



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

"for women who wander"



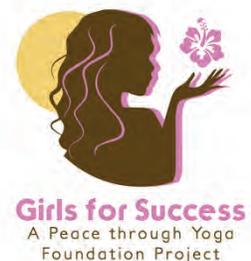
Immerse yourself in the wonders of Morocco. Trek the Atlas Mountains, ride camels in the Sahara, experience glamping in desert tents, explore the markets in Marrakech, deepen your yoga practice, a visit to two women's co-ops, and much more! An intoxicating country that is mystical, ancient, challenging and exotic. [Click here for itinerary](#)

Girls for Success: Pen Pal Project

At the Girls for Success Center in Costa Rica, we strive to inculcate in our students the courage to dream big and to envision a future without limitations. We believe that, through education, we can brighten and illuminate the possibilities for these special girls. One way to expand these possibilities is to share stories and dreams with those from other countries and other cultures.

To this end, the girls have embarked on a Pen Pal project. Ms. Cindy Baffa's class of third grade students at Columbia Grammar and Preparatory School in New York City wrote letters to the students at Girls For Success. They wrote their letters in Spanish, which was good practice for these 3rd graders who have just begun learning a foreign language. Several GFS Board members collected these letters while in the US and hand delivered them to the GFS students. In this era of digital communication, receiving a handwritten letter feels quite special.

The girls were very excited to receive and read these letters. They shared with each other the names and information of their remote friends, as described in their beautiful notes. Then, they eagerly and carefully began their reply letters. Of course, the GFS girls responded in English. You can see the girls working diligently on their response letters in the photo, along with some examples of the beautifully crafted pen pal letters. These letters will be transported back to the US and to Ms. Baffa's students in April.



New Girls for Success Library in Dominica



What an incredible celebration we had last month on our trip to Dominica with 37 local teenage girls in our new Girls for Success program. First, our group delivered 387 books to the island and we started a library in memory of Jean Deeds. To celebrate, the girls were bused an hour and a half to Jungle Bay Resort on the south end of the island for a fun filled evening. The theme was "Dream Big". We implemented an empowerment workshop where four groups were formed and personal feelings were explored. A pizza party was enjoyed by all before loudly singing "I am Woman, hear me roar" (and we did) by Helen Reddy, the official song for the International Women's Day.

[Click Here to Buy a Book... or Two](#)



Your Donations at Work

The GFS program in Costa Rica has wonderful sponsors who support us faithfully. On this occasion, we were able to deliver a beautiful, pink bicycle to the one of our newest students, Fanny. You learned about her in the previous newsletter. Fanny has demonstrated commitment to the GFS program, with excellent attendance and dedication to her studies. She has earned this incentive.

Look at that smile! Rest assured that your gifts and donations go directly to the GFS students and to the GFS center. Thank you for creating such happiness for these wonderful and deserving girls.

[Purchase a Bike and Change a Life](#)



By day, Kavita Battula is an intellectual property attorney at a biotech company that focuses on plant-based, sustainable solutions. When off the clock, Kavita can be found either in her kitchen, her home yoga studio, or at her desk, writing. Kavita first came to her mat after a deep heartbreak, and discovered yoga is so much more than a physical practice. Kavita went on to become a Pilates, yoga, and spinning instructor, and now dedicates her time to lifting others by sharing all that yoga has brought to her life. Kavita is a writer and blogger for her own website, KBwellness, as well as a contributor to other sites. She lives in Minneapolis, Minnesota and lives for travel to warm destinations with the PTYF family! [Click here](#) to watch Kavita's new video contribution called **"Yoga Off the Mat: Who Cares What It Looks Like?"**

Meet our new Board Member: Kavita



Sally's Journal: To Dominica, With Love

My entire career in the travel business was always about seeing new places. I laughed recently at a quote that was certainly me the past four decades, "There's only one place I want to go, and it's to all the places I've never been to." Mind you, if one of my daughters said let's go to Mongolia or Burma, I'd be on the next plane with them. However, I now find myself craving to go back to some my favorite places, such as....

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