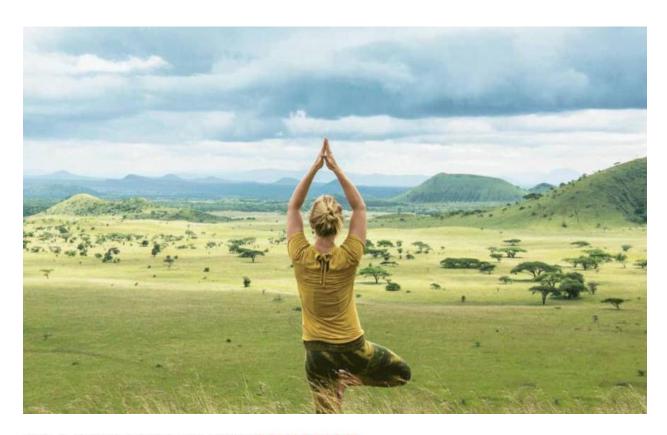


T&C ADVENTURES IN FITNESS

YOGA RETREATS

Because it's good to really take it to the mat.



DO A SAVASANA IN THE SAVANNAH

The deluxe safari lodge company **Great Plains Conservation** has just introduced Wild Studio Yoga Retreats. The four-day stays, based this year at the company's Ol Donyo property in Kenya's Chyulu Hills, combine classic safari adventures (game drives, horseback riding) with guided walking meditations in the bush and sunrise and sunset yoga sessions in an open tent with views of Mount Kilimanjaro. <u>GREATPLAINSCONSERVATION.COM</u>

SALUTE A COMEBACK IN THE CARIBBEAN

Jungle Bay, the beloved yoga retreat on Dominica that was shuttered for four years after two destructive storms, is back this June with a new name—Jungle Bay Eco Villas—at double the size (60 villas and two yoga studios) in a new part of the island. Renowned guest teachers, like New York City—based Chrissy Carter, and tasty island cuisine (e.g., blackened mahimahi with mango salsa and curry roti) remain the same, but everything has a new polish. JUNGLEBAYDOMINICA.COM

BRANCH OUT IN SRI LANKA

After traveling the world teaching her unique Quantum Yoga method, a customized practice rooted in the principles of ayurveda, Lara Baumann opened **Tri Lanka**, an 11-suite retreat on the north shore of Koggala, Sri Lanka's largest natural lake. Baumann personally tailors the classes, which are held in a treetop studio, as well as dosha-appropriate meals. You can branch out by biking the trails around the lake or playing a round of golf on, yes, a Sri Lankan air force base. TRILANKA.COM

STRIKE WARRIOR POSES IN PERU

As if trekking to the Inca stronghold of Machu Picchu weren't enough, Mountain Lodges of Peru has introduced a new eight-day yoga and wellness program. Set a goal upon arrival in Cusco; once you're on the trail, Ashtanga sessions get the blood flowing at sunrise, and restorative yin yoga winds you down at the end of the day. Workshops in topics like Andean superfoods and pranayama (breathing) techniques punctuate hikes. Overnights are at gorgeous community-run hotels from MLP's portfolio, as well as at eco-luxe lodges including Inkaterra Machu Picchu Pueblo Hotel. MOUNTAINLODGESOFPERU.COM

GO AU NATUREL IN THE FINGER LAKES

If this New York region's sleepy villages and lakefront gazebos don't instantly lull you into tranquillity, the "director of serenity" at the Inns of Aurora will take you there. A historic schoolhouse-turned-activities center anchors the four 19th-century guesthouses (recently restored by American Girl Doll founder Pleasant Rowland); there are Hatha classes in the wood-beam yoga studio, private ayurveda consultations, and guided