



Peace begins WITHIN.



Peace begins WITHIN. It is almost daily that we hear some news in the world that can affect our sense of peace, safety, and groundedness. Our minds rarely have time to be still due to the external world and our own busy lifestyle. It is important to find tools to go within and find calmness and peace. Here are five steps to practice inner peace:

1. Be still. Start with 5 minutes of quiet. Close your eyes. Sit comfortably on a chair, on the floor, or a peaceful place outdoors. Allow your thoughts to come and go, without attachment. Notice them, like clouds, then allow them to pass. Some days the mind will not be still, and that is okay. Add Step 2 to go deeper in this practice and to continue to train your mind.

2. Follow your breath. Become aware of your breath like you are just discovering a long lost friend who just entered the room. Maybe lift the corners of your lips into a smile. Let your breath ebb and flow as you bring your awareness to the rise and fall of your belly and chest. Never underestimate breath work, or what is called pranayama in yoga. Focusing on your breath can help center you from distractions, and experimenting with different types of breath techniques can help elevate this readily available tool, such as.....[CLICK HERE TO READ MORE](#)



Provence, France

Provence, France is the perfect place for those who want to experience the Provencal countryside on foot, explore the villages and farmers' markets, enjoy Michelin-star culinary meals, and indulge in gentle yoga classes.

[Click here to say YES to FRANCE](#)



Morocco, Africa

Trek the Atlas Mountains, ride camels in the Sahara, experience glamping in desert tents, 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 an African Adventure](#)



Costa Rica Rainforest

After morning yoga enjoy fun filled days of zip lining through the jungle, horseback riding or exploring an animal rescue center, hiking to a waterfall and through a national park, participating in activities at our Girls for Success center, swimming at two beautiful beaches, river rafting, or just relaxing in a hammock or at the infinity pool.

[Click here for a Rainforest Adventure](#)

Yoga Off the Mat

I choose me

I feel like I've wasted too many precious moments of my life believing that I never get picked. That is my oldest, falsest story, the one I committed to like as if my life depended on it.

I'm cultivating the courage to change that story. It's...terrifying. I instantly feel my stomach drop. Who am I to be bold? Who am I to be confident? Those labels belong to someone else.

Then I hear Sara Bareilles croon "I choose you." (Sometimes a heroine needs a theme song.) And I remember, why not me? I feel a chorus of applause from the whole world cheering me forward. As the saying goes, when you are on your path, the Universe rises to support you.

I choose me. I choose outrageous dreams. I choose to try, and I choose to fall, if that's what it takes to bring me closer to my highest good. It is your birthright to believe in yourself. It's fun to have a theme song. It's absolutely correct to trust that the Universe is always in your corner, and to expect things to go your way. Join me as you, too, can CHOOSE YOU.

By Kavita Battula

Calling All Mothers, Daughters, Sisters, Nieces, Granddaughters.....

Consider traveling to Costa Rica with one of your special family members for some female bonding. Founder, Sally Bassett, is excited about leading her 38th trip to Samasati Nature Retreat in Costa Rica November 4-11, 2023. She looks forward to sharing it with all of you as well as with her granddaughter, Olivia, (who will be nine by then) and her niece, Luci, who is in high school and will be experiencing her first trip out of the country. The only thing better than experiencing the wonders of the rainforest is sharing it with someone you love.



**Join us on our CAMINO DE SANTIAGO,
SPAIN adventure! A 70 mile trek
April 30-May 9, 2023.
[CLICK HERE](#)
for detailed itinerary**



A DREAM COME TRUE!! Lot Purchased for New GFS School

As you may recall from previous newsletters, Peace through Yoga Foundation received a very generous donation to be used for the purchase of a lot, allowing us the opportunity to build our own Girls for Success school in Costa Rica. This year, after a lot of searching, we finally found a wonderful lot in the Hone Creek area! There was an unanimous agreement among the GFS Board members and teachers that this was the best option to meet our needs and our budget.

Now that this exciting purchase is complete, our next step will be to bring electricity to the site and to construct a well. With input from engineering students and professors from Michigan State University, we have a preliminary design for the new school building. We will soon reach out to an architect to optimize this design and to help us obtain the necessary permits from the municipality. We hope to start construction during the first semester of next year. Please stay tuned for a Capital Campaign to help us purchase materials, pay for labor and fulfill this dream of our own school!!!