



Find Your Mountain

Greetings from Banff and Lake Louise, Canada



Greetings from Banff, Canada! This truly is one of the most spectacular places on earth. As my seatmate remarked while we flew into Calgary,

“No one should leave earth without seeing it.”

Our group of 13 has been soaking in the natural beauty of Banff through some incredible hikes at Lake Louise, Moraine Lake, and Sunshine Meadows, which was named the #1 Day Hike in Canada by Lonely Planet. We also explored Sundance Canyon and strolled along the Bow River right behind our hotel. One of the highlights was riding e-bikes along the Bow River and concluding our active days with gentle yoga sessions before dinner.

Our dining experiences have been equally remarkable, featuring a diverse range of international cuisines from Mexican and Greek to Japanese and Italian. We're excited to invite you to join us in Banff, Canada next August 2-6 or August 6-10, 2025 for another unforgettable adventure!

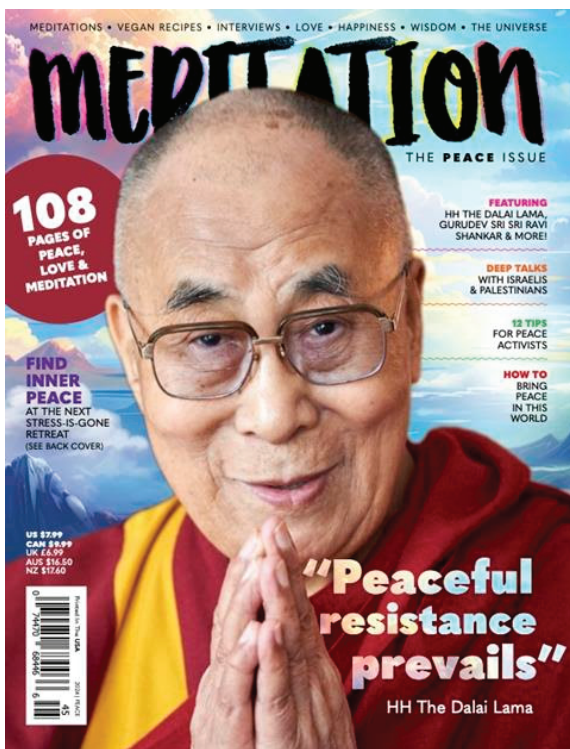
As we look ahead, I encourage you to take a moment to reflect on what you wish to explore both internally and externally in the coming year. What "mountain" do you want to conquer? Perhaps consider a Caribbean adventure to Dominica, where we hike to remote villages and through rainforests to reach unique, empowering peaks. We're also thrilled to be returning to India for the International Yoga Festival in Rishikesh, set against the stunning backdrop of the Himalayas. The cultural richness and natural beauty there are truly awe-inspiring. And, of course, Machu Picchu in Peru remains unmatched when it comes to majestic mountain peaks and the deep spiritual experience it offers. Every day is complete with yoga bringing the internal and external into balance.

People often ask me about my favorite destination. My usual response is that it's the last place I visited. However, after exploring over 120 countries, I can confidently say that my top five destinations include Banff, Peru, India, France, and Morocco. As for the Caribbean, Dominica holds a special place in my heart for its endless adventures. Mountains come in many forms, not just geographically.

Perhaps this is the year to step out of your comfort zone—experience a new culture, embark on a new adventure, face a new challenge, or embrace a new mindset. We're here to help you along the way!

Until next month, I leave you with the words of John Muir, "***The mountains are calling, and I must go.***"

Namaste!
Sally Bassett



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Where in the World Do You Want to Go?

As we plan late 2025 and beyond, our Director of International Adventures, Christine Klotz would love to hear from you via the survey link below to tell us where you'd like to go! See the start of our preliminary wishlist for hiking and yoga trips:

Azores, Portugal: multi-Adventure (hiking, kayaking, whale watching, yoga and hot springs)

Bali, Indonesia: yoga and eco pilgrimage walk

Czech Republic multi-Adventure (hiking, biking, canoeing and yoga)

England: walking the South West Coast Path

France: walking the Brittany Coast, including Mont St. Michel

France: walking Camino Santiago from Eauze to Saint Jean-Pied-de-Port

Greece: walking on Sifnos and Milos Islands

Japan: hiking the Kumano Kodo Pilgrimage and Hot Springs

Jordan: hiking Petra to Wadi Rum

Korea: walking the Jeju Olle coastal route and wellness retreat

Portugal: hiking the Camino de Santiago

Romania: hiking on the Via Transilvanica in the Carpathian Mountains

Thailand: trekking and yoga around Chiang Mai

Switzerland: hiking from Lac Lemman to Gran San Bernard Pass

and more!!



[Click here for "Where in the World..." Survey](#)



GIRLS FOR SUCCESS SCHOOL Update: Creativity Sessions and Art as a Tool for Emotional Mangement

Our Girls for Success School in Costa Rica has implemented creativity sessions that have been a great success! The students have had the opportunity to invent characters, perform role-playing games, and create spaces for play and art. These activities not only foster creativity and imagination but also reinforce English learning in a fun and engaging way.



The teacher has also incorporated art as a tool for managing emotions. The art sessions have not only allowed the girls to express their feelings creatively but also provided a space to relax and enjoy feeling safe. These activities have significantly contributed to the emotional well-being of our students.

UPCOMING INTERNATIONAL RETREATS

Ashram in French Countryside - September 8-15, 2024

St. George Island, Belize - November 8-15, 2024 (Sold-Out)

Dominica Island - January 18-25, 2025 - A Women's Retreat for Renewal and Rejuvenation

India: International Yoga Festival - March 3-15, 2025

Costa Rica Blue Zone - March 29-April 5 (Sold-Out) and November 1-8, 2025

Portugal Coastal Walking - April 4-11 and April 12-19, 2025

Peru: Machu Picchu - April 27-May 4, 2025

Tuscany Pilgrimage Hiking - May 2-11 and May 16-25, 2025

Banff, Canada - August 2-6 and August 6-10, 2025

**"Today is your day!
Your mountain is waiting. So...get on your way!"**

Dr. Seuss

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