

6 Why Yoga? by Angelika Taschen

Asia

- 14 Parmarth Niketan, *Rishikesh, India*
- 22 Ananda in the Himalayas, *Uttaranchal, India*
- 32 Yogamagic Eco Retreat, *North Goa, India*
- 44 Ulpotha, *Galgiriyawa Mountains, Sri Lanka*
- 58 Samahita Retreat, *Koh Samui, Thailand*
- 64 Kamalaya Wellness Sanctuary & Holistic Spa, *Koh Samui, Thailand*
- 78 Golden Buddha Beach Resort, *Koh Phra Thong, Thailand*
- 84 Uma by COMO, *Paro, Bhutan*

Europe

- 94 Schloss Elmau, *Bavaria, Germany*
- 104 Borgo lesolana, *Tuscany, Italy*
- 112 Il Convento, *Tuscany, Italy*
- 124 In Sabina, *Latium, Italy*
- 134 Santa Maria del Sole, *Puglia, Italy*
- 144 Formentera Yoga, *Formentera, Spain*
- 152 Ibiza Moving Arts, *Ibiza, Spain*
- 162 Molino del Rey, *Andalusia, Spain*
- 170 Kretashala, *Crete, Greece*
- 176 Huzur Vadisi, *Lycia Region, Turkey*

North America

- 186** Ananda Ashram, *Catskill Mountains, New York*
- 194** Heathen Hill Yoga, *Catskill Mountains, New York*
- 202** Kripalu Center, *Berkshires, Massachusetts*
- 212** Satchidananda Ashram—Yogaville, *Buckingham, Virginia*
- 226** Feathered Pipe Foundation, *Helena, Montana*
- 234** Esalen Institute, *Big Sur, California*
- 244** White Lotus Foundation, *near Santa Barbara, California*

Central & South America

- 254** Haramara Retreat, *Nayarit, Mexico*
- 264** Amansala, *Tulum, Mexico*
- 274** Parrot Cay by COMO, *Turks & Caicos Islands, Caribbean*
- 282** Jungle Bay Resort & Spa, *Dominica, Caribbean*
- 288** Villa Sumaya, *Lake Atitlan, Guatemala*
- 296** Tierra de Milagros, *Península de Osa, Costa Rica*
- 302** Canal Om—Wellness by the Sea, *Los Vilos, Chile*

Appendix

- 312** Yoga Styles
- 319** Photo' Credits / Fotonachweis / Crédits photographiques
- 320** Imprint / Impressum / Imprint

Ashrams

- 14** Parmarth Niketan, *Rishikesh, India*
- 186** Ananda Ashram, *Catskill Mountains, New York*
- 212** Satchidananda Ashram—Yogaville, *Buckingham, Virginia*

Yoga Retreats

- 32** Yogamagic Eco Retreat, *North Goa, India*
- 94** Schloss Elmau, *Bavaria, Germany*
- 104** Borgo lesolana, *Tuscany, Italy*
- 112** Il Convento, *Tuscany, Italy*
- 124** In Sabina, *Latium, Italy*
- 134** Santa Maria del Sole, *Puglia, Italy*
- 144** Formentera Yoga, *Formentera, Spain*
- 152** Ibiza Moving Arts, *Ibiza, Spain*
- 170** Kretashala, *Crete, Greece*
- 176** Huzur Vadisi, *Lycia Region, Turkey*
- 194** Heathen Hill Yoga, *Catskill Mountains, New York*
- 226** Feathered Pipe Foundation, *Helena, Montana*
- 254** Haramara Retreat, *Nayarit, Mexico*
- 264** Amansala, *Tulum, Mexico*
- 296** Tierra de Milagros, *Peninsula de Osa, Costa Rica*

Healing & Study Retreats

- 44** Ulpotha, *Galgiriyawa Mountains, Sri Lanka*
- 58** Samahita Retreat, *Koh Samui, Thailand*
- 162** Molino del Rey, *Andalusia, Spain*
- 202** Kripalu Center, *Berkshires, Massachusetts*
- 234** Esalen Institute, *Big Sur, California*
- 244** White Lotus Foundation, *near Santa Barbara, California*
- 288** Villa Sumaya, *Lake Atitlan, Guatemala*

Hotels, Resorts & Spas

- 22** Ananda in the Himalayas, *Uttaranchal, India*
- 64** Kamalaya Wellness Sanctuary & Holistic Spa, *Koh Samui, Thailand*
- 78** Golden Buddha Beach Resort, *Koh Phra Thong, Thailand*
- 84** Uma by COMO, *Paro, Bhutan*
- 274** Parrot Cay by COMO, *Turks & Caicos Islands, Caribbean*
- 282** Jungle Bay Resort & Spa, *Dominica, Caribbean*
- 302** Canal Om—Wellness by the Sea, *Los Vilos, Chile*