



Where Your Thoughts Go, You Can Go!

“Be careful going in search of adventure...it’s ridiculously easy to find.

” *William Least Heat-Moon*



Have you ever heard or read about a place somewhere in the world then couldn’t get it out of your mind?

In 2016 I remember doing just that when I first learned about the famous 500 mile trail that Apostle James walked called the Camino de Santiago in Spain. Months later I was hiking the last 70 miles of it to St James Cathedral. In 2022 I led two groups there, and here I am yet again leading another trip.

What a joy it has been to travel with 14 other adventurer travelers. One of the best gifts of travel is the kindred spirits you meet along the way. Our group bonded walking the trail rain or shine, up hills and down valleys, staying at beautiful accommodations every night, enjoying great food and wine, practicing gentle yoga, and stopping along the way to get our Camino “passport” stamped so we could get an official certification recognizing our feat. It brought tears to my eyes as we walked into the square at St. James Cathedral after seven days of hiking 10–12 miles each day. I was also filled with emotion and respect for the other pilgrims who had conquered all 500 miles.

I asked several in my group what inspired them to accept this 70 mile challenge on the Camino. Naga kept hearing about his wife’s experience two years ago and wanted to accept the challenge himself. It was a joy seeing him embracing everything! Marc said he is always drawn to active vacations and this really appealed to him. Rhonda had a “spiritual” encounter in 2023 while meditating in one of the side rooms inside St. James Cathedral and wanted to return and also hike part of the trail. Tamie loved the idea of the challenge and applying the “don’t quit” attitude she tries to live by in general. It’s also a spiritual journey for her and roommate Deana: being open to what God wants to show them each day. Gerry was looking forward to contemplating the next phase of his life with a greater purpose. As a true pilgrim, Carol shared her philosophy...



UPDATE: Girls for Success School in Costa Rica

Our girls in Costa Rica celebrated the end of the first trimester with a series of assessments where the students shined, demonstrating all the vocabulary they've learned in both English and LESCO (the Costan Rican sign language). We're extremely proud of their progress!



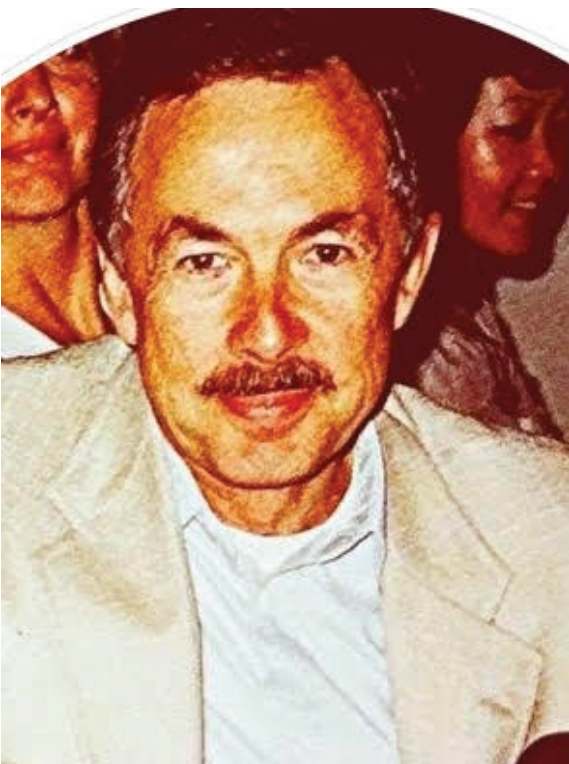
The girls also delved into an exciting cultural project, focusing on the rescue of Afro-Costa Rican culture in the Talamanca area. We had the privilege of hosting a talented local chef who immersed the students in the flavors and traditions of Caribbean cuisine.

Additionally, the girls were introduced to the book "What Happen" by Paula Palmer, where they explored historical events relevant to the development of the South Caribbean, from the 1700s to the present day.

We're excited about everything they have achieved these past few months and look forward to seeing them continue to explore, learn, and grow.

A TRIBUTE TO A GREAT MAN: George Mikelsons

It's with sadness that I write that my mentor, friend and the most inspirational person in my life died earlier last month. George Mikelsons was the founder of Ambassadair and ATA where I was blessed to have had a fabulous 30 year career going from "stewardess" to CEO of Ambassadair. George was loved by all. He made dreams come true for over 10,000+ employees and decades of travelers (including many of you) who were able to explore the world effortlessly. I am personally grateful that he shared his passion for adventure and to try everything at least once. My first time scuba diving, skeet shooting, horseback riding at full speed, eating oysters will never be forgotten. Thank you, George, from all of us who knew you. You have earned your wings! May you rest in peace.



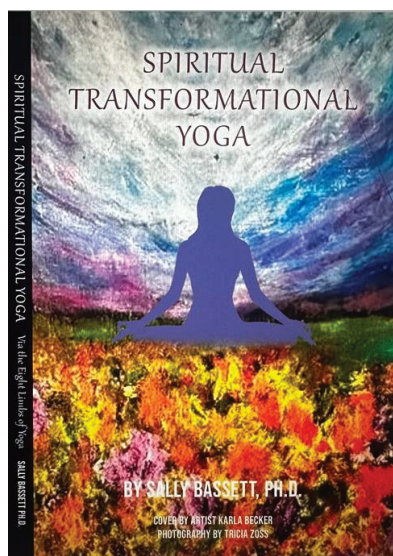
UPCOMING TRIPS:



- * **Canadian Rockies Adventure in Banff and Lake Louise – August 7–12, 2024 (Sold-Out)**
- * **Ashram in France – September 8–15, 2024**
- * **St. George's Caye, Belize – November 9–16, 2024 (one Villa Room available)**
- * **Dominica – January 18–25, 2025 CALLING ALL WOMEN!! An adventure and renewal time like no other on this beautiful island in the Caribbean.**
- * **India – International Yoga Festival – March 3–15, 2025**
- * **Costa Rica – Blue Zone – March 25–April 5, 2025 (4 spaces left)**
- * **Peru: Machu Picchu and the Sacred Valley – April 27–May 4, 2025 (6 spaces left)**
- * **Costa Rica – Blue Zone – November 1–8, 2025**

STAY-TUNED FOR MORE EXCITING TRIPS IN 2025.

**New European hiking/yoga trips as well as more trips in the U.S. are being explored.
Until next month....KEEP DREAMING!**



Spiritual Transformational Yoga is a book that takes a step-by-step approach to help readers of all faiths find inner peace and a deeper spiritual life. Many individuals initially come to the mat because of the physical practice and all the benefits that yoga offers for strengthening the body and calming the mind. The Eight Limbs of Yoga provides so much more including a path for inner peace. The first two limbs concentrate on external and internal universal values. Next comes the postures and a gentle flow to prepare the body physically to sit in prayer and meditation for periods of time. Breath work is incorporated after the physical practice in order to calm the mind even further for meditation. It is then that the individual begins withdrawing from the senses, going inward to focus and pray, eventually meditating and experiencing a blissful state and oneness with God. Hopefully, all of us, one yogi at a time, will be able to take the peace developed internally through this process "off the mat and into the world".

By Sally Bassett, Ph.D.

Book sold at BARNES & NOBLE and at BLACK DOG BOOKS in Zionsville, Indiana



www.peacethroughyoga.org