



Great Yoga Retreats

By Kristin Rubesamen, Angelika Taschen

Taschen GmbH. Hardback. Book Condition: new. BRAND NEW, Great Yoga Retreats, Kristin Rubesamen, Angelika Taschen, Holistic Hatha Holidays. Sublime locations, acclaimed Yoga masters, restorative retreats. Looking for a tranquil vacation that leaves you relaxed, restored and uplifted? Then try a Yoga retreat. Even if enlightenment is not your aim, you'll definitely achieve a luminous glow. Yogis understand the positive influence of natural surroundings and feng shui on the body, mind and soul, while the healthy organic food (almost always vegetarian) served at most retreats leaves you feeling lighter and purified. Whether you go by yourself, with a friend or partner, or even in a group, you will always find friendly company. Angelika Taschen has found the most exquisite and inspirational Yoga retreats around the world: choose from an exotic luxury hotel in Bhutan, a spiritual ashram in India, a farmhouse in Tuscany or a beach resort in Mexico. But be warned, Yoga can easily become a way of life. You might find yourself planning your days and even holidays around Yoga practice. Highlights include the Parmarth Niketan Ashram in Rishikesh, the birthplace of Yoga, one of the holy cities of the Ganges and a renowned pilgrimage site, where the Beatles...



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