

yoga

JOURNAL

LIVE YOUR TRUTH
**Find power
in honesty**

meditation for busy people

YOGA PARADOX:
taking time to practice
gives you more time

9 poses to ground
you after **traveling**

Conditioning for your **feet**

EXPAND YOUR PRACTICE:
**retreat ideas
for every budget**

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HEALTH FITNESS FOOD MEDITATION HOME WORK NATURE RELATIONSHIPS SPIRITUALITY



LEGENDARY YOGI
Remembering Sri T. Krishnamacharya





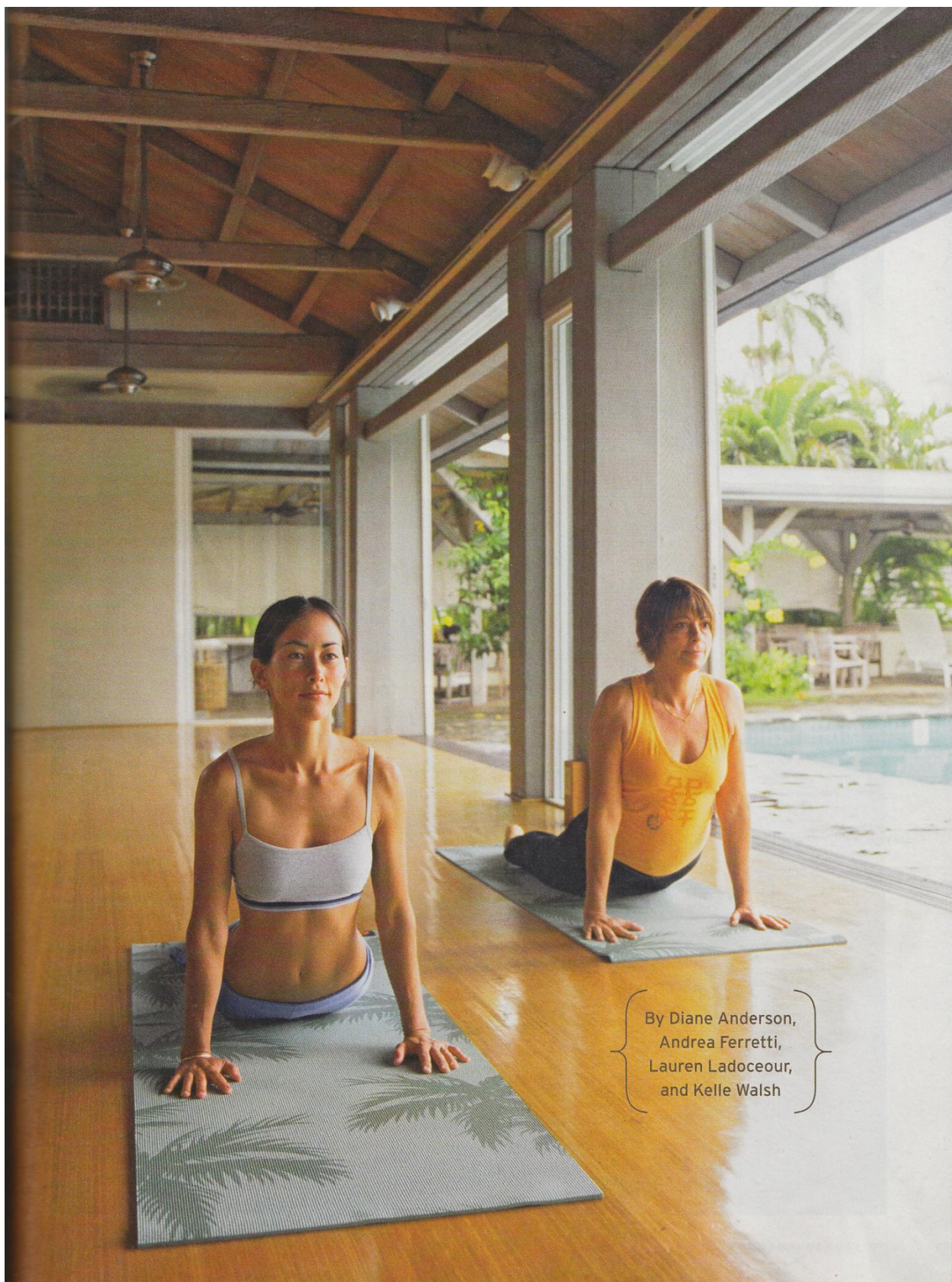
great escapes

Dive into your practice and recharge your spirit with a retreat experience that meets any budget, style, or schedule.

As avid yogis, we've spent some of the best times of our lives deeply engaged with the practice, often on retreats. Yoga getaways can be an opportunity to take stock of your life, set new intentions, deepen your relationship with a teacher, or renew your commitment to your yoga. Best of all, they can be a rejuvenating break from the busyness of everyday life and a reminder of the richness and depth that can be found in an experience as simple as breathing.

But when life is harried and the budget is tight—arguably, when you are most in need of a retreat—going on one can seem out of reach. How can you get away from work and family for a week? Where will you find the funds for a luxury trip? Sometimes, taking care of yourself doesn't seem easy.

As believers that retreats are an essential part of the yogic life, we put together four fun ideas to help you create your own retreat experience, regardless of budgetary or time constraints. Yes, there is something to be said for doing Down Dog beneath the palms, with turquoise waves caressing your toes, and we recommend booking those trips whenever possible. But you can glean similarly rejuvenating benefits by going on a “retreat” at home, in another city, or on a custom-crafted getaway on any budget. To enjoy the depth of your practice, all that you really need is a willingness to put aside a little time for yourself.



By Diane Anderson,
Andrea Ferretti,
Lauren Ladoceur,
and Kelle Walsh



places we've been or would love to go

COMO SHAMBHALA

Yoga weeks at luxury resorts in Bali and Parrot Cay (Turks and Caicos) feature teachers like Sarah Powers, Erich Schiffmann, and Rodney Yee. Enjoy deluxe accommodations and gourmet cuisine in tropical settings. (L) comoshambhala.com.bz

COSTA RICA YOGA SPA

This oceanfront resort in Nosara, Costa Rica, offers programming that blends yoga with surfing, Spanish-language instruction, weight-loss programs, and more. Retreats include daily yoga, meditation, and pranayama sessions. (L) costaricayogaspa.com

FEATHERED PIPE RANCH

Practice with world-renowned teachers and relive your best summer camp memories. Meditate on the pier that overlooks a sparkling lake, do yoga in a log cabin, and feast on delicious organic food. Accommodations are rustic, and you choose the level you desire—from tents to yurts to tepees to shared or private rooms. (M) featheredpipe.com

Your retreat experience can be as plush or as budget-friendly as you desire. Here are some of our favorite yoga retreat centers, which we've classified as either affordable (A), moderate (M), or luxurious (L).

HARAMARA RETREAT

Nestled in mountains above the Pacific Ocean, Haramara offers a serene spalike experience, but it's just a short cab ride away from the surfing town of Sayulita, Mexico. The palm-thatched cabanas don't have electricity, but there are oil lamps and wonderful hot showers. (A) haramararetreat.com

KRIPALU CENTER FOR YOGA & HEALTH

Located in the Berkshire Mountains in Massachusetts, Kripalu is a popular year-round destination for yoga teachers such as Seane Corn, David Frawley, Timothy McCall, and Shiva Rea. The center also offers the popular Retreat and Renewal program, in which you choose your own classes and activities. (M) kripalu.org

MOUNT MADONNA CENTER

This beautiful site in California's Santa Cruz Mountains is part ashram (home to yoga master Baba Hari Dass and a Hanuman temple) and part practice haven with modern dorms, a lake, a hot tub, and lovely grounds. Yoga and meditation retreats and personal retreats are available. (A) mountmadonna.org

OMEGA INSTITUTE

Located in New York's Hudson River Valley, this woodland oasis offers many retreats with international teachers and hosts the Being Yoga Conference each August. Enjoy swimming, boating, hiking, a meditation sanctuary, and the Ram Dass Library. (M) eOmega.org

RANCHO LA PUERTA

In the temperate mountains of Baja California, Mexico, this luxury spa hosts yoga weeks with international teachers and its own in-house yoga program. The 3,000-acre property abuts a sacred mountain. Enjoy guided hikes, gorgeous pools, organic gardens, and fabulous food. (L) rancholapuerta.com

SIVANANDA ASHRAM

Retreat to the Bahamas to enjoy two daily yoga sessions, including asana, silent meditation, mantra chanting, and lecture. (A) sivananda.org/nassau

VIA YOGA

Via Yoga is a destination for yoga and surfing in Sayulita, on Mexico's west coast. Weeklong retreats include two yoga classes daily, optional surfing lessons, massage, snorkeling, and lodging in luxurious beachfront villas. (L) viayoga.com

WILLKA T'IKA GARDEN GUEST RETREAT CENTER

Located in the Sacred Valley of the Incas, between Cusco and Machu Picchu, Peru, the site is a dream destination for practicing yoga and meditation. Vegetarian meals, outdoor solar baths, massage, hiking, sightseeing, and more. (M) willkatika.com ❄

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