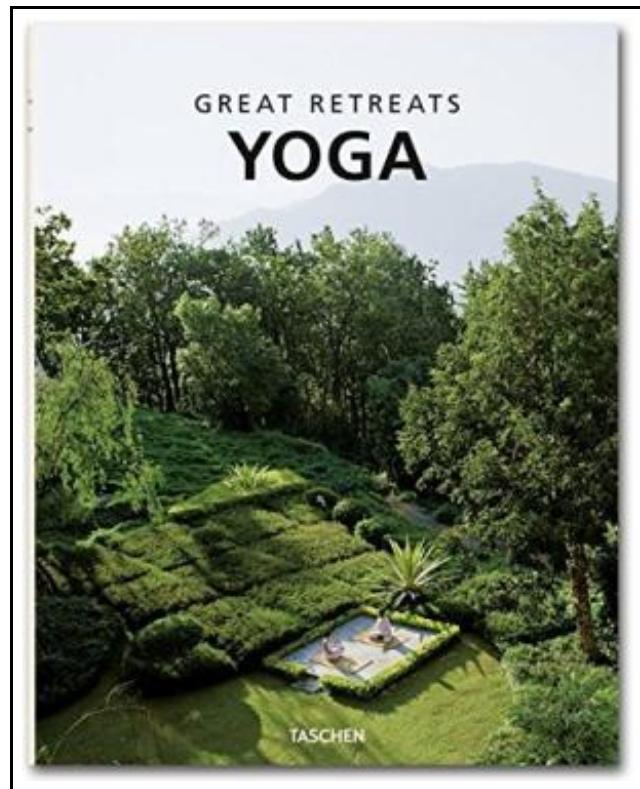


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GREAT YOGA RETREATS

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Taschen GmbH. Hardback. Book Condition: new. BRAND NEW, Great Yoga Retreats, Kristin Rubesamen, Angelika Taschen, Holistic Hatha Holidays. Sublime locations, acclaimed Yoga masters, restorative retreats. 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. Angelika 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 days and even 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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