

# Peace through Yoga



Dear Friends,

In February, Peace through Yoga partnered with new nationally-known yogis, Seane Corne and Suzanne Sterling, to take 20 individuals to Uganda. Each participant had to raise \$20,000 per person to qualify to go on this Seva Challenge (seva means service). The funding built a Birthing Center and an elementary school.

I would like to invite you to join our Women Like Us Afternoon Tea and Speaker Series on April 15 to hear from the executive director of the Birthing Center, an amazing 27 year old Canadian gal. For more information or to book your reservations, go to [www.womenlikeusfoundation.org](http://www.womenlikeusfoundation.org).

We will also have Hollywood celebrity, Catt Sadler, and Indiana Fever Coach, Lin Dunn, as our two other speakers. This will be a fundraiser to support the new birthing center in Uganda.

Hope to see you there as well as consider visiting Uganda with Peace through Yoga in 2011.

Happy Spring!

Sally

Dr. Sally Brown Bassett  
President/Peace through Yoga

## Yoga Teacher Training begins August 2010

Peace through Yoga Teacher Training is a comprehensive introduction to the heart and science of yoga.

Our 200-hour program will prepare you to be a transformational yoga teacher as well as deepen your own spiritual and yoga practice.

For more information and application, refer to [www.peacethroughyoga.com](http://www.peacethroughyoga.com).

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*Authenticity is about enjoying a new sense of freedom to be who we really are--ourselves, natural and without a mask in our relationships, our work, and our life. It takes courage, commitment, and depth to:*  
- Look within ourselves  
- Tell the whole truth (even when we don't want to)  
- Be vulnerable  
- Admit, own, and share our true thoughts, feelings, desires, insecurities, passions, embarrassment, dreams, and more.

*However, being open and real about all of these things (and more) is what it means to be authentic in life.* Mike Robbins

## In This Issue

- [Letter from Sally](#)
- [Women Like Us Afternoon Tea and Speaker Series - April 15](#)
- [Yoga Teacher Training - Starting August 25](#)

## International Yoga Retreats

Dates to Remember:

\* **Partner Yoga - Sunday, April 18: 2:30-4:30 p.m.**

\* **Spirit Ecstatic Drumming - Saturday, August 21: 7-8:30 p.m.**

\* Women Like Us Tea supporting Her Royal Highness Crown Princess Katherine of Serbia - Wednesday, October 13, 2010



### INTERNATIONAL YOGA RETREATS

- \* Southern France - September 18-25, 2010
- \* Costa Rica - October 16-23, 2010
- \* South Africa - February 5-19, 2011
- \* India - February/March 2011

