

# TATTLER

## 6 UNUSUAL PLACES TO DO YOGA

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By Annabelle Spranklen

Yoga at home or in a gym is all well and good but it's not exactly om shanti, is it? Annabelle Spranklen seeks out 6 mind-blowing places to practice...

### 1) In a Tuscan chapel

Even if you don't consider yourself much of a church-goer, yoga inside a chapel nestled in the rolling Tuscan hills can't fail to uplift you. The insanely charming Castello di Casole holds yoga classes in the century-old San Tommaso chapel, making it the perfect pilgrimage for those with lead-like limbs and city-jumbled brains. Plus, there's homemade pasta and icecream to scoff as a post-yoga reward, not to mention an entire wine cellar to sip your way around. You'll leave converted.

Stay seven nights from £1,875 per person with Elegant Resorts. Price is based on two persons sharing a Studio Suite on a bed and breakfast basis, economy flights from London Gatwick with British Airways including transfers. Based on 13 October 2014 departure



## 2) With cowboys

Yeeee-ha! If you like horses and love yoga, boy have we found a treat for you. The Double T River Ranch in Clyde Park, Montana runs three-night retreats, covering everything from pre-ride yoga in the saddle (focusing on yogic breathing and poses to practise while riding), to yoga and meditation on riding trails. You'll be surrounded by fresh mountain air and endless open space. A weekend of this and you'll be ready to brave just about anything - if you can bear to leave, that is. Cowboy hat optional.

Three-night Cowgirl Yoga Retreats from £1,006 (or 1,695 US Dollars).



## 3) In the Royal Borough

If you like lie-ins, you probably won't like sunrise yoga at Equinox above Kensington High Street. Mostly because you have to be there for 7am. YES, that might mean losing an hour or so of precious pillow time but trust us, it's worth it. You'll be up before the traffic, before the annoying tourists and you will hear ACTUAL birds. It's true. And, just to make you feel even more smug for being up so early, you get breakfast (mini eggs Florentine, smoked salmon etc) thrown in afterwards. You better be quick, it's only running in August.

Rise & Flow Outdoor Yoga, free to members of Equinox and Pavilion. Non-members' tickets cost £25.



#### 4) In the desert

No, we aren't losing our minds. We're not suggesting you plop yourself on your mat in the scorching sun and fry like a sausage. But if you stay at the Canyon Ranch Tucson you go out into the Sonoran Desert at sunrise, to salute the sun and down dog on the edge of canyons and under the towering Santa Cataluba Mountains with nothing but vast desert skies around you. Sound like spiritual heaven? It really is.

Healing Holidays (020 7529 8551) offers seven nights at Canyon Ranch Tucson costs from £4,155.00 per person sharing, including flights, transfers, full board, accommodation, activities, daily classes and use of all facilities.



### 5) In the clouds

Are you nosy? Even just a little bit? Fancy spying over the whole of London, as far as Windsor Castle and the Thames Estuary, while stretching out your hamstrings? Well, you better leg it over to London Bridge and up, up, up to The View from the Shard for a yoga class 800ft above London. The BEST thing is that on really clear days, you're let loose on the open-air 72nd floor. Warning: it does get a tad windy.

Yogasphere classes from £40 when booked in advance



### 6) In the Himalayas

The thing about trying out yoga at Dwarika's Dhulikhel Resort in the knock-your-robe-off mountains of the Himalayas is that you can do it anywhere you please. The 360-degree panoramas are breathtaking, there are meditation and yoga spots peppered around the sides of two hills, and classes first thing in the morning and last thing at night (which is pretty much guaranteed to give you sweet dreams). Namaste.

Healing Holidays (020 7529 8551) offers a five-night Rejuvenation Programme at Dwarika's Resort from £1,995 full board, including flights, transfers, consultation, treatments, yoga and meditation



<http://www.tatler.com/news/articles/august-2014/travel-tuesday-6-most-unusual-places-to-do-yoga#4emD2FUroxuRmtWT.99>