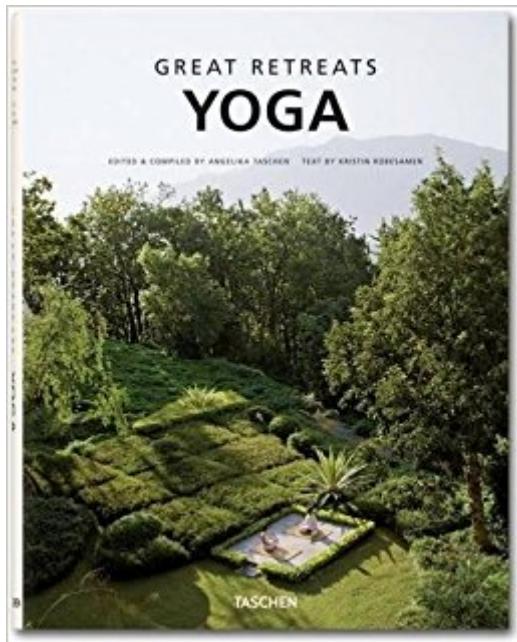


The book was found

Great Yoga Retreats



Synopsis

Sublime locations and acclaimed yoga masters: These restorative retreats have it all Â Looking for a tranquil vacation that leaves you relaxed, restored and uplifted? Then try a yoga retreat. Even if enlightenment is not your aim, youâ™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 Maharishiâ™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 Amansalaâ™s Bikini Boot Camp in Tulum, Mexico, combines beach life with yoga classes. Â Text in English, French, and German

Book Information

Hardcover: 320 pages

Publisher: Taschen (July 1, 2013)

Language: English

ISBN-10: 3836534886

ISBN-13: 978-3836534888

Product Dimensions: 8.8 x 1.1 x 11.1 inches

Shipping Weight: 3.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 13 customer reviews

Best Sellers Rank: #404,241 in Books (See Top 100 in Books) #43 in Books > Travel > Specialty Travel > Spas #947 in Books > Travel > Reference > General #1011 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

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 RÃ¶besamen holds an MA in German and Russian literature, and works as a journalist and author. She contributes to Frankfurter Allgemeine Sonntagszeitung and SÃddeutsche Zeitung, and writes a yoga column (âœMattestundeâ•) 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 visitÃ¢Â|. it reminds me of how much I enjoy this book.

Excellent locations and detail information

[Download to continue reading...](#)

Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss,

Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Great Yoga Retreats Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como ensenar yoga a los ninos mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Nate the Great Collected Stories: Volume 1: Nate the Great; Nate the Great Goes Undercover; Nate the Great and the Halloween Hunt; Nate the Great and the Monster Mess Veranda Retreats Highland Retreats: The Architecture and Interiors of Scotland's Romantic North 50 Eastern Idaho Hiking Trails (And Troutng Retreats): The Sawtooth, White Cloud, Boulder, Smoky, Pioneer, Big Horn Crags, Lemhi and Teton Ranges (The Pruett Series) The World's Most Romantic Destinations: 50 Dreamy Getaways, Private Retreats, and Enchanting Places to Celebrate Love Shady Retreats: 20 Plans for Colorful, Private Spaces in Your Backyard

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)