu Picchu in Peru, visiting the Royal Palace in Serbia, spring break trips to Puerto Vallarta, exploring Petra and the Dead Sea in Jordan... However, the participants also worked in orphanages, schools, community centers, refugee camps, or in makeshift medical tents in hard to reach villages. Wherever we went we took much needed items to distribute. Her Royal Highness Crown Princess Katherine of Serbia still speaks of one chartered aircraft to her country filled to the brim with bedding for orphanages, wheelchairs, hospital beds, clothing, and more!

For 19 years now, "service" on Peace through Yoga trips has been a key element along with yoga and adventure activities. The development of long-term sustainability projects and relationships has been the most rewarding! Building our own school in Costa Rica and starting a teen library in Dominica are just two examples where we are committed. Our current focus is exploring where we can develop other Girls for Success programs in the future.

Service on some of the retreats is meant for the participants to take care of themselves. Hiking the Camino in Spain is a pilgrimage for the individual to reflect on life, or spending quiet time in the heart of the French countryside at an ashram helps to unplug and de-stress for a week. Regardless, our retreats are all about traveling with a purpose and we hope you will join us in the future to experience it for yourself. *Namaste! Sally Bassett*



### **Why Sivananda Yoga? Why France? September 8-15, 2024**

### **THE FIVE POINTS OF YOGA August 2025**

After closely observing the lifestyles and needs of people in the West, the founder of the Sivananda Yoga Vedanta Centres noted that the ancient wisdom of Yoga can be summarized into five basic principles. These principles can easily be incorporated into our own lifestyles to provide the foundation for healthy living.

We hope you join us September 8-15, 2024 at the Ashram De Yoga Sivananda in France and experience these five principles. Two yoga classes each day, time for meditation, eating vegetarian food and being out in nature in the nearby woods all make for a true retreat away from your everyday world for a week.

## **Proper Exercise (Asanas)**

Enhances the flexibility of the joints, muscles, tendons and ligaments and stimulates circulation. Flexibility and strength of the spine keep the body youthful.

## **Proper Breathing (Pranayama)**

Connects the body to its battery, the solar plexus, which is a storehouse of energy. Stress and depression can be overcome by breathing more deeply with increased awareness.

## **Proper Relaxation (Savasana)**

Relieves the body of existing stress symptoms (including muscle tension and breathlessness) and also helps develop resistance against external stress factors.

## **Proper Diet (Vegetarian)**

Promotes health and has a positive effect on body and mind. It is natural, simple to prepare, easy to digest and absorb. It is based on proper food choices and causes the least harm to other living beings and the environment.

## **Positive Thinking and Meditation (Dhyana)**

Eliminates negative thought patterns and provides an experience of inner peace by controlling the mind through meditation. This is the key to peace of mind.



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## **MAYAN MOTHERS' FOOD PROGRAM**

**Donate \$25 Today?!**

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**Peace through Yoga Foundation is committed to supporting local Mayan women in Santa Cruz La Laguna whose families are in the greatest need of financial support.**

**This project began in 2020 when it was discovered widows and mothers with little to no income and those with alcoholic husbands were not being served.**





## Sponsor needed for Cora in Girls for Success Costa Rica program

Meet Cora Grube Guevara. "I am nine years old. I was born on September 4th. I live in KeKoldi's community. I like to swim and do snorkeling. I hope you'll be my sponsor and we can write to each other".

Since 2005, we have been committed to the sustainability of our Girls for Success program 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 this mission and sponsor one (or more!) of these very special girls.

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**Check-out Girls for Success sponsorship program or email Liseth Carpio at [lis.blaze@gmail.com](mailto:lis.blaze@gmail.com)**

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## DOMINICA PRESCHOOL AND TEEN LIBRARY GET NEW COMPUTER TABLETS AND MORE!

Our 2024 Dominica trip departs February 3 with a group who has a lot of heart! We are so grateful for the funds raised to purchase six new tablets and many more "wish-list" items given to us from the teachers there on the island. What fun we have going to the preschool for part of a morning and also having the teen girls come to the resort at the end of the week for a career workshop, yoga, dinner and dancing. Just two of the highlights on this yoga, adventure and service trip!



## UPCOMING INTERNATIONAL RETREATS

**Dominica Island** - February 3-10, 2024 (SOLD-OUT) January 11-18, 2025 trip now available for booking.

**Guatemala** - March 16-23, 2024 (SOLD-OUT)

**Camino de Santiago** - 70 mile trek: May 10-19, 2024 (SOLD-OUT) and May 12-21, 2024 (one space left)

**Banff, Canada** - August 7-11, 2024 (SOLD-OUT). TWO September 2025 dates will be added.

**Ashram in French Countryside** - September 8-15, 2024

**St. George Island, Belize** - November 8-15, 2024 (one Villa Room available)

**Dominica Island** - January 11-18, 2025

**India - International Yoga Festival** - March 2025 (exact dates to be given by festival organizers late spring)

**A few 2025 YOGA, ADVENTURE AND SERVICE RETREATS that are coming soon:  
Puerta Vallarta and a new location in Costa Rica**

[www.peacethroughyoga.org](http://www.peacethroughyoga.org)

