

# Peace through Yoga



Dear Yoga Friends,

*Bonjour!* A group of 12 of us just returned from a one week yoga/adventure retreat in southern France. Seriously, what could be better than yoga twice a day, delicious vegetarian food, biking, hiking, swimming, traditional markets at medieval hilltop villages...? Fresh air and nature, peace and solitude, and laughter with new found friends was all set on 20 acres of peaceful meadow and woodland.

We hope you will join us next year as we return to France September 18-25, 2010. A detailed itinerary is posted on our website at [www.peacethroughyoga.com](http://www.peacethroughyoga.com).

To book the retreat and get assistance with your air arrangements, call Peace through Yoga Reservations toll free at 866-326-6110 or 317-574-3604.

Namaste!

Sally Brown Bassett

\*\*\*\*\*

## Yoga 101: Eight Steps of Yoga - Part 3

The last two months we have covered the first two steps of yoga: the yamas and the niyamas. To review these two very important steps, please refer to [www.peacethroughyoga.com](http://www.peacethroughyoga.com)

In America most people believe that yoga is all about the third step of yoga. *Asanas* - physical exercises, postures, and practices. Out of all the eight limbs of yoga, there is only one dedicated completely to the physical side of the body. By becoming a strong yogi, it allows your body to become prepared for the next steps. And it is a popular way of relieving that great Western disease...stress.

Asanas are a significant pathway toward the ultimate goal of physical, mental, and spiritual union. They are a means of disciplining the body and were developed to balance the body's energies to free the mind to meditate. In the philosophy of yoga, they are not an end in themselves, just one of several routes toward spiritual enlightenment.

At its most basic, practicing the poses on a regular basis will tone the body, build stamina, and invigorate the system. These are goals worth achieving and benefit most people. As

## In This Issue

- [Letter from Sally](#)
- [Yoga 101: Part 3](#)

\* [International Yoga Retreats](#)

Partner Yoga Workshop:  
*October 24 - 2-4 p.m.*

Women Like Us Retreat -  
*November 8-15, 2009*

**Attention all potential  
Inca Trail/Peru Hikers:**  
Conference call for Q&A  
on *August 19 at 3 p.m.*  
*EST* (218-339-4300  
#729016)

*"The sound of om...the sound of gratitude for all that has manifested in your life." Dr. Wayne Dyer*

\*\*\*\*\*

Recommendation:

*Find time to meditate 20 minutes a day. It will be your own personal Sadhana or spiritual practice. Let your thoughts go and just be.*

Sometimes when I am restless, I start my Sadhana practice by reviewing the eight steps of yoga and/or balancing my chakras (more information coming on both these topics). By reviewing the first two steps of yoga who are meditating on words such as truth, non-violence, non-greediness, non-stealing, contentment, purity, self-study, God's will...

*" All of yoga serves one simple goal: to know the true Self in every circumstance and relationship." Leonard Perlmutter*

a form of exercise, it can delay many of the signs of aging and help you feel, as well as look, better. It stimulates the system, helping to maintain hormone levels and metabolic rate. Yoga not only helps with flexibility but builds endurance and strength.

It is called a yoga "practice" because it is a lifetime endeavor. Stretch your body and mind. In the words of Michelangelo, "the greater danger is not that your hopes are too high and you fail to reach them; it's that they're too low and you do". Open your mind to **all** possibilities.

\*\*\*\*\*

We  
Are not  
In pursuit of formalities  
Or fake religious  
Laws,

For through the stairway of  
existence  
We have come to God's  
Door.

We are  
People who need to love,  
because  
Love is the soul's life,

Love is simply creation's  
greatest joy.

*By Hafiz*

## INTERNATIONAL YOGA RETREATS

\* Costa Rica - Yoga/Adventure/Humanitarian Retreat: November 8-15, 2009

\* India - International Yoga Festival: February 25-March 10, 2010

\* Peru - Hiking the Inca Trail/Yoga: May 6-15, 2010

\* France - Yoga/Adventure: September 18-25, 2010

[www.peacethroughyoga.com](http://www.peacethroughyoga.com)