



## Our Mission

**We believe yoga is an inner and outer journey of personal transformation on and off the mat.**

Our goal is to make an impact through international yoga, adventure, and service retreats. Our service focuses on empowering girls and women in the destinations we serve.



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



### **Girls for Success – Costa Rica Activism Through Music**

This month the Girls For Success Center hosted an inspiring visit from Nakury, a well-known Costa Rican singer, songwriter and activist. Her artistry combines hip hop, rap, R & B and cumbia. Her lyrics unfold from the perspective and experiences of a Central American woman, seeking to empower young women in cultures that may harbor machismo. Accompanying her on acoustic guitar was another great Costa Rican musician, Noelia Navarro. Both women are excellent role models, self-made and very successful.

Nakury was invited to give a concert in the Puerto Viejo area by Chris and Marisela, two of our wonderful GFS sponsors. Fortunately for us, Nakury also made time to visit GFS. Her music is very positive. She spoke of her hometown in Turrialba and its many rivers and then sang “Rios”, which stresses the importance of keeping our waterways clean. She also spoke and sang about having pride in your body. Her song “Mueve” encourages girls to move and own their own bodies; “it is yours and nobody else’s!”

The GFS students asked some excellent questions, such as “How do you promote your music?” and “What inspires you to write?” In response to this latter question, she sang “La rima que ilumina” and explained that she aims to write rhymes that illuminate because she is inspired by her conviction that art can bring change.

She shared many positive messages with the girls. We laughed, we sang, and we even played. It was an enriching experience for everyone! If you want to experience her music, search Nakury-Rima Que Ilumina and Nakury & Barzo- Para Mi Gente on YouTube or click on the following links:

<https://www.youtube.com/watch?v=GjXWygPJFU8> and <https://www.youtube.com/watch?v=0piiKdCYQZw>.

*(Marisela Hernandez contributed significantly to this entry)*

[Click here to read more about our GFS in Costa Rica](#)



## World Day Against Bully and Cyberbullying

The Ministerio de Educacion Publica in Costa Rica promotes May 2 every year as "Dia Mundial de la Lucha contra el Bullying y el Ciberbullying". We used this important date to remind the girls of the importance of respecting each other. We discussed that, while each of us is different, we are all special. We must raise our voices if someone mistreats us or if we witness someone else being mistreated.

**The girls embraced these ideas and created their own messages in support of this lesson.**

Consider making a donation to our GFS program for these initiatives

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### Sally's Journal: Returning Home: A "Post Cultural Shock Experience"

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Maybe some of you can relate to coming home after an incredible trip that took you out of your comfort zone, and feeling a sense of loss for a few days. I have been sad putting away my suitcase from my recent time in Spain, looking at the few souvenirs I purchased with a sense of nostalgia, and thinking about getting back into my hiking routine that won't include 10-11 miles every day. I am calling this feeling I am having a "*post cultural shock experience*"...

**[Read more of Sally's Journal](#)**

"And into the forest I go to lose my mind and find my soul". John Muir



## **Dominica – the Isle of Nature and Adventure: February 4-11, 2023**

Join us as we travel to the beautiful island of Dominica where you will have the opportunity to hike through the rainforest, swim in unique waterfalls and mountain pools, sea kayak in turquoise waters, snorkel through unique underwater volcanic bubbles and enjoy yoga in our own beautiful studio.

[Click here for a detailed itinerary](#)



## **Morocco – Trekking the Atlas Mountains to Riding Camels: April 20-30, 2023**

Immerse yourself in the wonders of Morocco with Peace through Yoga Foundation. Trek the Atlas Mountains, ride camels in the Sahara, experience glamping in desert tents, explore the markets in Marrakech, support women co-ops, deepen your yoga practice and much more! An intoxicating country that is mystical, ancient, challenging and exotic.

[Click here for a detailed itinerary](#)



## **Camino de Santiago Trail in Spain – a Transformational Journey: May 2023**

Join PTYF on this transformational journey walking the final 70 out of 500 miles of the Camino de Santiago. Since the early 9th century, the Camino de Santiago, known in English as the Way of St. James, has been a pilgrimage leading to the shrine of the apostle Saint James the Great, where tradition holds that the remains of the apostle are buried.

[Click here for a detailed itinerary](#)

## **YOGA OFF THE MAT: Lessons learned on the Camino de Santiago**

You are on the right path because you are on your path. Your way. Your Camino.

This was a journey of faith. Traveling to the other side of the ocean, by myself, to a country I have never seen, hiking 10-11 miles per day, for a total of 110 km. I said yes. I don't speak Spanish. I'm not what you call an experienced traveler. And I didn't train. My way. My Camino. It was exactly what it needed to be, for myself and the 15 other women on the journey. It was perfect. The weather was ideal. Our accommodations were charming. Our hosts and our guides took excellent care of us. All we had to do was walk. We walked together. We walked alone. We walked and talked. We walked in silence. We walked fast. We walked slow. We took detours. And we all finished together.

The northwestern countryside of Spain is something right out of a story book. Green as far as the eye can see: rolling hills covered in grass and wildflowers, enchanted forests with grand trees, cows in pasture, beautiful cobblestone homes and pathways, darling little cafes that welcome pilgrims. On the Camino, we learn that we can do hard things. One step at a time. We learn that showing up is what counts, and that friends are everywhere. We may have different paces, different faces, different dialects – none of that divides us. We all arrive, in our own time, in our own way. Humbled and grateful. And often surprised at what we are able to accomplish.

For me, this is yoga off the mat. To honor myself and others, to have an individual experience that contributes to the collective. To face challenges with an open heart and mind. To release judgment and allow the path to unfold. To listen. To lift others and in turn to be lifted. To be present, connected, and at peace.

**By Kavita Battula/VP Peace through Yoga Foundation**



### **New Slow Flow Yoga Class with Mike Markus in our Video Library.**

This all level class is practiced at a slower pace to better tune into breath and body awareness while increasing flexibility, strength, and stamina. You will have time to enter into poses and find subtle yet powerful experiences within each. Enjoy the flowing movements of Sun Salutations, standing, balancing, and seated postures, finishing up with a restorative savasana.

**[CLICK HERE FOR VIDEO](#)**