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A Lifestyle of Karmic Luxury

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THE EXOTIC TRAVEL ISSUE

INDIA: A MAGICAL MYSTERY TOUR

AN INSIDER'S GUIDE TO INDIA

THE BEATLES IN RISHIKESH | AYURVEDIC ESCAPES | TEMPLES
BAZAARS OF BOMBAY | HOUSEBOATS IN KERALA | RESORTS IN GOA



Top 5 yoga getaways

By Ellen Keohane



A yoga retreat is more than a vacation—it's an experience to challenge, strengthen and relax you. These five are great for beginners and practiced yogis alike.

FEATHERED PIPE RANCH

Helena, MT
406.442.8196

featheredpipe.com

This rustic summer retreat in the Montana Rockies offers a range of weeklong *iyengar*, *hatha* and *anusara* yoga workshops catering to both experienced and novice yogis. The ranch draws some of the best yoga instructors in the country including Patricia Walden, Erich Schiffmann and Rodney Yee. In between stretches, guests can relax on Adirondack chairs in front of the lake or take advantage of nearby hiking trails. Visitors have their choice of dorm-style rooms, tepees, tents or yurts. Workshops range from \$1,500 to \$1,900, and are limited to 50 people.

NURTURING NEST MINERAL HOT SPRINGS RETREAT AND SPA

Desert Hot Springs, CA
888.557.0066

nurturingnest.com

This desert oasis, tucked between the San Jacinto and San Geronimo mountains, offers five-to-seven day mind-and-body-cleansing retreats, which include everything from yoga classes and natural colon cleansing to meditation and one-on-one counseling sessions. Owners Dr. Sandra and Ramesh Gune' insist that guests fast during their stay

and drink only water and organic juices.

During your down time, you can hike in the nearby Joshua Tree National Park, immerse yourself in natural mineral hot springs, or enjoy a massage at the retreat's spa. Retreats, which cost \$400 a day, include private accommodations and are limited to seven people.

Arrange for a lesson near a temple in a deserted city.

COMO SHAMBHALA RETREAT AT PARROT CAY

Turks and Caicos Islands, British West Indies
649.946.7788

shambhala.como.bz

This private island resort boasts some of the world's best yoga instructors who are on hand to teach a wide range of courses, which is good since each retreat includes five hours of yoga per day. When you're not in the yoga room or Pilates studio, find a private spot on a nearby white-sand beach, take a dip in the infinity-edge pool, or enjoy the outdoor Jacuzzi garden. At the end of the day, you'll sleep well in the resort's open-air, four-poster beds. Retreats range from \$3,120 to \$4,140, and are limited to 30 people.

AMANBAGH

Alwar, India
+(91) 1465.223.333

amanresorts.com

This luxurious, rural resort offers private *asthanga*, hot and *hatha* yoga classes in the comfort of your own room. If you prefer to be outside, arrange for a lesson in one of the resort's gardens, by a mountain lake or in a temple in a deserted city. After you've done your yoga mat, explore Rajasthan's history by booking a helicopter tour of the Taj Mahal or sign up for a facial or massage at the resort's spa. Amanbagh's 40 *havelis*, some with pools and garden access, run from \$1,000 to \$900 a night.

TIERRA DE MILAGROS YOGA RETREAT CENTER

Costa Rica
tierrademilagros.com

Located on Costa Rica's Osa Peninsula, this beach-front, tropical rainforest retreat center offers a range of yoga classes for all levels. In between classes, relax on the beach or go horseback riding, hiking, water repelling, surfing or sea kayaking. You can stay in tents or handcrafted thatched-roofed bungalows with open-air patios. Prices range from \$980 to more than \$1,500 depending on the instructor and room.