



# France Ashram Yoga and Meditation Retreat

An "Eat, Pray, Love" Experience

Needing some time away from your busy schedule or to get in touch with yourself in a deeper way? An Ashram in France practicing yoga and meditation for a week may just be the answer. Like the movie, it could be your own "Eat, Pray, Love" experience. The Sivananda Ashram is located just a little over an hour from Paris by train. The cost per person for a double room with private bath is 672 euros per person for the week, and the cost for a single room with private bath is 791 euros for the week. This includes everything from lodging, vegetarian meals, yoga twice a day, meditation and mantra sessions, time to walk in the garden and nearby woods, and more! If you are looking for a 5-star hotel with a pool and spa, this might not be for you. If you are looking for a transformational experience, we hope you say YES to this body, mind, and soul yoga retreat.



[Click here for the September 2023 France detailed itinerary](#)



## Meditation Matters

*"I want to do it. I can do it. I have to do it. I am going to do it---no matter what! No matter what charm, attraction or temptation appears in my awareness; no matter what thought, image or sound comes into my awareness---I am going to listen to the sacred sound of my mantra and create inner peace...and love."*

**Meditation Matters and we are here to tell you, you too can do it! This monthly column will give you tips and encouragement as you begin or continue your journey to the Self. Remember, yoga, the oldest science of life that includes meditation, can teach you to bring stress under control, not only at the physical level, but on the mental and spiritual level too.**

## Let's begin:

- \* Schedule 20 minutes every day. Plan your day around this most important meeting with yourself.
- \* Find a quiet space without interruptions. Sit up straight and get comfortable.
- \* Think of a mantra or word that you will use in your meditation that you can continue to go back to repeating internally. What is it that you need today? Peace, calm, love, patience, hope, joy.....
- \* Close your eyes and connect with your breath. Let your breath ebb and flow feeling the rise and fall of the belly and chest.
- \* When thoughts come up, acknowledge the thoughts, and let them pass by like clouds.
- \* Begin using your mantra like you are calling out to your inner self trying to find what you need. Keep repeating the mantra. Eventually you will begin feeling what you were looking for.
- \* Do not be discouraged by continuous thoughts that may come up. Again, acknowledge the thought and go back to your mantra. Each thought is a gradual release of the stress brought on by the thought. Return to your mantra and feel the calmness of your soul.
- \* Meditation is not about trying or judging. Just commit to the 20 minutes every day and see what happens.

**"Close your eyes and you will see clearly. Cease to listen and you will hear truth."**



## Greetings from Dominica

This week another adventure group is enjoying all the fabulous activities on this "island of nature." Our fourth trip in a year...that is how much we like it! Activities include hiking different areas on the island, kayaking, snorkeling, swimming, yoga in the beautiful studio overlooking the Caribbean, farm-to-table meals, spa time, an herbal workshop, a cooking class, and an optional visit to a preschool for three- and four-year-olds that our foundation supports.

Many of our passengers have brought an extra suitcase full of books for our Girls for Success library and the preschool. Below is a note from one of the high school girls regarding our delivery of over 800 books in 2022:

"We are deeply thankful for the library that was contributed to our girls' center. As an avid reader, the absence of a library in our communities has always been a sore spot in my life. While the advancement of technology has allowed access of eBooks, nothing beats sitting comfortably with a book in hand as its special scent permeates the surrounding air. Ranging from classic books such as the "Sherlock Holmes" collection, to new novels such as the "Survival Tails" series, and my newly found favorite, "The Magic Thief" trilogy, the library has provided me with a wide range of reading material that satisfies my urges as a reader. I don't think I can ever thank you enough for what you have done for us—for me. Really and truly, thank you!" Kurdelia Abraham and friends/Dominica.

[\*\*Click here for our 2024 Dominica itineraries\*\*](#)



### **One of the World's Most Sacred Places - Camino de Santiago in Spain: May 10-17, 2024**

National Geographic recently listed the Camino de Santiago on their "Atlas of Sacred Places" where they recommend experiencing places of peace and traveling different pilgrimage routes.

Join Sally Bassett as she excitingly leads another group on this sacred pilgrimage hiking the last 70 miles of the Camino de Santiago in Spain May 2024. Stay in unique farmhouses, eat great meals and enjoy gentle yoga classes at the end of each day. This is the perfect time to start preparing for this journey of a lifetime.

[\*\*Click here for the detailed journey on the Camino de Santiago in May 2024\*\*](#)





## Meet Our New Teacher in Costa Rica

Our NEW Girls for Success School in Carbon, Costa Rica breaks ground soon, and our awesome NEW teacher is thrilled to be onboard with us during this exciting time. Gaby is an early childhood education teacher. She is also a Zumba, Yoga, and Yoga Kids instructor. She's deeply passionate about neuroscience, children's development, feminism, conscious movement, and a healthy lifestyle...areas that she always tries to integrate into each of her classes. She says "I am very proud of the GFS students, girls who are fully engaged and self-motivated to continue learning and evolving as empowered girls".

[Click here for more information about our Girl's School in Costa Rica.](#)

