



## TOP YOGA DESTINATIONS

Get the most out of your vacation by pairing a trip with a yoga retreat. We've researched the top places to practice yoga and a noteworthy retreat center in each place, so prepare for a feel-good health and travel experience.

**Delhi, Agra and Jaipur India** - India is the birthplace of yoga, and one of the most complex countries in the world. In just a day's span you can spend time in the mountains, experience a lively festival, and feel the solemnity of sacred temples. Universal Yoga Retreats bring you not only deeper in your practice, but also through some of the most spiritually significant parts of the country. Trailing through the Golden Triangle, Delhi, Agra and Jaipur, it's easy to absorb the true essence of yoga and its origins. Applying yoga dedication to the divinity of these places is an experience that cannot be replicated on any other land.

**Tahiti, French Polynesia** - Tahiti is the heart and the pulse of French Polynesia, and while its nearby sisters, Bora Bora and Moorea are more beach haven than urban innovation, the three islands together represent the most glamorous facets of the archipelago. When you sign up for a yoga retreat in Moorea through Tahiti Yoga Retreats, you're joining on to a relaxing seven days of extreme pampering, two intense yoga classes each day, an elegant bungalow for two, and have access to the resort's private chef, masseur, and exclusive beach.

**Quissac, France** - There is something separate and heavenly about Southern France – the cluster of shoreline communities in Montpellier, Nimes, and Avignon have something different going for them – and entirely new brand of relaxation. Yoga retreats at the Villa Plantat are geared primarily toward individual development, which makes practicing yoga here a productive and relaxing experience. With two daily yoga classes appropriate for all levels, the Vinyasa flow at Villa Plantat is guided to connect with each individual body and mind, to uniquely benefit each student.

**Maya Spa Wellness Center, Mexico Temezal** - Sweat lodges and yoga retreats are lead by Indian shamans and world class instructors at this posh Caribbean resort.

**COMO Shambhala Retreat, Turks and Caicos** - Located at beautiful Parrot Cay, this posh yoga and health retreat is all you need to completely get away from the daily grind. There's an emphasis on a pristine environment, luxury, healing, and skin treatments.

**Arenal, Costa Rica** -The awesome energy of the Arenal volcano has spurred numerous health and spiritual immediately around it. If you're not at the posh thermal resort of Tabacón you can try a yoga or meditation retreat elsewhere in the lush tropical region.

**Tangalle, Sri Lanka** -Sri Lanka has been called the gem of the Indian Ocean, and Tangalle does nothing to remove that glistening title. Settled near Colombo, Tangalle is one of the most versatile spots along the coast that allows you to enjoy both the serenity of being quiet and contemplative, and the bustling culture of the surrounding areas. At Ashtanga Lanka, the tropical rural setting surrounds the senses with natural beauty and stunning wildlife. Here, you'll wake each morning to the sound of ocean waves and wild birds, and compliment daily ashtanga class with meditation, pranayama, philosophy, and even partner yoga.

**Bali, Indonesia** -The island is so small, one can drive around the entire thing in one day, but that doesn't stop this compact place from being rich in culture, cuisine, and heritage. Elaborate terraces, pounding waves, astounding temples, and intense dance performances are all part of a standard picture of Bali. The Shangri La Resort and Spa Yoga package includes seven nights of accommodation, three meals daily, and the encouragement and guidance needed to cultivate a healthier lifestyle.

**Sedona, Arizona** - Known for its stunning red rock landscape and its eminent energy vortexes that are said to release calming, artistic, and spiritual vibes, Sedona radiates a mystical environment and a refreshing energy. Its scenic desert terrain creates an ideal outdoor paradise for spiritual awakening. 7 Centers Yoga Arts was the first ever yoga studio in the city. Its 1700-square foot center is evocative of Spanish mission architecture – as if the gorgeous natural surroundings aren't enough.

**Morro de Sao Paulo, Brazil** - It's accessed by boat or a tiny plane, and it won't be the Brazil that you've imagined. Forget carnival, busy metropolitan cities, and modernity. Morro de Sao Paulo is one of five villages on the compelling island of Tinhare in Bahia. Adventure Brazil's yoga program guides each participant through the exquisiteness of nature, and the simplicity of living communally. Every day, you'll start your morning with yoga on the beach, and a healthy breakfast. As the afternoon rolls onward, explore the beaches, meet local villagers, and experience the mystique of the nearby forests.

**Savusavu, Fiji** - Stepping foot on the sand immediately sets you on "Fiji time" where sunrise and sunset are the only things you need to recognize. Go swimming in turquoise waters, and more adventurous travelers can surf, kayak, or see breathtaking underwater views of colorful fish by snorkeling. Daku Resort is located on seven acres of tropical gardens and tree-covered hills, where 23 species of birds and other fauna prowl the beautiful landscape. Morning practice in an open-front villa gives way into breakfast, and then you can spend your afternoon immersing yourself in a learning workshop.

**The Berkshires, Massachusetts** - Massachusetts may be well-known for its Boston hub, but the Western part of the state offers a happy alternative to Red Sox fans, designer shopping, and busy nightlife. Settle into the crisp air of the Berkshires, and let the tranquility of the mountains ease you into a state of awareness. The nation's largest yoga and holistic retreat center, Kripalu Center for Yoga and Health offers 600 kinds of workshops and retreats, and lets you design specific yoga programs that interest and fulfill you.

**Zakynthos, Greece** - Zykanthos, known sometimes as Zante, is a Greek island characterized by its clear, cobalt waters of the Ionian Sea, and blinding white beaches. Here, sea turtles, surfers, and mountain climbers converge. Yoga center Gaia Visions focuses on spiritual development and practice, so your time is unhindered by outside distractions, and concentrated only specific personal and yogic growth. Following the yogic code of "Right Living," the center encourages living in harmony with all other forms of nature, works toward purifying the mind.