



Distinguished leaders visit our girls for success center in costa rica



A highly respected group of leaders visited Costa Rica on a capstone journey entitled **“Many Worlds That Fit: Justice, Sustainability, and Resource Security in a Changing Latin America”**. This trip was organized by the Great Lakes Leadership Academy (<https://www.canr.msu.edu/glla/index>) and included distinguished professors, industry leaders and foundation heads, all experts in sustainability and agriculture, and was steered by our own extraordinary GFS Board Members, Vincent Delgado (Director, Michigan State University Program on Sustainability in Costa Rica) and Becky Shink (Photographer/Videographer).

The visitors had a busy agenda, touring and meeting with trailblazers, including the Director of the Curu National Wildlife Refuge, the Director of the Cahuita National Park, the leaders of Sail Cargo, Inc. and Astillero Verde (focused on sustainable shipbuilding and elimination of fossil fuels from the maritime sector), and Indigenous leaders in the autonomous Bribri Territory and more.

Towards the end of their whirlwind tour, they visited the Girls for Success Center, meeting with students, the GFS teacher Jakeline Gonzalez, and several members of the GFS Board. Despite having connected with many esteemed programs and leaders, the girls and the teacher at GFS really touched the hearts of these visitors. Every single participant asked to be added to the newsletter mailing list and many of them expressed an interest in becoming donors or sponsors! It is thrilling to share our story, our dreams and our little GFS center with guests from around the world!



GFS Costa Rica: Field Trip to Cahuita

**On April 2 the girls had the joy of going on a field trip
to the beautiful Cahuita National Park.**



Such outings offer these young women an adventure and an escape from their daily routines. Opportunities to do this with their families may be limited or non-existent, even though the park is less than 30 minutes away from Hone Creek. In addition to learning about the flora and fauna of the area, it served as an excellent opportunity for play and for sharing with their peers in a deeper way and in a different environment. They hiked along the pathways of the park, ate a picnic lunch (lovingly prepared by teacher Jacky) and then enjoyed a relaxing and refreshing swim in the exuberant turquoise waters of Cahuita beach.

Donate \$150 for a future field trip



GFS Dominica: Good Deeds Day

Our Girls for Success program that we support on the island of Dominica embraced a global day called “Good Deeds Day” that unites millions of volunteers from 108 countries to do good deeds for the benefit of others and the planet. Director extraordinaire, Valerie Sherry Honore, enhanced it by making it a four part plan of capacity building, entrepreneurship and volunteerism. .

Read more about GFS Dominica

* a community beautification project was completed in one of the rural communities on the north side of the island.

* a Sip & Paint Capacity Building Workshop for potential volunteers was a means of using art to equip participants with the foundational knowledge, skills and aptitude necessary to work with vulnerable groups, particularly youth.

* the girls joined a career and entrepreneurship brunch, titled, “She Wins! Girlhood Brunchon” (see picture) on April 23, with the goal of empowering them to explore alternative, viable forms of careers by questioning cultural, social and economic limitations.

* the fourth part in this series, A Girl's Self-Development Tea Party, will be held in June 2022. The girls in our program will be taught social and dining etiquette, self and body care practice, self-worth and self-esteem habits as well as effective interpersonal skills.



Dominica - Feb 4-11, 2023

Join us as we travel to the beautiful island of Dominica where you will have the opportunity to hike through the rainforest, swim in unique waterfalls and mountain pools, sea kayak in turquoise waters, and snorkel through unique underwater volcanic bubbles while you explore the diverse sea-life at Dominica's premier marine reserve. Healthy meals, fresh fruit juices, daily yoga, and a spa treatment all included during your stay at the Jungle Bay Resort.

[Click here to see detailed itinerary](#)

Future PTYF Yoga, Adventure and Service Retreats:

- * Dominica: Caribbean Adventure - November 5-12, 2022
- * Dominica: Caribbean Adventure - February 4-11, 2023
- * Morocco: Trekking the Atlas Mountains to Riding Camels - April 20-30, 2023
 - * Camino de Santiago: A Transformational Journey - May 2023
 - * Costa Rica: A Women's Journey to the Self - November 4-11, 2023
- * **India: International Yoga Festival - February/March 2024 (information coming late summer)**

To book a retreat, call our Reservations Manager, Susie Morwick, at 317-544-8391





Sally's Journal: Preparing for a Pilgrimage - The Way of St. James

On December 16, 2020, after I reached a 1000 miles of hiking for the year, I posted a challenge to all my friends on Facebook to “do your own challenge in the next year...250 miles? 500? 1000? Maybe join us in May 2022 on the Camino de Santiago trail in Spain”. In just a few weeks after my post, I had 16 “women for adventure” signed up to hike...” [Click here to read more](#)