



## Beautiful Provence in Southeastern France Awaits You



"A Year in Provence" as captured by author Peter Mayle in his best-selling book would be lovely, but perhaps not likely. Fear not, friends! Join us for a week in Provence exploring villages and farmers' markets, hiking the countryside, eating fabulous food, enjoying gentle yoga at boutique hotels, sipping wine in family-run wineries, and more!

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**September 9-17, 2023 ("for women who wander") AND September 16-24, 2023**

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



## New Trips: "For Women Who Wander"

Peace through Yoga Foundation is offering a selection of women-only trips to provide life-changing experiences, opportunities for personal growth, and empowerment through the camaraderie of like-minded women—in addition to being pure fun! These trips are often in partnership with Women for Adventure ([www.womenforadventure.com](http://www.womenforadventure.com)) where adventure, yoga, and/or service are integrated into these unique trips. Below are the exciting excursions that are currently offered:

- \***Morocco: Hiking the Atlas Mountains to Camel Riding and more! – April 20-30, 2023**
- \* **Camino de Santiago: 70 mile trek in Spain – April 30-May 9, 2023**
- \* **France: Hiking and Yoga in Provence – September 9-17, 2023**
- \***Costa Rica Rainforest Adventure: A Journey to the Self – November 5-12, 2023**
- \* **Dominica: The Isle of Nature – February 3-10, 2024 (to be posted later in 2022)**

# Why Girls?

Peace through Yoga Foundation serves girls and women in many of the destinations we offer. In Costa Rica we founded and have supported our Girls for Success center since 2005. At the center they learn English, sewing skills, enrichment activities, and are empowered through guest speakers and field trips. On the island of Dominica we support local girls via a center where we started a library, supply books and games and offer workshops on site or via zoom.



Why girls? Sixty-three million girls around the world do not have the opportunity to go to school. When you educate a girl, you change her life, her family, and her community. Educated girls have the ability to earn a living and support themselves, making them less likely to marry early, less likely to be subject to domestic violence, less likely to be lured into sexual trafficking. An educated woman is more likely to educate her children, breaking the cycle of poverty, and building a better tomorrow for all.

PTY Foundation is committed to changing the world, one girl at a time. Girls for Success is dedicated to providing opportunity where it is needed most. Right thought. Right Speech. Right Action. Kindness of self and others. These yogic principles are the basis of all that PTYF does, and it is these principles that PTYF teaches. Yes, we teach our girls new skills and give them a variety of experiences throughout the year. We also teach them peace, joy, and love.

**Please join us in our mission in changing the world, one girl at a time.**

**[Read more about our Girls for Success programs in Costa Rica and Dominica](#)**

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## A Donation in Memory of Someone You Love Makes a Difference

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In honor of the late Sarah Hanahan, who passed away in January 2021, her daughter, Connie Hanahan Rose, made a donation in her mother's memory to Girls for Success, to purchase a much-need sewing machine in Costa Rica. On the anniversary of her mother's death and recent birthday, Connie bought books on both occasions for the new Girls for Success library in Dominica. Delivering these books to the girls in Dominica is like bringing Christmas to the island. Connie shared that her mother loved books, sewing and had always had a passion for girls in need. PTYF is touched that we can help keep Sarah's memory alive, provide a way for her family to honor her, and make a difference with the girls in both Dominica and Costa Rica. We are so grateful and beyond words of appreciation for the Rose/Hanahan family.

**[Make a donation today](#)**



### **Sally's Journal: Forest Bathing: A Yoga Experience**

I hope the title "Forest Bathing" got your attention! Forest Bathing?! I love the baffled looks I see when this topic arises during conversation. The original name, shinrin-yoku, first coined in Japan, is the practice of immersing yourself in nature in a mindful way, using your senses to benefit your physical, mental, emotional, and social health....

**[Click here to read more about the benefits](#)**



### Exploring Dominica Under the Sea

Dominica, a signature trip for Peace through Yoga Foundation, sits between Guadeloupe and Martinique with adventures galore, including one of the top places to scuba dive and snorkel in the world.

**Check-out Dominica February 4-11, 2023**



### Our Local "Yoga Home"

PTY Foundation's home base in Zionsville, Indiana is blessed to have the most awesome yoga community through Blooming Life Yoga (BLY) studio located right in the village. We hope you will join us at Blooming Life to meet the community and perhaps prepare for any of our numerous yoga retreats. For those who don't live in Indiana, we welcome you to visit and have your own adventure in our great Hoosier State. BLY partners with PTYF on local hikes as well as yoga, adventure, and service retreats to Costa Rica and Dominica.

[www.bloominglifeyoga.com](http://www.bloominglifeyoga.com)

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## YOGA OFF THE MAT

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**Dear World,**

*I owe you an apology. I have doubted you. I have been miserly with my heart. I wish to change.*

*I ask for the courage to be open. The world is a generous place. You have been kind to me. You have held me. Even when I turned away.*

*I wish to be present, now, to give of myself, because that is who I want to be. I want to show up, not caring about how I look, who will see me, or whether I will "get credit".*

*I wish to give up my tit-for-tat, my quid-pro-quo, my sense of entitlement. I want to conduct every exchange with gratitude.*

*I wish to acknowledge and recognize all that is good, all that is happening for me. I want to let go of the fear of not enough.*

*I believe in your infinite abundance. I thank you for believing in my inherent worthiness, and for helping me to realize it. I have work to do. I am starting here. With the intention to walk closer to you every day. There is much love for us all. I wish to be a conduit for that.*

**Thank you, Dear World.**

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

