



Live from Antarctica

An inspiring, electrifying place that is not only wild and glorious in its own right, but also truly touches the soul



Happy Holidays, dear friends, from Antarctica! It is an understatement to say I am thrilled to be on a beautiful private ship for 15 days, traveling to never before explored areas. It is also a delight to be teaching yoga in a location where it makes more sense than ever before. Yoga is about expanding the mind and body, and nothing is comparable to the expansive feeling of Antarctica. From the deep silence to heavy sounds of cracking ice to panoramic contemplations, every moment is surreal.

As you will see on the map below, the area in the red circle is the place where we are spending the majority of the cruise. This eastern part of the peninsula is totally unknown because it is filled with thick ice that only an expedition icebreaker can cross, making it a fascinating expedition for both the passengers and scientists on board. In fact, there are less people who have been near here than people who have set foot on the moon.

I am writing from the Le Commandant Charcot of the French Ponant fleet. It is the world's only luxury icebreaker, and it is truly a scientific exhibition and exploration in combination with a deluxe vacation for 90 friends and family of our host Alex and Vickie. My daughter, Ashley, who has followed my footsteps in the travel industry, arranged the private charter, and her client invited our family to come. My return gift was to teach yoga to all levels on the ship. It has been such a delight to teach kids' yoga to 13 children, ages 3-14, and gentle and vinyasa yoga for the adults. The kids have particularly loved the "beanie baby" bag filled with stuffed animals representing different yoga poses, from downward facing dog to frog pose. There are actually poses for seals, whales and penguins, too. **Read more...**

[Click here to read more of "Live from Antarctica"](#)



Give the Gift of Education

Please help us reach our final goal of
**\$15,380 for our New Girls' School in
Costa Rica**

As of this writing, we have raised \$43,520 out of the \$58,900 for our new Girls for Success School near Hone Creek and Carbon I on the Caribbean side of Costa Rica.

We are grateful for all our donors! A Giving Tree in the new school will include the following names with hopefully more to come!

Jennifer and Jane Adams, Cynthia Baffa, Gina and Steve Baffa-Caputo, Jeanne Marie Baffa, Darin Bassett, Dennis Bassett, Wilma Berends, Mary L Boustani, Amy Caputo, Marwan Chabril, Naga Chalasa, Prasad Chalasani, Chinthala PC DBA, Ellie and Christopher Clapp, Tracey Cobb, Narsing R. and Sridevi Damera, Greg Deeds, Ankit and Archita Desai, Joe Fiasco, Holly Hospel and Richard L. Doying, Joe and Deb Fiasco, Gerardo Ramirez Garza, Marwan Ghabril, Ghoman, Praseeda Govindadas and Krishna Govindadas, Brewster Harding, Holly Hosptel and Richard L. Doying, Janet and Nick Jones, Donna Kaplowitz, Cynthia Kenyon, Shashank Behere, Satya Kolli, Kathleen and Jeff Korgen, Chandrashekhar A Kubal and Uma C Kubal, Ashley and Dave Lancer, Olivia Lancer, Haripriya Maddur, Laurie Mathiasen, Michigan State University (MSU, through generous industrial sponsors, is contriuting materials and professional services of up to \$10,000 toward the center), Lacey Monroe, Anitra and Tim Murphy, Jasmine Parkins, Heather C Perdue and Dr Neil H Perdue, Diva Pulikal, Anil & Archana Ranginani, Raman P Rao and Madhavi P Rao, Wade Rickaby, Terry and Tracie Romp, James and Judy Schneider, Lynda Schoberth, Jill Shink, Nancy Spohn, Daniel Sutkovs, Jennifer Ulrich, Srinivas Vallapuri and Indira Vallapuri, Ruba Vasireddy, Shireesha Vuppalanchi, Anonymous friend of Jean Deeds.

CLICK HERE TO DONATE and select the Donate button on the top right or send check to PTY Foundation 5723 Lower Garden Way, Zionsville, IN 46077; or via Zelle - account Peace through Yoga Foundation. Contact sally@peacethroughyoga.org if any questions. **Thank you for your consideration**



Sponsor needed for Bianca in Girls for Success Costa Rica Program

Meet Bianca Enriquez Centeno, a delightful kindergartener in our Girls for Success program in Costa Rica, who loves meatball soup, hopes to be a future teacher and enjoys taking advantage of all that we have to offer. She is really looking forward to our new STEAM (science, technology, engineering, arts and mathematics) monthly workshops starting in 2023.

Sponsoring a girl is a \$500 donation. Sponsors receive monthly newsletters and quarterly letters from "their girl". Our hope is that sponsors want to fund each girl through high school, if at all possible.

Check-out **Girls for Success** sponsorship program or email **Liseth Carpio** at lis.blaze@gmail.com



Dominica: An adventure for all

It was another incredible week in Dominica last month with a dynamic group of adventurers. Yoga, hiking, snorkeling, repeat. Of course, there was also three farm to table meals a day at the 5-star Jungle Bay Resort, time at the spa, fun herbal and cooking workshops, a wonderful experience with some local girls implementing a "career workshop" and more. This year we have delivered over 800 books for our Girls for Success library for teenage girls. Testimonials included "it exceeded my expectations..."; "it was a 10 out of a 10 in all areas..."

Please join us **February 4-11, 2023** or **February 3-10, 2024**.



FUTURE INTERNATIONAL RETREATS

- * **Dominica:** February 4-11, 2023 (a roommate needed) February 3-10, 2024
- * **Morocco:** April 20-30, 2023 (2 open spaces) March 21-31, 2024
- * **Camino de Santiago:** April 30-May 9, 2023 (sold-out) May 5-14, 2023
May 3-12, 2024 September 2024 (private group)
- * **Provence, France:** September 9-16, 2023 (sold-out), September 16-23, 2023 (sold-out)
- * **Costa Rica:** November 4-11, 2023
- * **India - A Sacred Journey** (add-on excursion to Bhutan: November 2024)

www.peacethroughyoga.org

YOGA OFF THE MAT: In the Still of the Light

Turn inwards, dear one. The answers you seek are not out there in the Great Big World. They are in your Great Big Heart. You've done enough. The hustle, the struggle, the chase, the orchestration of your life is unnecessary. The world will turn, the floods will come and recede, and you will be here. Tune in to you. The you before the world told you to be something else, someone else. "Who is that" you ask? Be still. Listen.

The answers are all there. In the un-doing. The allowing. The receiving. In stillness these truths are re-discovered, when all the rest falls away. And you remain. You are enough. You have enough. There is enough. You are loved. You are worthy. You belong. Be still, and let that in. It is in the un-doing that your light shines brightest. The light in me sees and is humbled by the light in you.

"Yoga Off the Mat" is a monthly contribution by Kavita Battula

THANK YOU FOR ALL YOUR SUPPORT IN 2023!!

It has been a great year of accomplishments:

- Purchased a lot for our own Girls for Success School in Costa Rica
- Provided over 800+ books in our new Girls for Success Library in Dominica
- Established a relationship for a future preschool in Dominica
- Implemented two Career Workshops, yoga classes and an online etiquette workshop for girls in Dominica
- Donated funds for new bicycles and sewing machines for girls in the rural rainforest area of Costa Rica
- Traveled with groups to Camino de Santiago and Dominica. Returning to these great destinatinos in 2024, along with France, Morocco, and Costa Rica
- Established a valued relationship with Blooming Life Yoga

HAPPIEST OF HOLIDAYS!

