

well defined

Exciting Yoga Experiences for International Yoga Day and Beyond

Julie Keller Callaghan

June 18, 2021



A fun International Yoga Day experience at Carmel Valley Ranch is Hilltop Yoga, which includes a hike to the picturesque Yoga Platform.

June 21 is International Yoga Day, a celebration of the physical, mental, and spiritual benefits of the practice that has taken place annually since 2015. Across the world, hotels, resorts, and retreats have embraced this auspicious day with enticing and unique yoga offerings. Many offer special experiences on June 21 that allow guests to celebrate, both on-site and virtually, while others mark the occasion with exciting offerings that can be enjoyed all year round.

Among the highlights:

Morning Yoga: Rise & Shine Flow at [MacArthur Place Hotel & Spa \(Sonoma, CA\)](#)

With the goal of creating wellness for its Wine Country guests, MacArthur Place is offering a weekly Morning Yoga: Rise & Shine Flow class led by certified yoga instructors Jes Williams, Andrea Bogart, and more, to kick start the morning and inspire a day filled with

intention and ease. Held outdoors on the iconic Sonoma property's West Lawn, the energizing vinyasa class is complimentary for hotel guests and \$10 for Sonoma locals. Those celebrating International Yoga Day from home can tune in [here](#) for a complimentary digital Yoga Session with Andrea Bogart's all-levels vinyasa yoga classes, which thread together a mindful flow linking breath to challenging poses, with an emphasis on intention, alignment, strength, balance, and just letting go during this difficult time.

Online Yoga with [The Art of Living Retreat](#) (Boone, NC)

Celebrate the International Day of Yoga with The Art of Living Retreat. On June 21, from 7:30 to 9:30pm EST, Girin Govind, Dinesh Kashikar, and Swami Paramtej will be celebrating yoga with a two-hour online session that will include 108 sun salutations, wisdom, and meditation.



Esperanza is celebrating International Yoga Day with its Flow & Restore package.

[Flow & Restore Yoga/Massage Treatment at Esperanza, Auberge Resorts Collection \(Los Cabos, Mexico\)](#)

The energy at Los Cabos' only private beach resort is unmatched. The resort will be celebrating the holiday with a two-hour dynamic yoga and spa treatment. Harmonize your body and elevate your wellbeing with Flow & Restore (\$305), a private yoga session in the treatment room followed by a full-body massage.

[Sunrise & Sunset Yoga at Chileno Bay Resort & Residences, Auberge Resorts Collection \(Los Cabos, Mexico\)](#)

Guests of the chic resort can begin or end International Yoga Day with complimentary group yoga sessions from dawn to dusk. Embark on a sunrise flow at Mirador Point overlooking the Sea of Cortez, or relax with a sunset session at the kids' pool as the fiery colors of the sun reflect off the water.

Wine Yoga at La Concha Resort (San Juan, Puerto Rico)

This Caribbean playground for detox and retox is home to an exclusive hatha yoga class, Wine Yoga (\$175 for six people, 60 minutes). The resort's spiritual guru, Virna Flores, takes guests through a wine tasting paired with a mindful flow that stimulates the senses. The dynamic combination of asanas (postures), pranayamas (breathing techniques), and wine guide the body to follow its own balance and release.



Mayflower Inn & Spa is offering a variety of options for International Yoga Day.

Mindful Movement at Mayflower Inn & Spa, Auberge Resorts Collection (Washington, CT)

Escape to this idyllic countryside retreat to learn the art, science, and language of yoga at its holistic wellness destination, **THE WELL at Mayflower Inn**. On International Yoga Day, guests can empower themselves through an athletic, vinyasa-based class; a transformative alignment-focused class; or simply enjoy a while gazing out at the Shakespeare Garden and soaking up the sun.

Free Flow Night at Mountain Shadows Resort Scottsdale (AZ)

This desert icon with roots in 1950s modernism and history invites guests to its Free Flow Night on the evening of June 21 from 6:30 to 7:30 p.m. to enjoy a complimentary free-flow yoga class in the shadow of Camelback Mountain. The resort's scenic lawn provides the perfect backdrop to wind down from the day while practicing downward-facing dog.

Private Yoga Sessions at Hotel Valley Ho (Scottsdale, AZ)

On International Yoga Day, guests can partake in a private yoga session that will restore both body and mind by focusing on movement, mindfulness, and prana. With various scenic and calming areas at Hotel Valley Ho, guests can choose from a sunrise session on the Sky Line Rooftop to dusk downward-facing dogs on the lush Palm Court or an indoor session for the perfect personalized practice. (\$75 for one-hour session, plus \$20 per additional person).

Endless Wellbeing at [Eden Roc Cap Cana \(Dominican Republic\)](#)

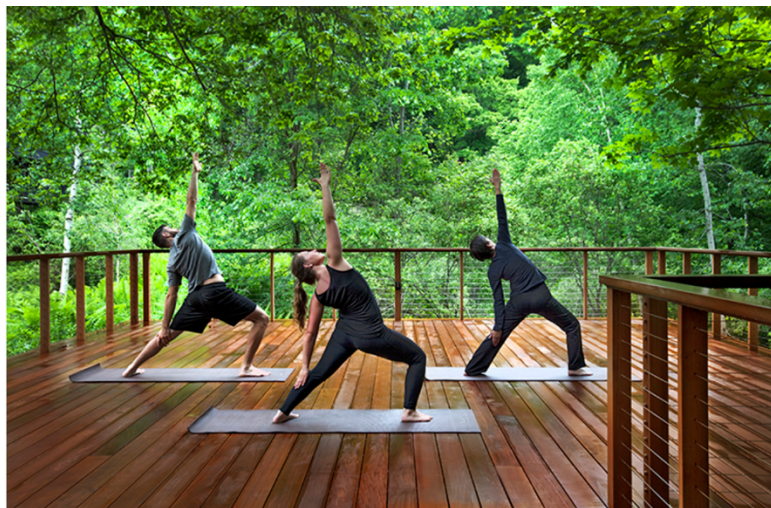
New for 2021, guests can now take advantage of the property's Endless Wellbeing program. When participating, guests will be guided by the property's Wellness Concierge, who will customize the program for their specific wellness, fitness, dietary and mental-health goals and needs. In addition to overnight accommodations in one of the property's wellness suites that includes customized in-room aromatherapy and an in-room fitness kit, as well as a personalized menu at all F&B outlets, the program will feature a variety of customized activities and classes such as yoga, meditation, aeroyoga, healthy cooking classes, and a consultation with the property's natural medicine guru.

Sunset Yoga + Stargazing at [ADERO Scottsdale, an Autograph Collection hotel \(Scottsdale, AZ\)](#)

ADERO Scottsdale will host a complimentary Sunset Yoga + Stargazing session on the newly launched SkyTop Lawn on June 21 in honor of International Yoga Day. Following the one-hour flow, the resort's on-property "Star Dudes" will use state-of-the-art telescopes to explore the significance of the celestial changes that begin with the official start to summer. ADERO Scottsdale's position allows for the best stargazing, and guests are able to experience the stars first-hand atop the SkyTop Lawn. Guests can then raise a glass to the new season and post-yoga sweat with ADERO's new Astro-inspired cocktails, including the StarGazer and Dark Sky.

Free-Flow Yoga at [Mountain Shadows Resort Scottsdale \(Paradise Valley, AZ\)](#)

On International Yoga Day, the resort will host a complimentary free-flow yoga class on the expansive, scenic lawn that offers views of Camelback Mountain starting at 6:30 p.m. The property also offers Moonlight Yoga, where guests can practice under the stars at various times throughout the year.



Guests can enjoy a variety International Yoga Day experiences on the outdoor yoga deck at Twin Farms.

Outdoor Yoga at [Twin Farms \(Barnard, VT\)](#)

Offering an array of outdoor pursuits nestled on 300 acres in Vermont's Green Mountains, the property offers guests a chance to immerse themselves in the natural woodlands while finding inner peace on International Yoga Day and beyond. Taking place on the incredible outdoor yoga deck, the luxurious all-inclusive property offers numerous yoga styles—gentle flow yoga, SMR foam rolling, core balance stretching, and strength training for a full body experience. The best classes happen at sunrise, where guests can watch the incredible colors of the sun bounce off the trees while they find inner harmony.

Sunrise + Sunset Yoga at [Sugar Beach, A Viceroy Resort \(Soufriere, St. Lucia\)](#)

Set within more than 100 acres of pristine rainforest, Sugar Beach, A Viceroy Resort, offers a wide variety of activities to create a wellness experience by the Caribbean Sea. The resort offers personal training sessions including private Sunrise + Sunset Yoga and Mat Pilates offered in private villas based on guests' fitness requirements and preferences.

Yoga on the Bluff at [Alila Marea Beach Resort Encinitas \(San Diego\)](#)

This luxury resort offers daily morning wellness experiences that are complimentary to all guests. During each stay, the property offers Yoga on the Bluff, which allows guests to begin the day with a tranquil yoga session accompanied by the therapeutic melody of the waves below.

Morning Yoga at [Edgewood Tahoe \(Lake Tahoe, NV\)](#)

With a morning après-sleep cart, daily yoga, meditation, and wellness-forward spa treatments, Edgewood Tahoe is the ideal destination for a yoga-focused getaway. Guests can start their day with a blue-sky namaste courtesy of Still Water Yoga Lake Tahoe on the property's outdoor event lawn. This complimentary experience is offered every morning from 8:30 to 9:30 a.m. and is suitable for all levels of yoga experience.

Yoga Nidra at [The Ritz-Carlton, Amelia Island \(FL\)](#)

The property offers Yoga Nidra, an ancient practice that is often referred to as “yogic sleep.” During Yoga Nidra, practitioners set an intention and remain in savasana (corpse pose) for the entire class while an instructor offers direction on the five layers of self. Practitioners move into a state of conscious sleep and leave feeling restored, de-stressed, well rested, and aware. In fact, an hour of Yoga Nidra can be as restorative as three to four hours of sleep.

Mellow Yoga at Rancho Bernardo Inn (San Diego)

The property is inviting yoga enthusiasts of all levels to relax and find balance on International Yoga Day amid its 265-acre luxury resort. Guests can take advantage of extensive fitness programs, including Mellow Yoga in the stunning and serene Santiago Courtyard. Classes incorporate yoga postures, gentle movement sequences, breathwork, supported silent meditation, and guided relaxation to support increased awareness and mindfulness.

Yoga at Surf & Sand Resort (Laguna Beach, CA)

Surf & Sand satisfies all yogis' needs with complimentary beachfront fitness led by some of the destination's finest yoga gurus and wellness experts. Offering a variety of classes like Yoga, Core Conditioning, Gentle Stretch, Beach Boot Camp, Abs & Glutes, and more, there's something for everyone to celebrate International Yoga Day this year at Surf & Sand.



Guests at Rancho La Puerta can enjoy an array of yoga experiences on International Yoga Day, including a morning hike with sunrise yoga.

Yoga at Rancho La Puerta (Tecate, Mexico)

Rancho La Puerta provides a luxurious wellness experience, offering guests a unique reawakening and spiritual mental escape. Set on 4,000 private acres of gardens, mountains, and meadows, guests are invited to enjoy more than 80 fitness classes and a selection of diverse yoga programming, from multiple skill levels, fundamentals, restorative, sunrise, aqua board, and more. Offering all-inclusive healthy spa cuisine and minimal Wi-Fi and cellular reception, The Ranch is the ultimate retreat for guests to disconnect from the world and reconnect with themselves while honing in on their practice, flexibility, and technique this International Yoga Day.

Yoga at Halepuna Waikiki (Honolulu, HI)

Long ago, Waikiki was home to healing springs, a destination where Hawaiian nobility would take to the warm natural springs of Loko 'O'o, "The Lake that was Pierced," to heal

their minds, bodies, and spirits. On the same historic grounds where nobility once gathered, Halepuna Waikiki offers guests the chance to connect with their senses and the spirit of relaxation and escape. With daily complimentary wellness classes, guests are invited to use their bodies and let their worries wash away with a selection of classes from morning stretching and qigong to meditation and tandem yoga.

Serenity Yoga Pavilion at Rancho Valencia Resort & Spa (San Diego)

Rancho Valencia Resort & Spa invites yogis of all levels to unwind and treat themselves for International Yoga Day. A 1,000-square-foot Serenity Yoga Pavilion welcomes all guests, playing host to extensive fitness programs with a variety of classes and events led by renowned fitness and wellness professionals. It is also equipped to offer Hot Yoga. The tranquil space features a floating dock for the instructor and evokes a Zen-like atmosphere with serene décor and natural interior elements. Classes range in intensity from Gentle to Sculpt to combination classes such as Yoga Barre and Ballet Sculpt, and each class is followed by a complimentary cold-pressed wellness juice delivered right to your mat at the pavilion.



Beach Yoga at The Del is complimentary for guests on International Yoga Day and every day.

Beach Yoga at Hotel del Coronado (CA)

Yoga offers something for every person in every walk of life, and at The Del, yogis of all backgrounds are invited to take their practice to the warm sand of Coronado Island with a beachfront yoga class. With notes of the sea breeze lingering and the sound of the Pacific waves crashing, finding inner Zen is made easy at The Del. Beach Yoga at The Del is complimentary to all guests and \$25 for those visiting.

Hilltop Yoga at Carmel Valley Ranch (Carmel, CA)

Carmel Valley Ranch is situated on 500 wild acres in the foothills along California's Central Coast near Big Sur and Monterey with plenty of room and activities to explore. Yogis are welcome year-round with the Hilltop Yoga experience, which starts with an invigorating

hike to the Yoga Platform, which gives way to breathtaking views of the Santa Lucia Mountains. Additionally, Yoga Power Flow and Restorative Yoga add to the impressive roster of programming, perfect to celebrate International Yoga Day.

Yoga at [Ventana Big Sur \(CA\)](#)

Ventana Big Sur is a place for exploration both outside and within. Each morning, the resort offers a complimentary yoga class to help guests greet the new day and awaken fully in mind, body, and spirit, surrounded by the vast and wondrous beauty of Big Sur. Guests can reserve their space with the Leisure Concierge. In addition, guests can retreat to the forest to further quiet the mind and find balance. Join instructors under a protective canopy of redwoods for a time of reflection and mindfulness, both on International Yoga Day and all year.

Beach Yoga at [Waldorf Astoria Monarch Beach Resort & Club \(Dana Point, CA\)](#)

On International Yoga Day, guests can enjoy an ocean-air seaside experience with Beach Yoga. Stretch to the sound of waves crashing on the rocks during this relaxing session on the sand at Monarch Bay Beach Club at 3 p.m. This coastal oasis will calm the mind, body, and soul while guests feel the ocean breeze as they dip into their downward-facing dog.



Guests at Keystone Resort can practice outdoor with the [Align In The Pines Summer Yoga Series](#).

Align in the Pines Summer Yoga Series at [Keystone Resort \(CO\)](#)

Surrounded by thousands of acres of forest greenery, expansive open spaces, and fresh mountain air, there is no better place for yogis of all levels to enhance their practice than at Keystone Resort's [Align In The Pines Summer Yoga Series](#). This series of outdoor yoga classes at the base of Keystone Resort enables practitioners to find their flow under a canopy of Aspen leaves and embrace their mountain mindfulness through one-hour flows every Tuesday morning and Thursday evening this summer. An hour on the mat surrounded by unrivaled mountain views is sure to refresh yogis both spiritually and mentally.

Summer Fitness Series at Halcyon, A Hotel in Cherry Creek (Denver)

Wind down during happy hour with HALCYON's Summer Fitness Series, set on the hotel's Rooftop Deck on Mondays starting at 5:15 p.m. Guests can set their intentions for the week ahead while watching the sun set over the Rockies, led by one of Denver's premier fitness studios, TruFusion, alternating between vinyasa and fit flow.

Yoga Experiences at The Meritage Resort and Spa and Vista Collina Resort

These sister Napa Valley properties are offering a variety of offerings for International Yoga Day and beyond. On June 19, yoga enthusiasts can participate in **Yin Yoga**, a quiet, meditative practice that incorporates long, deep holding of passive poses. Using mindful muscle relaxation, yin postures target the connective tissue, nourishing joints, ligaments, and fascia, promoting the healthy flow of chi. June 25 to 27, guests can enjoy a respite combining wine and wellness at the **Moondance Napa Wellness Weekend**. Attendees can choose a plethora of modalities of soothing self-care from a healing drum circle, morning yoga on the property's vineyards, Brazilian dance class, celestial check-ins, to a reflective meditation, all while enjoying wine tastings and specially prepared meals. Every Saturday, spa guests can participate in a **vineyard yoga hike**. Guests can enjoy a 1.5-mile hike through the vineyard ending at the "Crusher" Statue atop the hill, which also offers a perfect photo opportunity. Following the hike, participants will be led down to the vineyard deck while taking in the panoramic views of Napa Valley where they will partake in sun salutations, stretching exercises, breathwork, and meditation.

Shin Shin at Brewery Gulch Inn (Mendocino, CA)

The **Shin Shin** Integrated Mind-Body Experience (\$350 per person) takes place over a half day and features a yoga session, a lesson in formulating the optimal herbal tea for an individual's needs, a healthy lunch prepared by the Inn's chef, and a forest-bathing session followed by downtime and dinner.

Yoga at The Inn at Newport Ranch (Fort Bragg, CA)

The property's new Redwood Spa features a number of offerings, including Tuning Forks Vibrational Therapy, Polarity Energy Balancing, Sound Healing, Drum Journey, and Medicine Songs, and All Rhythms Yoga, which uses techniques from Qi Gong, Tibetan Yoga, and Energy Medicine to activate, balance, and nourish your entire body.