

■ Get Refreshed

# GREEN YOUR YOGA RETREAT

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PHOTO BY KODIAK GREENWOOD



**WHETHER YOU'RE LOOKING FOR A LUXURY ESCAPE OR A STRETCH OUTDOORS, THESE YOGA RETREATS ARE BOTH REJUVENATING AND ECO-FOCUSED TO HELP YOU REACH YOUR TOTAL OM.**

### **EL MONTE SAGRADO**

El Monte Sagrado in Taos, New Mexico is committed to luxury, while maintaining a commitment to sustainability. A self-sustaining ecosystem coined the Biolarium recycles water naturally to feed the fertile grounds seated at 7,000 feet above sea level. Visitors can walk through the Sacred Circle, an open space with tropical flora, sculpted waterfalls, and a trout pond to see the water system in action. Accommodations speak of the regional Native American heritage and culture, featuring décor reminiscent of adobe housing and work by local Taosño artists.

The grand elevation offers skiing at the Taos Ski Valley, a world class escape for those who want to hit the slopes. Unwind after your activities at the Living Spa where couple's massages work out the knots and private yoga sessions will stretch out any lingering stress. Other specialized programs include Facilitated Stretching to address chronic pain, Spiritual Rejuvenation using yoga asanas, pranayama and chanting, and Four Dimension of Human Kind incorporating slow conscious movements similar to Tai Chi. This is the place to reconnect in luxurious style.

*Rooms start at \$199 per night, spa packages are available seasonally.*



## BACK TO EARTH

Not all retreats need to have four star accommodations. Back to Earth is a bare bones wilderness adventure where guides lead a backpacking trek to ample open spaces in California's national parks. The signature program takes groups into Yosemite National Park to practice activities such as yoga, partnered acro yoga, dance, ecology and permaculture. Other pristine surroundings include the Sequoia & Kings national parks, Death Valley, and the very popular vision quest in Joshua Tree.

Instead of burning yourself out carrying heavy packs to your base camp, all your camping needs will be held at the retreat centers, farm or campground so that you can explore without a struggle. This camp is not about hot dogs or s'mores either—organic and locally sourced meals are prepared for you by Back to Earth's Organic Catering and Gather Restaurant. When you depart feeling attuned to nature, groups practice a "leave no trace" policy, or better yet, a "leave the land feeling even more beautiful than when you arrived" policy.

*Dates vary, five-day trips start at \$495.*

## BREITENBUSH HOT SPRINGS

This retreat and conference center is a reminder that some hippie communes stuck around well after the sixties. This retreat requires a minimalist mentality—leave the blow dryer at home (they aren't allowed) and don't be surprised when clothes are dropped at the natural outdoor hot springs. Breitenbush is not just sustainably focused, but "off the grid" allowing you to sleep easy about your carbon footprint, while surrounded by the dense forest of the Oregon Cascades. The compound is powered by the "largest privately owned geothermal facility" in the Pacific Northwest, as well as energy captured from a nearby river.

More than 150 workshops ranging from novice courses to partner acro-yoga will ensure any visitor can find a yoga program to increase their bliss.

After hiking on the property or meditating in the Inipi Ceremony sweat lodge, you will retire to intimate heated cabins, made from recycled wood or trees that fell naturally near the property. Breitenbush also encourages a community with organic, vegetarian meals made with other guests in shared kitchens. For anyone looking to escape from modern day complexities, this is a remote locale to de-stress and focus on your well being.

*Heated cabins go for \$200 a night, a spot in the dorm for \$62, which includes meals. [Breitenbush.com](http://Breitenbush.com)*

## COASTAL TREK

This active health retreat is not designed for lounging by the pool. Instead, guided hikes through evergreen covered valleys and sunrise yoga sessions are your daily activities. This wellness focused retreat center offers personal programs—a maximum of 12 guests at any time—that explore the unspoiled wilderness of Vancouver Island near British Columbia. Daily hikes are customized based on guest's interests and fitness levels. Guides roam through valleys and alpine meadows with breathtaking views of surrounding mountains peaks and crisp lakes.

Daily guided cooking classes using locally sourced and organic foods insures you will walk away well fed, and with new recipes. Of course, it's not all work, thanks to the spa center where you receive massages included with your visit. In case the scheduled activity isn't enough, you have the option to try your hand at salmon fishing, ocean kayaking or unwind with a visit to local farms and wineries. Designed to feel like a vacation with relatives, Coastal Trek is the right environment to focus on a healthier self.

*Packages are available for 3 night, 1 or 2 week options, prices start at \$1295 for an individual, \$2195 for a couple.*





### POST RANCH INN

For someone that prefers yoga with a view, the Post Ranch Inn showcases the legendary landscape of Big Sur, CA through organically-laid architecture and accommodations jutting off steep cliffs. Wake up to daily, complimentary yoga overlooking sweeping views of the Pacific. That is except for Tuesday morning, when meditation is the preferred method to re-center. Guided nature hikes explore the quiet wilderness that is kept as a habitat for the area's endangered Smith's Blue Butterfly and California Condor. Stargazing in the clear night sky allows you to really appreciate the secluded location, where locals have cherished the scenery for generations.

Located just off the historic Pacific Coast Highway, guests choose between views of the Pacific, the dramatic Santa Lucia Peaks, or an intimate view of dense redwoods from rooms as unique as the surroundings. Take the tree houses that are suspended on nine-foot stilts, rekindling fantasies of childhood. Or opt for the expansive, three story Butterfly Rooms shaped like its winged namesake. These luxurious spaces are built from sustainable materials and use solar power. To take the rejuvenation to new heights, the nearby Esalen Institute offers self-improvement workshops and Cliffside soaking tubs fed from natural hot springs, so you feel as if perched at the edge of the world.

Rooms start at \$595 a night. [Postranchinn.com](http://Postranchinn.com)

Post Ranch Inn

