

Peace through Yoga



Dear Yoga Friends,

Why a women-only retreat to Costa Rica? Our stories are singular, our passions are shared! Based on the creation of the book, *Women Like Us* and the *Women Like Us Afternoon Tea and Speaker Series*, author Linda Rendleman and I have created this annual women's retreat. Taking place at Samasti Nature Retreat in Costa Rica, the retreat provides a time of creating friendships and connections with like-minded women, rejuvenation through yoga and outdoor activities, the opportunity to give back through a day of humanitarian volunteerism, and personal development discussion groups and workshops. The beautiful setting of Samasati creates the perfect atmosphere for thoughtful reflection and conversation. Linda Rendleman, M.S. will facilitate an optional three part workshop with round

Yoga 101: Part 2 of the "Eightfold Path of Yoga"

People have been practicing yoga for approximately 5,000 years in order to feel at peace and to know the true Self.

In last month's newsletter, the first step of the eight paths of yoga was introduced (to review go to www.peacethroughyoga.com). The second step of yoga is the Niyamas - giving the ground rules for self-discipline and inner awareness. They encourage purity, contentment, chastity, self-study, and awareness of the spirit.

saucha (purity)
*santosh*a (contentment)
tapas (self-discipline)
svadhyaya (self-study)
Ishvara pranidhana (self-surrender).

" To experience what is solitude and what is meditation, one must be in a state of inquiry; only a mind that is in a state of inquiry is capable of learning."
J. Krishnamurti (1895-1986)

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Trek the Inca Trail to Machu Picchu next May. An adventure mixed with yoga, meditation, hiking, and a day working in orphanage in nearby local village.

table discussions and activities geared to reflecting on and creating your most empowered self. No matter what stage of life you are in, this is the opportunity to share your thoughts, ask your questions. You'll step back to take a look at where you are today and gain knowledge to create your very best life.

Hope to travel with you in November.

Namaste!

Sally Brown Bassett

www.peacethroughyoga.com

Thus begins the inquiry into yoga...

Thus begins the inquiry into fear...pleasure...doubt...pain...love...

“One day at a time--this is enough. Do not look back and grieve over the past for it is gone; and do not be troubled about the future, for it has not yet come. Live in the present, and make it so beautiful it will be worth remembering.”

Author Unknown

INTERNATIONAL YOGA RETREATS:

- * France - July 18-25, 2009
- * Costa Rica - November 8-15, 2009
- * India - February 25-March 10, 2010
- * Peru - May 6-15, 2010

For detailed itineraries, go to www.peacethroughyoga.com