



# Great Yoga Retreats

*Kristin Rubesamen*

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**Great Yoga Retreats** Kristin Rubesamen

**Sublime locations and acclaimed yoga masters: These restorative retreats have it all**

**Looking for a tranquil vacation that leaves you relaxed, restored and uplifted?** Then try a yoga retreat. Even if enlightenment is not your aim, you'll definitely achieve a luminous glow. Yogis understand the positive influence of natural surroundings and feng shui on the body, mind and soul, while the healthy organic food (almost always vegetarian) served at most retreats leaves you feeling lighter and purified. Whether you go by yourself, with a friend or partner, or even in a group, you will always find friendly company. TASCHEN has found the most exquisite and inspirational yoga retreats around the world; choose from an exotic luxury hotel in **Bhutan**, a spiritual ashram in **India**, a farmhouse in **Tuscany** or a beach resort in **Mexico**. But be warned, yoga can easily become a way of life. You might find yourself planning your holidays around yoga practice!

Highlights include the **Parmarth Niketan Ashram** in Rishikesh, the birthplace of yoga, one of the holy cities of the Ganges and a renowned pilgrimage site, where the Beatles attended the Maharishi's ashram in 1968; **Yogamagic**, an eco-retreat in **Goa** on the gentle Indian Ocean. Italy is not just a destination for the cultural and culinary traveller but also for the dedicated yogi: **Il Convento** in **Tuscany** and **Santa Maria del Sole** in **Puglia** strike a balance between yoga and the sensual Italian lifestyle. **The Esalen Institute** in Big Sur is a legendary New Age destination, offering yoga and much more, with over 500 spiritual and physical workshops; while **Amansala's Bikini Boot Camp** in **Tulum, Mexico**, combines beach life with yoga classes.

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