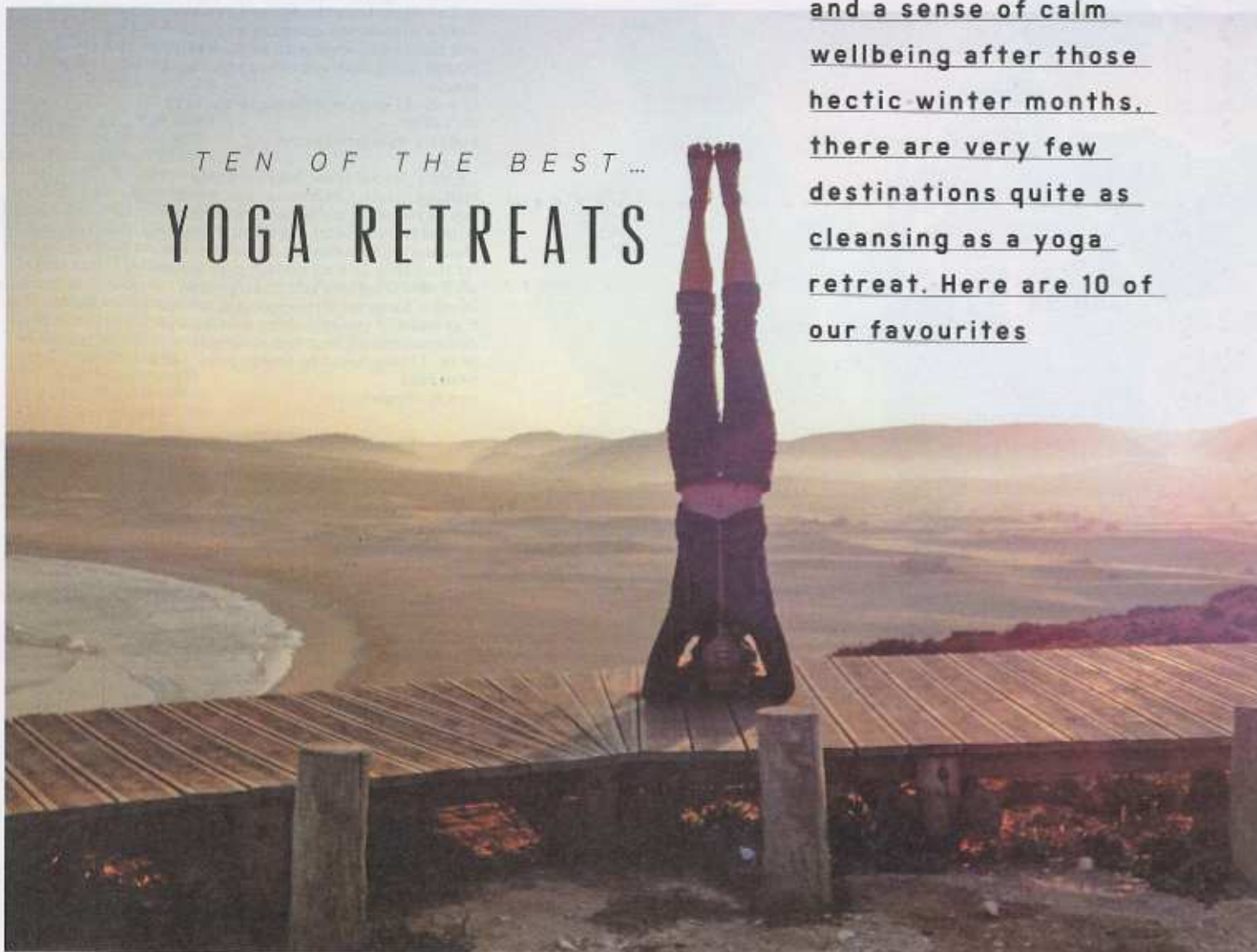


TEN OF THE BEST...
YOGA RETREATS



If the arrival of spring has brought with it a desire for a new direction, rejuvenation and a sense of calm wellbeing after those hectic winter months, there are very few destinations quite as cleansing as a yoga retreat. Here are 10 of our favourites



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Yoga in Salento, Italy

Yoga in Salento runs retreats out of Agricola Samadhi, an agriturismo which specialises in wellness and helping visitors reconnect with their bodies, minds and souls. Food is vegetarian and the setting is nothing short of heavenly – in the middle of nowhere with crickets providing your only soundtrack and 20 minutes from deserted beaches. There is a whole roster of teachers providing yoga throughout the year but Sally Miller's June retreat is the perfect remedy for the tired, combining her strong knowledge of Ayurveda and restorative yoga with meditation techniques to help you on your yogic journey. *Prices for a week's retreat vary depending on the teacher.* yogainsalento.com