



BETTER WAY

Downward Dog; Upward Humanity

Saying “om” can improve your flexibility and mental health—as well as the lives of women in East-Central Africa. **Metta Journeys**, a philanthropic travel company, has teamed with Women for Women International, an NGO that helps women in former war zones, to bring Americans to a yoga retreat in Rwanda. In addition to yoga sessions, participants gorilla-watch, dine with civic leaders, and meet local “sisters,” whom they will sponsor for one year with a \$30 monthly donation that provides food, water, medicine, school supplies for their children, and literacy training. The cost runs a steep \$6245 (mettajourneys.com) but will earn you the right to strike that hero pose. —*Celia Shatzman*