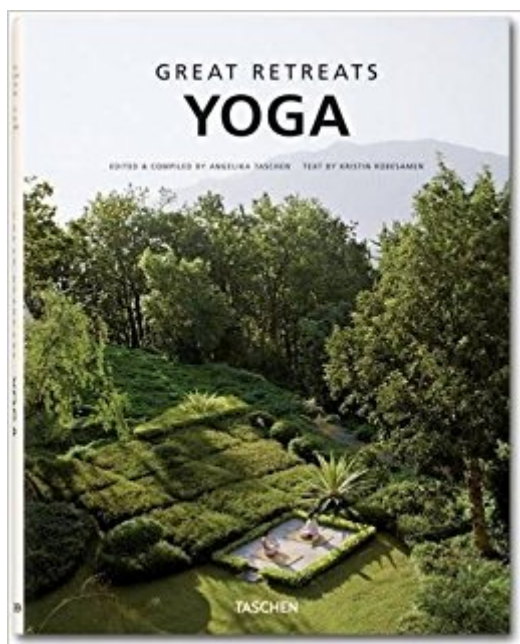


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# Great Yoga Retreats



## Synopsis

Sublime locations and acclaimed yoga masters: These restorative retreats have it all. 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. 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 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 attended the Maharishi's ashram in 1968; Yogamagic, an eco-retreat in Goa on the gentle Indian Ocean. Italy is not just a destination for the cultural and culinary traveller but also for the dedicated yogi: Il Convento in Tuscany and Santa Maria del Sole in Puglia strike a balance between yoga and the sensual Italian lifestyle. The Esalen Institute in Big Sur is a legendary New Age destination, offering yoga and much more, with over 500 spiritual and physical workshops; while Amansala's Bikini Boot Camp in Tulum, Mexico, combines beach life with yoga classes.

Text in English, French, and German

## Book Information

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## Customer Reviews

Angelika Taschen studied art history and German literature in Heidelberg, gaining her doctorate in 1986. Working for TASCHEN from 1987 to 2010, she has published numerous titles on art, architecture, photography, design, travel, and lifestyle. Kristin RÃfÂ besamen holds an MA in German and Russian literature, and works as a journalist and author. She contributes to Frankfurter Allgemeine Sonntagszeitung and SÃfÂ ddeutsche Zeitung, and writes a yoga column (Ãçâ -Ã“MattestundeÃçâ -Ã•) for Welt am Sonntag. In 2010 her book Alle sind erleuchtet. Bekenntnisse einer Yoga-Lehrerin (Everyone Is Enlightened. Confessions of a Yoga Teacher) was published by Berlin Verlag. A certified Jivamukti Yoga teacher, she lives and teaches in Berlin.

This book make me want to travel and schedule at a retreat every time I read. The pictures are clear and stunning, and descriptions are simple but very detailed. If your looking for a book that has the best places to relax and adventure, this book is for you.

Beautiful photography of beautiful places. A wonderful, relaxing way to experience calm, restorative retreats all over the world.

This is a beautifully illustrated book. I have so places that I dream of visiting now.

I have been to a couple in the book and the pics did it justice. The pics are amazing and I am looking forward to visiting a few more of the places in it.

Beautiful pictures. Great gift for anyone that enjoys travel or yoga.

nice book. Enjoy it

great book, great condition, great price - it's great to share this with friends when they visitÃfÂçÃ â -Ã Â|. it reminds me of how much I enjoy this book.

Excellent locations and detail information

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