

Peace through Yoga



Dear Yoga Friends,

After traveling to over 130 countries, I am pleased to announce our international yoga retreats to three of my top favorite places. To review detailed itineraries, go to our website at www.peacethroughyoga.com.

Blessings,
Sally

Dr. Sally Brown Bassett
Peace through Yoga

International Yoga Retreats

- * **Southern France:**
September 18-25, 2010
- * **Costa Rica Rainforest:**
October 16-23, 2010
- * **India - International Yoga Festival**
February 24-March 9, 2011

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May today there be peace within. May you trust that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith in yourself and others. May you use the gifts that you have received, and pass on the love that has been given to you. May you be content with yourself just the way you are. Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise, and love. It is there for each and every one of us.

Costa Rica: Yoga, Adventure and Service

Enjoy a week at Samasati Nature Retreat, a stunning retreat located on a 250 acre biological reserve overlooking the Caribbean. Sitting amidst the famous Costa Rican rainforest, your stay will be filled with morning and late afternoon yoga, kayaking excursion, two half days at a local elementary school doing activities with the children, an optional canopy adventure through the jungles, time for hiking, shopping, and so much more!

- www.peacethroughyoga.com