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MORE SPECTACULAR SPOTS to reconnect with your practice

ASHIYANA RETREAT CENTRE

A serene site located between the Mandrem River and the coast of the Indian Ocean in northern Goa, India, Ashiyana has daily yoga and meditation classes with resident teachers, plus yoga retreats with visiting international teachers scheduled throughout the season. Guests stay in bungalows overlooking the beach and dine on Indian and Western vegetarian cuisine. ashiyana-yoga-goa.com

MAYA TULUM

This restorative spot on the Yucatan Peninsula of Mexico has white-sand beaches, simple thatched cabanas, a full menu of spa treatments, and retreats with teachers like Baron Baptiste, Jonny Kest, and Deborah Burkman. mayatulum.com

PRANA DEL MAR

Located on the southern tip of the Baja peninsula, this tranquil, eco-friendly beach resort offers yoga retreats (including some that combine yoga with surfing) with renowned visiting teachers. pranadelmar.com

SOMATHEERAM AYURVEDA RESORT

This tropical retreat center in Kerala, India, the birthplace of Ayurveda, is not about practicing with Western yoga teachers (though some do bring groups here) or getting Western spa treatments, but about immersing yourself in the healing lifestyle of Ayurveda. The resort offers individualized treatment plans from the Ayurvedic physicians on staff, classical Sivananda-style yoga, and traditional Ayurvedic therapies, plus a range of comfortable accommodations. somatheeram.in

STAY HUMAN YOGA AND RETREAT CENTER

Michael Franti and Carla Swanson's intimate retreat center in Ubud, Bali, is scheduled to open in January 2011, with an open-air yoga studio, lush tropical gardens, and a swimming pool. stayhumannow.com

WILLKA T'IKA

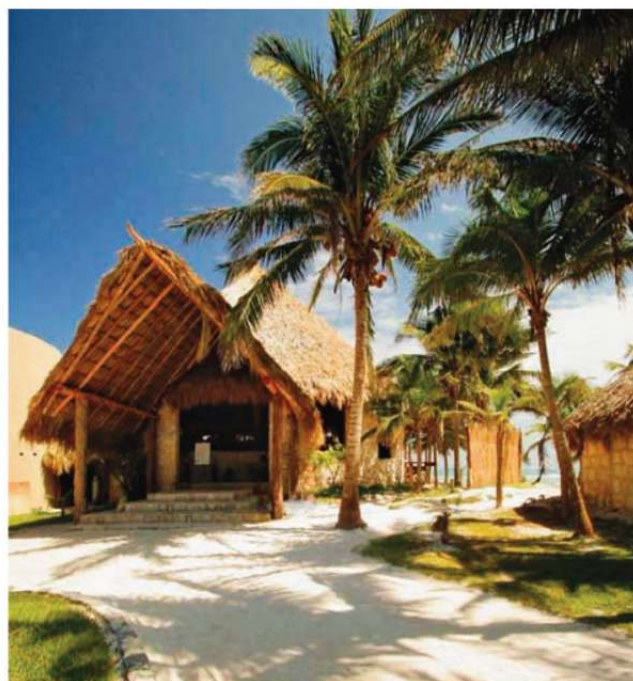
Owner Carol Cumes has created a retreat center in a verdant paradise that is an hour from the Andean town of Cusco, Peru, and that supports the local community. Retreats include

yoga and meditation, visits to Machu Picchu, and the opportunity to learn about the region's rich spiritual and cultural heritage. willkatika.com

XINALANI RETREAT

Where the jungle meets the beach on Banderas Bay near Puerto Vallarta, Mexico, you'll find this sparkling new eco-chic retreat center with open, thatched palapas, spa services, and resident yoga instructors as well as visiting teachers like Amy Ippoliti and Darren Rhodes. xinalaniretreat.com

Above: Maya Tulum welcomes visitors. Below: Yoga at Xinalani Retreat.



PHOTOS COURTESY OF MAYA TULUM (ABOVE) AND XINALANI RETREAT (BELOW)