

CONTENTS

ASIA

- 8** *Parmarth Niketan Ashram*, Uttarakhand, India
- 16** *Ananda in the Himalayas*, Uttarakhand, India
- 28** *Ashiyana Yoga Retreat Village*, Goa, India
- 36** *Ulpotha*, Galgiriya Mountains, Sri Lanka
- 46** *Santani Wellness Resort*, Werapitiya, Sri Lanka
- 58** *Sen Wellness Sanctuary*, Tangalle, Sri Lanka
- 64** *Plantation Villa*, Wattalaya Watta, Sri Lanka
- 72** *Kamalaya*, Koh Samui, Thailand
- 82** *The Sanctuary Thailand*, Ban Tai, Thailand
- 90** *Jungleyoga*, Khao Sok National Park, Thailand
- 96** *COMO Uma Paro*, Paro, Bhutan

EUROPE

- 106** *Schloss Elmau*, Bavaria, Germany
- 114** *Chiemgauhof*, Bavaria, Germany
- 122** *Soami Yoga Retreat Resort*, Millstatt, Austria
- 130** *Hotel Post Bezau* by Susanne Kaufmann, Bezau, Austria
- 138** *Yobaba Lounge*, Occitanie, France
- 152** *In Sabina*, Latium, Italy
- 160** *La Rosa dei 4 Venti*, Puglia, Italy
- 172** *Formentera Yoga*, Formentera, Spain
- 180** *Ibiza Moving Arts*, Ibiza, Spain
- 190** *Cal Reiet*, Majorca, Spain
- 196** *El Cabrito*, La Gomera, Spain
- 202** *Vale de Moses*, Castelo Branco, Portugal
- 210** *Kretashala at Pavlos' Place*, Crete, Greece
- 220** *Silver Island Yoga*, Argirionis, Gulf of Volos, Greece
- 230** *Huzur Vadisi*, Fethiye, Turkey

NORTH AMERICA

- 240** *Ananda Ashram*, Catskill Mountains, New York
- 248** *Heathen Hill Yoga*, Catskill Mountains, New York
- 256** *Kripalu Center*, Berkshires, Massachusetts
- 264** *Satchidananda Ashram – Yogaville*, Buckingham, Virginia
- 272** *Feathered Pipe Ranch*, Helena, Montana
- 280** *Esalen Institute*, Big Sur, California
- 288** *White Lotus Foundation*, near Santa Barbara, California

CENTRAL & SOUTH AMERICA

- 296** *Haramara Retreat*, Nayarit, Mexico
- 306** *Amansala Eco Chic Resort*, Tulum, Mexico
- 312** *COMO Parrot Cay*, Turks and Caicos Islands, Caribbean
- 322** *Jungle Bay*, Dominica, Caribbean
- 328** *Villa Sumaya*, Lake Atitlan, Guatemala
- 334** *Tierra de Milagros*, Península de Osa, Costa Rica
- 342** *Las Musas*, José Ignacio, Uruguay
- 350** *Canal Om*, Los Vilos, Chile
- 358** Photo Credits
- 360** Imprint