



Sampoorna Yoga - India

If you're going to stand on your head somewhere in the world, make it India, in the midst of monks and monkeys - and where the tradition of yoga can bring greater awareness and insight to those willing to seek and surrender, as it has for thousands of years. As a Westerner, there's nothing like doing yoga in its original setting and culture to gain some perspective and further wisdom of this ancient tradition. And that's precisely what Sampoorna Yoga retreat and school offers. The ideal place to come for weary Westerners to enjoy yoga, India-style. sampoornayoga.com



Azul Fit - Canary Islands, Spain

Rejuvenate at this beautiful villa retreat on the sunny island of Fuerteventura. Nestled amongst the volcanoes with views to the sea, this is a stunning location for a wellbeing retreat. Classes are held on a spacious outdoor pergola in the villa garden and include yoga, pilates and tai chi led by international instructors. Surf courses are also available for extra exhilaration and massage and holistic therapies for those looking to unwind and rebalance. The food at this retreat gets rave reviews and is now featured in a cookbook. azulfit.com