14 of the Best Yoga Retreats for Discovery & Adventure

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For those ready to make the stretch beyond their local yoga studio, Health and Fitness Travel, the leading experts in tailor-made wellness holidays worldwide, invite wanderlusting yogis to re-connect with both themselves and the world with 14 of the best yoga retreats for discovery and adventure. With hand-selected retreats from the serene mountaintops of the Himalayas to the tranquil beaches of Thailand, mat-toting yogis can practice pretzel bending poses whilst exploring new corners of the world.

Best for Yoga & Surfing – Costa Rica: Florblanca Surfing

Strike a pose both on land and sea on an exotic yoga and surfing holiday set upon Costa Rica's fantastic Nicoya Peninsula coastline. With two beautiful nearby beaches renowned as some of the world's best surfing spots, learn to ride the tropical waves during six private surfing lessons with expert local instructors. Back on dry land, stretch out during group yoga classes, including specialised classes in Vinyasa and Ashtanga yoga, before indulging with a reviving treatment at Spa Bambu.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Florblanca from £2,235pp or £3,035 for single occupancy. Price includes breakfast, a surfing programme, return flights and transfers.

Best for Yoga & Ayurveda – India: Ananda Yoga

Experience the harmonizing healing of the ancient Indian arts of yoga and Ayurveda at this luxurious wellness retreat, set amongst the foothills of the Himalayas. Restore your inner-balance during personalised yoga sessions, tailored to your ability and goals, and de-stress with the breathing practices of Pranayama. Continue your holistic wellness journey with healing Ayurvedic spa therapies before enjoying a taste of local culture during traditional Indian music classes and dance performances.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Ananda in the Himalayas from £3,440pp or £4,340 for single occupancy. Price includes full board, a yoga programme, return flights and transfers.

Best for Yoga & Healthy Nutrition – Italy: KU Retreats Tuscany

Set amongst the scenic hills of Tuscany, re-boot your well-being on a relaxing yoga and healthy nutrition retreat in Italy. Improve your flow of positive energy with daily hatha yoga, meditation and Tai Chi in the beautiful octagonal studio offering panoramic views over the surrounding countryside. Refuel with the healing properties of delicious home cooked macrobiotic meals, using organic ingredients straight from the retreat gardens, before learning to recreate your favourite recipes during macrobiotic cooking classes.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 6 nights at KU Retreats Tuscany from £1,235pp or £1,735 for single occupancy. Price includes full board, a wellness programme and return flights.

Best for Yoga & Spa – Morocco: Paradis Plage Spa & Yoga

Practice your sun salutation from sunrise to sunset in the beachfront yoga pavilion of Paradis Plage, set on a private beach on Morocco's exotic coastline. With classes from Hatha to Vinyasa and Yin yoga, you'll soon become a yogi pro. Unwind further with an array of Moroccan inspired spa treatments using natural products, including a rejuvenating massage using local Agadir pebbles. Make the most of your coastal surrounding with additional water sports, from surfing to stand-up paddle boarding.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Paradis Plage from £1,095pp or £1,510 for single occupancy. Price includes breakfast, a spa & yoga programme, return flights and transfers.

Best for Yoga & Holistic Healing – Crete: Porto Elounda Discover Yoga

For a healthy yogi glow escape on a holistic healing yoga retreat to the sunny shores of Mirabello Bay in Crete. An initial yoga consultation and personalised yoga sessions will ensure you reach your goals, whilst chakra balancing will promote a flow of positive energy through your body. Combine your practice

with guided meditation and Pranayama breathing sessions for complete mind and body harmony and let the fresh ocean air cleanse your senses.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Porto Elounda from £1,475pp or £1,825 for single occupancy. Price includes half board, a yoga programme, return flights and transfers.

Best for Yoga & Fitness – St Lucia: The BodyHoliday Fusion Fitness

Retreat to the Caribbean and discover the exotic island paradise of St Lucia with The BodyHoliday. Surrounded by natural waterfalls and acres of unspoilt rainforests, improve your health and fitness with private yoga or Pilates lessons, personal training sessions and a host of fitness activities, from Box Fit to Qi Gong. Test your sense of adventure on the crystal clear waters with windsurfing and kayaking, and discover the island with hiking and mountain biking.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at The BodyHoliday from £2,140pp for single or double occupancy. Price is all-inclusive, with a choice of programmes, return flights and transfers.

Best for Yoga & Detox – Thailand: Absolute Sanctuary Detox

Escape on an adventure to the beautiful Thai island of Koh Samui and discover a healthier lifestyle on a cleansing yoga and detox holiday. Discover various types of yoga through unlimited classes including, Ashtanga, Yin-Yang, Pranayama and Hot Flow. Complement your luxury yoga retreat with the signature detox programme to meet your individual needs; including detox drinks, nutritional supplements and delicious healthy meals, leaving you feeling energised and refreshed.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 8 nights at Absolute Sanctuary from £1,930pp or £2,215 for single occupancy. Price includes full board, a detox programme, return flights and transfers.

Best for Yoga & SUP - Portugal: Epic Sana SUP Fitness

Discover a new way to shape up on the ocean with this refreshingly fun stand-up paddle boarding (SUP) fitness holiday at Epic Sana, set upon Portugal's stunning Algarve coastline. Suitable for beginners and experienced SUP boarders alike, benefit from a total core and cardiovascular workout during aquatic bootcamps and exciting SUP tours whilst enjoying stunning views of endless white sands and dramatic red cliffs. Unwind with group yoga classes to return home feeling energised and revitalised.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 5 nights at Epic Sana from £1,510pp or £1,670 for single occupancy. Price includes full board, a SUP fitness programme, return flights and transfers.

Best for Yoga & Pilates - Turks & Caicos: Parrot Cay Yoga & Pilates

Discover paradise on the private island of Parrot Cay and feel the soft sand between your toes as you practice daily yoga and Pilates looking out onto the Atlantic Ocean. Further improve your yoga knowledge as you open your mind and calm your senses through Vedic yogic philosophy group discussions, before raising the pace with mountain biking and windsurfing or unwinding in luxury at the world renowned spa.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Parrot Cay from £2,485pp or £3,885 for single occupancy. Price includes breakfast, a yoga & Pilates programme, return flights and transfers.

Best for Yoga & Meditation - India: Shreyas Silent Retreat

Take a break from everyday life and experience total relaxation at Shreyas in India. Begin your adventure of self-discovery with a specialist wellness consultation, helping to adapt your stay to your personal goals and needs. Shreyas wellness approach is dedicated to ensuring you have a truly relaxing experience through a range of yoga and meditation classes, complemented with luxury spa treatments to guarantee you spend your healthy holiday in total tranquillity.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Shreyas from £2,085pp or £2,655 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.

Best for Yoga & Hiking – New Zealand: Aro Ha Wellness Adventure

Discover New Zealand's iconic landscape on an eye opening yoga and hiking holiday, spent in the Southern Alps at Aro Ha. Combine Vinyasa yoga and meditation classes, with TRX strength training and healthy vegetarian cuisine for optimal well-being, before discovering holistic wellness with daily therapeutic massages and unlimited use of the water therapy suites. Re-connect with yourself and with nature at this healthy eco wellness retreat with a series of sub-alpine hikes.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 4 nights at Aro Ha from £3,485pp or £3,640 for single occupancy. Price is all-inclusive, with a wellness adventure programme, return flights and transfers.

Best for Yoga & Diving - Bali: Zen Scuba Diving

Discover how the breathing techniques you learn during yoga can benefit your diving as you explore the exotic marine life of Bali. Begin your day with sunrise yoga before exploring some of Indonesia's finest cliff wall diving sites with a professional PADI dive master. Complement your days diving experience with luxury spa treatments and sunset meditation to restore your energy before an unforgettable sunrise dolphin sail.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Zen Resort from £2,140pp or £2,315 for single occupancy. Price includes full board, a scuba diving programme, return flights and transfers.

Best for Yoga & Sports - Thailand: Thanyapura

Get sporty on the exotic Thailand island of Phuket and enhance your yogic practice whilst building your fitness. Ace your game on the tennis courts or discover whether you were destined to be a triathlete, with expert coaching for all abilities in swimming, cycling and running. Round off a sporty day by stretching out during a relaxing yoga class or soothing sore muscles with a sports massage.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Thanyapura from £1,480pp or £1,680 for single occupancy. Price includes full board, a choice of programmes, return flights and transfers.

Best for Yoga & Beach - Vietnam: Fusion Maia Yoga

Located on Vietnam's East Coast, on one of the world's best exotic beaches, is a luxury yoga retreat dedicated to enlightening your well-being. With their own individual yoga style, Fusion Maia will immerse you in a personalised introduction to yoga through a combination of private lessons and group classes. With a guaranteed minimum of two spa treatments a day; enjoy choosing from a range of body scrubs, facials and pressure therapies.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Fusion Maia from £2,285pp or £2,995 for single occupancy. Price includes full board, a yoga programme, return flights and transfers.

For advice, guidance and booking visitwww.healthandfitnesstravel.com/yoga-holidays or call 0203 397 8891

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