



Celebrating 20 Years and 11 Countries in 2025!



It is with great excitement that Peace through Yoga is offering not one, but three new destinations for you to consider.

Peace through Yoga has organized five pilgrimages to the Camino de Santiago in Spain over the past few years. This October, we'll be hiking the final 40 miles of the French Camino, ending at Saint-Jean-Pied-de-Port, nestled among the majestic French Pyrenees. I personally hope you'll join Christine Klotz and me for this challenging, yet enjoyable adventure through the unique villages and stunning countryside of southwestern France. In January, we will be heading to Chiang Mai and Chiang Rai, Thailand for a multi-adventure wellness retreat.

This immersive Asian experience offers the chance to interact with majestic elephants, stroll through stately teak forests and ancient stupas, enjoy yoga sessions surrounded by songbirds, trek through hill tribe villages, swim in waterfalls, soak in a natural hot spring, experience bamboo rafting, take a cooking class with a market tour, and much more! You will leave longing to return to one of the happiest places on earth, the "Land of Smiles."

Menorca, Spain is an exciting new destination being offered September 2025 and May 2026. Last summer, my family and I visited Mallorca, a small island off the coast of Spain. For a family that loves to travel, it quickly became one of our favorite trips. We enjoyed everything it had to offer—from the stunning beaches and mountains to the charming towns waiting to be explored. Menorca, also part of the Balearic Islands in the Mediterranean, is known for being the most authentic. At just one-fifth the size of Mallorca, Menorca offers tranquility and an escape into nature.

Last but not least, we're excited to announce that our first Ireland Hiking Adventure in September has sold out, and we've added an encore trip: September 19–27, 2025. Please consider joining us for this beautiful excursion in a magical country.

We hope to see you on one of our international retreats in the near future!

Namaste!

Sally Bassett

MULTI-ADVENTURE WELLNESS RETREAT TO THAILAND

January 17-25, OR January 17-29, 2026

Chiang Mai, known as the "Rose of the North," is a premier destination for wellness and adventure, offering breathtaking natural landscapes, rich cultural heritage, world-class spas, outdoor activities, and delicious cuisine made with fresh, local ingredients. With a nearly perfect climate for outdoor activities—ranging from 55 to 85 degrees Fahrenheit in January—it's the ideal place to rejuvenate and connect with nature.

Bordering on the "Golden Triangle" where the borders of Thailand, Laos, and Myanmar meet, at the confluence of the Ruak River and the Mekong River, Chian Rai offers a unique blend of ancient traditions seamlessly woven into modern life. Thailand's northernmost province offers a more tranquil alternative to Chiang Mai while retaining its own rich cultural allure.

[Click here](#)

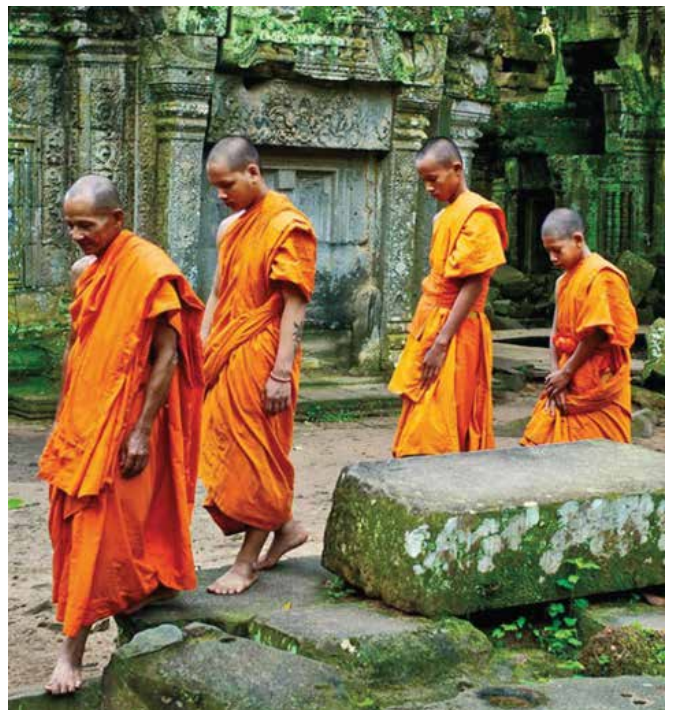
for January 2026 Thailand itinerary

FRANCE PILGRIMAGE: Camino Le Puy

October 10-17, 2025

The Camino Le Puy / Via Podiensis / Chemin de Saint-Jacques / GR 65 goes by several names and is the most significant pilgrimage route in France.

This long-distance trail of 463 miles starts in Le Puy-en-Velay and eventually merges with the Camino de Santiago French Way in Saint-Jean-Pied-de-Port and continues a further 500 miles across Spain to Santiago de Compostela where the body of the Apostle Saint James lies.



We will walk the last 40 miles of the Camino over 5 days from Sauvelade to Saint-Jean-Pied-de-Port through the bucolic setting of southwestern France where a herd of sheep or tractor is more likely to cross our path than a car. As we near Saint-Jean-Pied-de-Port, ranked among “Les Plus Beaux Villages de France,” the majestic French Pyrenees will form a classic alpine backdrop for our walk in the Pyrénées-Atlantiques department.

[Click here](#)

for detailed itinerary.



IRELAND: ENCORE TRIP – SEPTEMBER 19–27, 2025

Discover the breathtaking beauty of southwest Ireland on a hiking adventure through its most stunning landscapes. Traverse the rugged trails of the Dingle Peninsula, the majestic slopes of Mt. Brandon, and the serene paths of Killarney National Park. Along the way, immerse yourself in the charm of Doolin and Adare; enjoy panoramic views from the Cliffs of Moher; and experience the lively spirit of Irish culture. This journey blends invigorating hikes with moments of tranquility, offering a perfect balance of natural wonder and cultural richness.

[Click here](#)

for September 2025 Itinerary



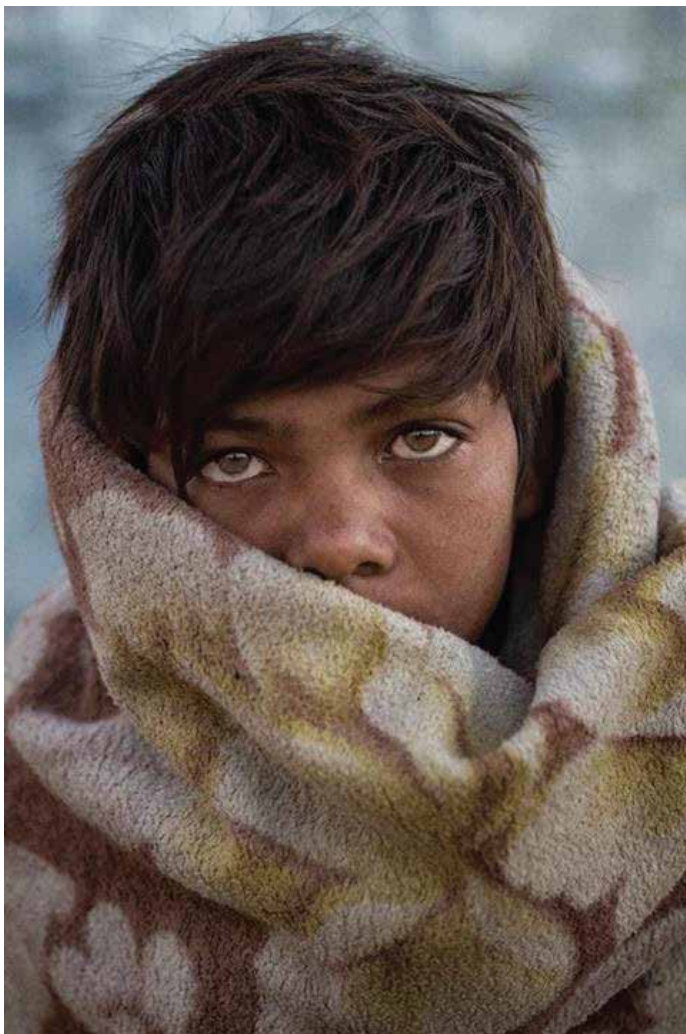
MENORCA, SPAIN: MULTI-ADVENTURE AT ITS BEST – September 13–21, 2025, AND May 30–June 7, 2026

We hope you travel with us to Menorca, Spain, the Mediterranean capital of yoga and wellness. This UNESCO Biosphere Reserve is home to pristine landscapes, diverse ecosystems, and stunning vistas stretching from coast to coast. Our weeklong retreat blends invigorating hikes along the historic Camí de Cavalls with immersive cultural experiences and moments of deep relaxation. Enjoy cliffside yoga, explore hidden coves by kayak and paddleboard, and indulge in locally sourced cuisine while soaking in the island’s peaceful surroundings. [Click here](#) for detailed itinerary.





Click here for September 2025 Itinerary



Help Send Multivitamins to India:

Ramana's Garden Children's Home

As we often do on Peace through Yoga retreats, we strive to send much-needed supplies requested by our partners. Please consider ordering the following items online:

- Children's Multivitamins
- Iron Tablets
- Adult Multivitamins
- EmergenC

Please send donations to Karla Becker to be received by February 28 at: 3439 East 56th Street, Indianapolis, IN 46220. moments of tranquility, offering a perfect balance of natural wonder and cultural richness.

**Send items via Amazon to:
Karla Becker**

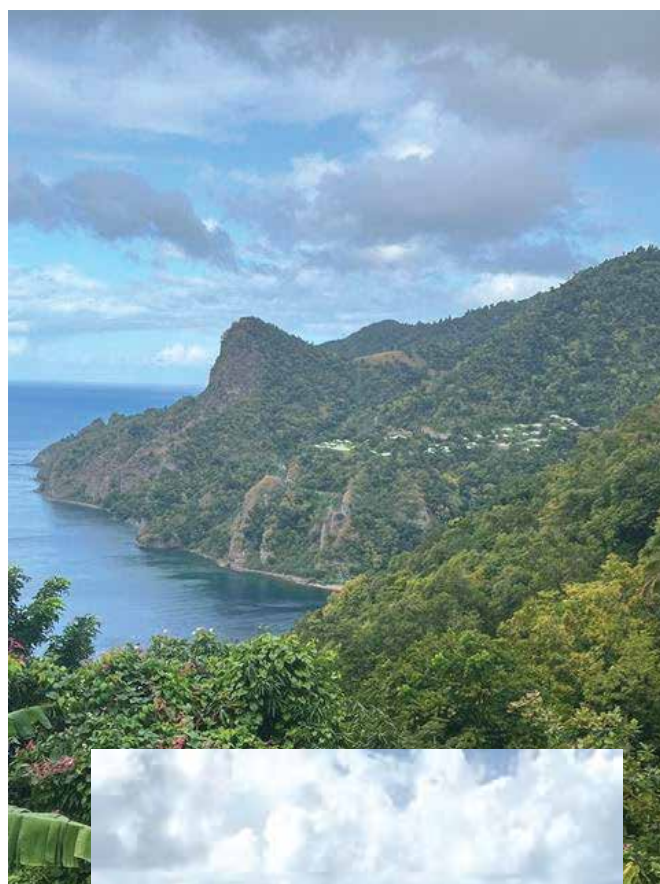
DOMINICA:

Ranked as #1 in the 25 Best Places to Travel in 2025

BBC Travel recently published its list of the top 25 destinations for 2025, and PTYF had a group enjoying the number one destination when it was announced: Dominica!

Our group experienced amazing hikes to nearby villages, hot springs, and waterfalls, along with kayaking, snorkeling, yoga, whale watching, and more. We also delivered 12 suitcases filled with books and games to two libraries we support on the island.

Trip leader extraordinaire, Ellen Roe, invites you to join her from February 14–21, 2026, over Valentine's Day and President's Day. Space is limited.



[Click here](#) or the detailed itinerary!

