



Indulge Your Inner Yogi at These Destinations

November 4, 2014, Nicole Jenet, Leave a comment



Yoga is no longer considered just a trendy form of exercise the celebrities are doing. It seems like just about everybody is doing it – and the odds are they’re going to keep on doing it, largely because it’s a) easy to find a yoga studio and b) provides endless health benefits.

The stretching and breathing associated with yoga have shown to improve flexibility, strength and posture in addition to helping with managing stress levels, lowering blood pressure and slowing down heart rate. And since anyone at any level can partake in yoga, just about everyone can reap those health

benefits.

But you don’t have to be confined to the local yoga studio. Resorts around the globe now offer relaxing yoga retreats for travelers of all levels of yoga experience. These retreats typically feature daily yoga, meditation, spa treatments and healthy food. If that sounds like a great way to spend your next vacation, add these destinations to travel to-do list.

Shreyas Yoga Retreat, India

This is exclusive – this retreat accommodates a maximum of 20 guests at a time. Set in Bangalore on 25-acres of landscaped gardens, Shreyas Yoga Retreat offers its guests authentic, personalized Hatha and Ashtanga yoga, regardless of age, experience level or faith. At the resort’s rejuvenation spa, guests can enjoy a range of massages, organic scrubs, Ayurvedic therapies and masks made fresh from its organic gardens. In respect to the tradition of yoga, this resort features a totally vegetarian menu and prohibits alcohol and smoking.

Jatoba Terra Prana Yoga, Brazil

Jatobá Terra Prana in the Brazilian countryside is a meditation and yoga retreat on a 300-acre farm, providing its guests with a perfect setting for deepening their yoga practices and having an all around enriching inner experience. This retreat features different styles and levels of yoga including Kundalini yoga, Yin yoga, Hatha yoga, partner yoga, Karma yoga and Mandala yoga. Jatobá Terra Prana also offers meditation, gong meditation, mantras, silent walks, sacred dances, fire rituals and cooking lessons. The retreat also boasts a sweat lodge, fresh water ponds with pure drinking water, a pool fed by natural mineral springs, a meditation deck on the lake and vegetarian meals complete with homemade cheese, bread and yogurt.

COMO Shambhala Retreat, Maldives

This remote resort in the Maldives offers holistic, Asian-inspired treatments, such as Ayurveda. This retreat features an open-air pavilion for yoga located on the sunrise side of the island, four treatment rooms (including one for couples), plus separate male and female steam rooms and a large hydrotherapy pool. COMO Shambhala promises its guests “real results” through its spa therapies, products, yoga centers, activities and cuisine.

Angela Farmer and Victor van Kooten’s Yoga Hall, Greece

This yoga hall is located in the peaceful Greek countryside in a quiet olive grove in the Eftalou Valley, just five minutes from the beach and its hot springs. During the retreats and courses offered at this yoga hall, guests stay at nearby hotels and rental homes within walking distance. Each day, there are three hours of asana in the morning, evening meditation and pranayama on the upstairs terrace.

andBeyond Phinda Private Game Reserve, South Africa

This 56,830-acre reserve in KwaZulu-Natal in South Africa features a four-day yoga escape including asanas, a bush dinner and game drives seeking lions, elephants, leopards and more. This reserve covers seven ecosystems, creating a unique viewing experience from the safari villas where guests stay.



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