

A Transformational Journey: Hiking the Camino de Santiago "For women who wander" May 7-16, 2022

Join Peace through Yoga Foundation for this transformational journey walking the final 70 out of 500 miles of the Camino de Santiago in Spain.

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. This popular section of the Camino de Santiago takes us along the most beautiful footpaths of green Galicia, exploring farming villages where time has stood still. It's an inner journey of self-discovery. Click here for detailed itinerary.

Only four spots left



There are many wonderful girls at the Girls for Success center in Costa Rica. At the beginning of each year, new students join our group. Each one of them arrives at this place with enthusiasm, immense dreams and some apprehensions. Every day we provide the girls with loving kindness that allows them to feel safe and capable of pursuing their desires.

Today we present a very special new student who still needs a sponsor. Her name is Fanny Tatiana Cruz Ledezma. She is eight years old. She lives with her mother and three other brothers. She loves all of the beautiful shades of purple and she enjoys eating chicken, either fried or in Caribbean sauce. One of Fanny's many dreams is to study and become an excellent police officer. She comes from a family with many financial limitations and challenges. Her mother, a single mom, is very sick. Fanny always helps her mom with the housework. Even at her young age, Fanny is aware that she must help her mother and be patient, allowing her mother to save her strength and deal with her ailments in a calmer way. Her brothers also work hard, helping at home. She and her siblings have been taught the value of teamwork and of gratitude. Despite these challenges, Fanny is a very happy girl.

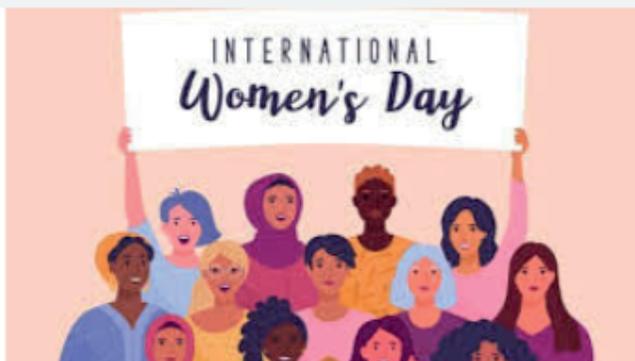
The school year in Costa Rica began on February 17. In the photo, you can see that Fanny is extremely proud and excited to attend school; her first two school years were all virtual due to the pandemic. For Fanny, starting in-person school and joining the GFS classes is the first of her many dreams come true!

If you are interested in sponsoring this beautiful soul for \$500 a year, please contact Liseth Carpio at lis.blaze@gmail.com.

Girls for Success in Costa Rica and Dominica celebrates International Women's Day: *March 8*

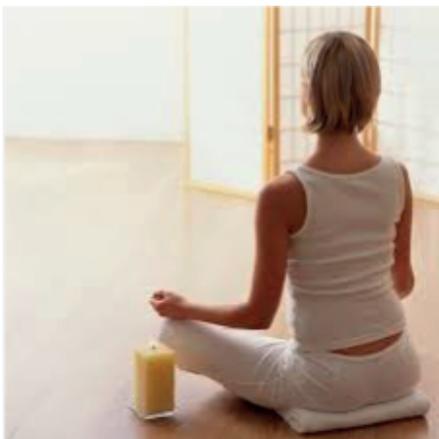
International Women's Day is about celebrating the achievements of women, supporting gender equality and empowering girls and women around the world. Our two GFS programs will be doing just that from talking about sheros of the past to singing Helen Reddy's song, "**I am Woman, hear me roar....**", **the official song of the day.**

The Ultimate List of International Women's Day Activities to Do With Kids – FamilyEducation



We appreciate any donations given to go towards our Girls for Success centers in Costa Rica and/or Dominica. 100% of all donations go directly to the programs and a 501c3 tax letter is sent to you.

Go to Peace Through Yoga and click "Donate" at the top right corner.



Journal: The First of the Eight Limbs of Yoga

by Sally Bassett.

As a former adjunct professor at Butler University where I used to teach Yoga and Philosophy, the syllabus always included covering one of my favorite topics: The Eight Limbs of Yoga. Most people in the Western world come to the mat due to their interest in yoga's physical benefits. However, with time....

[Click here](#) to read more



KIDS' YOGA VIDEOS by Carly

Each play-based video is structured as an interactive and imaginative journey into your child's developing mind, body, and spirit. The videos offerings are tailored to a variety of age groups. While videos develop flexibility, coordination and focus, the real goal is helping these tiny humans to master the ability to quiet their minds and bodies and tune into how they are feeling emotionally and physically – a skill that will benefit them for a lifetime to come.

[Click here](#) to watch the video on Trip to the Farm



Making Bookmarks for Girls in Dominica

It's been like Christmas with all the books being delivered to take to the girls in Dominica this month! We are close to 350 books with the original goal of 500 this year. It was also a special morning recently at Ceci Martinez home as she invited a group of fun ladies to design, color, laminate, cut, and put ribbon on very inspirational bookmarks as gifts for all the girls. (Shown in picture Jackie Razzouk, Suzi Beck and Ceci Martinez)

[Read more about](#) Girls for Success Dominica

Dominica: November 5-12, '22 and February 18-25, '23

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, sea kayak, and snorkel and explore the diverse sea-life. Enjoy meeting the girls from our Girls for Success program on the island. Healthy meals, daily yoga, adventure excursions and a spa treatment all included during your stay at the Jungle Bay Resort.

[Read more about](#) this isle of nature and adventure.

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, visit two women co-ops, deepen your yoga practice and much more! An intoxicating country that is mystical, ancient, challenging and exotic.

[Click here](#) for detailed itinerary

