What could be better than embracing your inner yogi on the shores of a turquoise ocean, in the shade of a lush tropical forest, or surrounded by snow-capped mountains? We’ve found 10 yoga retreats offering food for the soul and a feast for the eyes...

**Yogasphere by the Ocean**
Shangri-La’s Villingili Resort & Spa, Villingili Island, Maldives

The islands and atolls of the Maldives are famously known for their stylish resorts, beautiful white-sand beaches and vibrant coral reefs, and Shangri-La’s Villingili Resort & Spa offers one of the world’s most jaw-dropping backdrops to perfect your downward-facing dog.

The resort has teamed up with Yogasphere, a collective of top UK yoga teachers, to create an exclusive Maldives Yoga Journey combining elements of yoga, life-coaching and meditation. Sessions take place in a pavilion overlooking the Indian Ocean and the programme includes two Thai massages in a private treatment villa at CHI, The Spa.

The Maldives Yoga Journey starts from £550 per night, including domestic flights for two from Male to Gan, yoga and meditation sessions, two 90-minute Thai massages, one bottle of Champagne and breakfast for two.

[shangri-la.com](http://shangri-la.com)

**Dru Yoga**
Snowdonia Mountain Lodge, Wales

With the goal of inspiring a healthier way of living for all, non-profit social enterprise organisation Dru brings its dynamic, flowing style of hatha yoga to devotees of mixed ages and abilities, increasing energy levels, easing aches and pains and stretching away the stress.

Nestled amid the mountains of the breathtakingly beautiful Snowdonia National Park in Wales, Dru’s upcoming retreats combine yoga with weight loss, walking, detox or yin yoga programmes, offering opportunities to learn new culinary skills, explore Snowdonia’s surrounding peaks, master the ancient art of Ayurveda and develop an understanding of mandala spiritual symbolism.

Try a taster workshop at different pop-up events around the UK throughout 2017 to see if Dru could be the yoga for you.

Dru Yoga’s retreats start from £360 per person in a shared en-suite room, including accommodation, food and tuition.

[druyoga.com](http://druyoga.com)

**Yoga on the Edge**
Grand Canyon Association, Arizona, USA

This yoga retreat will literally leave you feeling on top of the world as you practise your sun salutations overlooking the timeless landscapes of one of the planet’s greatest natural wonders, the Grand Canyon.

The exciting, three-day Yoga on the Edge programme, run by the Grand Canyon Association Field Institute, combines yoga, meditation and philosophy sessions with uplifting group hikes. Guests should have a basic yoga knowledge and reasonable level of fitness for the hikes, which explore the Canyon and its stunning South Rim.

Stay at one of Grand Canyon Village’s lodges, or go wild and camp out under Arizona’s starry skies.

Yoga on the Edge runs from 29 September–1 October 2017 and costs US$350 (around £280). Flights, accommodation and food not included.

[grandcanyon.org](http://grandcanyon.org)

**Ananda in the Himalayas**
Garhwal, Narendra Nagar, India

Feeling frazzled? Perhaps it’s time to take a spiritual journey to the birthplace of yoga, nestled in the mystical foothills of the Himalayas close to the cities of Haridwar and Rishikesh. Here, close to the source of the holy Ganges River, you’ll find Ananda, one of the world’s most captivating luxury wellness retreats, offering a range of yoga, meditation, Ayurveda and Vedanta programmes that will bring more balance and harmony into your life.

The new seven-night Dhyana self-realisation programme includes daily meditation, one-on-one hatha yoga with your guru, Swadha, or self-study sessions, and Ayurvedic body treatments. Bliss.

The seven-night self-realisation programme costs from £2,630 per person, based on two sharing a double room, and includes wellness activities and hydrotherapy facilities plus all meals from the Ananda Rejuvenation Spa Cuisine.

[anandaspa.com](http://anandaspa.com)
ES SAADI GARDENS & RESORT
Hivernage, Marrakech, Morocco

There’s a mystique about Marrakech that makes it an ideal destination to connect with your spiritual side, and the sumptuous Es Saadi resort’s excellent instructors will be there to guide you throughout your personal journey.

With a focus on letting go, healing the body and relaxing the mind, guests will enjoy yoga practice, unlimited use of the serene Palace Spa including treatments with argan oil and rose water, walks in the beautiful Es Saadi gardens, swims in the private pools and a traditional Hammam experience. Even the meals here contribute to the laid-back vibe, with delicious slow food served to sustain you during your stay. A three-night yoga retreat at Es Saadi costs from £800 full-board, including six 90-minute yoga classes, a traditional Hammam experience, spa access and transfers. essaadi.com

FOUR SEASONS RESORT
Jimbaran Bay, Kuta Selatan, Bali

If you’re someone who struggles to climb out of your hammock on holiday, Four Seasons’ anti-gravity yoga classes could be for you. This therapeutic but fun ‘flying practice’ uses bespoke hammocks to support the body in enhanced postures, improving circulation, flexibility and strength.

Other unique variations at this luxury Indian Ocean resort include calming yin yoga, athletic power yoga, stress-busting laughter yoga, spiritual full moon yoga and dynamic night fire yoga, and the resort also hosts internationally renowned teachers through its Visiting Wellness Gurus programme. Guests can sign up for traditional Balinese massage and water rituals plus, of course, there’s the lush beauty of Bali to enjoy.

A three-night stay costs from £3,656 for two in a newly renovated one-bedroom villa with complimentary daily sunrise yoga while AntiGravity Yoga sessions start from £36 per person. foursasons.com

PREMA SHANTI YOGA & MEDITATION RETREAT
Diwan, Queensland, Australia

For an authentic, eco-friendly wellness escape, head to northern Queensland’s Prema Shanti Retreat, set in the heart of two world-heritage-listed ecosystems, the Great Barrier Reef and Daintree National Park, home to the world’s oldest rainforest. This pristine region of Australia is the perfect place to drop out for a while and focus on yoga, meditation and getting back to being ‘you’. Woken each day by the soothing sounds of the forest, guests can enjoy morning meditations and early-evening yoga in the retreat temple, and explore the rainforest and reef during the afternoon with horse riding and snorkelling tours. Or, of course, simply relax in Prema Shanti’s spa.

A boutique double room costs £65 all-inclusive per person per night. premashanti.com.au

SOUL & SURF
Villa da Coruja, Burgau, Portugal

What could be better for the body and spirit than a retreat combining revitalising sessions on a surfboard with soothing yoga workshops? Your days at this fun, easy-going pop-up will float by, leaving you feeling energised and de-stressed.

From Villa da Coruja it’s a few minutes walk to the stunning local beach on the Algarve Peninsula, where surf-instructor Adam will help you catch the perfect wave. Then it’s back for a yummy lunch of locally produced treats and fresh juices, before an afternoon of vinyasa flow yoga or meditation with Rachel. There’s horse riding and stand-up paddle boarding on offer, too.

A one-week retreat costs from £430 per person, including daily surf and yoga programme, board and wetsuit hire, accommodation and meals. soulandsurf.com

BIKINI BOOT CAMP
Amansala, Tulum, Mexico

Just a hop from Tulum’s magical Mayan temples on Mexico’s Yucatán Peninsula, Amansala is the perfect retreat to recharge and relax, overlooking the turquoise Caribbean Sea.

This boho-chic resort offers 24 thatched cabanas fit for castaways, an oceanside restaurant, spa treatments and plenty of hammocks to swing away an hour or two on Tulum’s dazzling sandy beach. Famous names including Cameron Diaz, Demi Moore and Cindy Crawford have all checked in to experience Amansala’s energising Bikini Boot Camp or Beach ‘n’ Bliss programmes, designed to help guests shape up, de-stress and reconnect through yoga, fitness training, healthy eating, pampering and relaxation.

The six-night Beach ‘n’ Bliss programme costs from £2,400 per person (sharing a triple room), including meals, two daily yoga sessions, two massages, Mayan clay treatment, dance class, cooking demos and a sightseeing tour. amansala.com

AMATARA WELLNESS RESORT
Cape Panwa, Phuket, Thailand

It’s so much easier to achieve a sense of inner calm when sitting cross-legged under a yoga pavilion looking out over the vast, blue expanse of the Andaman Sea. Funny, eh?

Amatara’s spectacular resort has 360° views of the ocean and has deservedly scooped several awards for its wellness and spa programmes. The Amatara yoga retreat includes private daily sessions with classes in pranayama, meditation and philosophy, alongside healthy local cuisine and mindfulness practice, while other signature retreats on offer include Detox, Weight Management and Revive. Namaaste...

Health and Fitness Travel offers seven nights at Amatara Wellness Resort from £2,245 per person, including full board, a yoga wellness programme, return flights and transfers. healthandfitnesstravel.com

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