



UNEXPECTED YOGA VACATIONS AROUND THE WORLD

A yoga retreat may be just what you need to jumpstart your practice and reset your spirit. Discover five unexpected travel spots to fine-tune your sun salutations.

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When office stress hits 10 and your personal life isn't far behind, you need a place to go to seriously unwind. And now, that surf-and-sun all-inclusive isn't going to cut it this time. What you need instead is a Zen-filled, nature-inspired, calming atmosphere where your soul is pampered just as much as your palate. It's no wonder, then, that yoga vacations are proliferating. But how do you know which one is best for you? Find something that matches your ability level (it's probably smart to avoid a headstand convention if you're still an inversions beginner), and then let your wanderlust be your guide. Rev your trip planning inspiration with these yoga vacations.

STAY HERE: RANCHO LA PUERTA

Where: Tecate, Mexico



What to expect: Skip the touristy beach destinations and head for the gardens, mountains, and meadows of Tecate. Just an hour's drive from San Diego, the town is known for its eponymous beer as well as one of the world's first fitness resorts where a robust roster of classes includes Yoga Sculpt, Candlelit Yoga and Rejuvenation. Go even deeper into your inner journey with chants, meditation hikes, lent dinners, sound healing and walking rituals in the open-air labyrinth.

Pack it: Bring clothes you can walk, hike and lounge in, like this [cozy cardigan](#) and [loose cropped pants](#).