

Article for EcoTourlinQ ecotourism company (US English)

Eco-friendly Yoga Retreat Round-up

Is the pace of life leaving your body aching and energy levels low? Perhaps you are dealing with illness and keen to explore holistic healing, or perhaps you know first-hand the benefits of a yoga vacation.

We have selected six eco-friendly yoga retreats in North America, South America and Europe that offer just the ticket for restoring body and mind, leaving you refreshed and energized.

In tranquil locations surrounded by nature, you can soothe your mind with meditation, ease muscular and joint stiffness with yoga, and enjoy naturally-produced organic food free from toxins.

Here are six yoga retreats to consider, each one with a unique appeal.

Costa Rica – Luna Lodge, Osa Peninsula

Located in the lush Osa Peninsula on Costa Rica's southeastern Pacific Coast, this eco-lodge offers breathtaking views of a tropical rainforest. You can choose to stay in a bungalow, a hacienda, or a platform tent depending on your budget and comfort needs.

Yoga sessions for all abilities include Vinyasa, Core, Yin, Restorative, Kundalini and Ashtanga. There are massage and energy treatments available to stimulate your immune system and detoxify your body.

The on-site restaurant serves both local and international fare with an emphasis on home-grown organic fruits and vegetables. You can request vegetarian, vegan, gluten-free, and raw meals.

Luna Lodge is next door to the Corcovado National Park, and you can opt to take a guided tour during your stay. The park is home to wild animals that include the harpy eagle, tapir, and endangered jaguar.

There are other amazing nature activities to consider, and you can learn more here: <http://lunalodge.com/>

Spain – Suryalila Yoga Retreat Centre, Cadiz

A renovated olive farm surrounded by fields of sunflowers, rolling hills and mountains in the distance is the setting for this holistic getaway. In typical Spanish style, eight guest houses form a courtyard filled with orange and lemon trees. The daily yoga classes are given in state-of-the-art facilities. Meals are served banquet-style with gourmet veggie and vegan options. Gluten-free is also an option upon request.

Dedication to sustainable living is evidenced by Suryalila's organic farming methods and an on-site project to educate both local residents and guests about permaculture.

Daily yoga practices include Vinyasa Flow, Yin, and Restorative with options for all levels.

For adventure-seekers, there are canyoning, bicycling, and hiking opportunities. You can even take part in Spanish-language lessons!

For more information click here: <http://suryalila.com/>

Croatia – Suncokret Body and Soul Retreat, Hvar Island

On a sun-drenched island, you will find this retreat in a 12th century hamlet amid vineyards, olive groves, and lavender fields. Accommodation is rustic chic, a home-from-home experience popular with women. Guests have their own rooms and share communal lounges and life stories.

Daily Sadhana sessions are suitable for all levels, including guests with physical, mental, or emotional challenges. Prior basic exposure to yoga or body-mind-spirit practices will help you benefit fully from the yoga immersion program.

Organic spa treatments, holistic energy and healing therapies, and life empowerment programs are also offered. Nutritional nourishment is vegetarian, using local or home-grown organic ingredients. In the community living spirit, guests can help pick garden produce!

You can explore local history and culture with tours to art galleries, museums and churches, vineyards, and beaches.

You can find out more here: <http://suncokrethvar.wixsite.com/bodyandsoulretreat>

France – 7-day nature escape in Haute-Provence

Set in the Haute-Bléone valley in the foothills of the Southern Alps, this retreat is off the beaten track with spectacular mountain and valley views.

Guests stay in eco-chalets constructed in wood from sustainably managed forests, or yurts made from ephemeral material and lit by solar lamps.

Catering for all levels, Hatha yoga sessions are adapted to suit the group. Warm-up exercises prepare the session with relaxation or meditation exercises to finish.

Included in the trip, guests are guided on daily hikes on mountain paths with breathtaking valley views. Enjoy a picnic lunch before returning for a yoga session and homemade dinner. Meals are vegetarian, as well as fish, prepared with natural, regional and seasonal produce.

This hiking-yoga trip, popular with German-speaking guests, is offered on three dates a year in June and August.

To learn more, click here:

<https://www.france-ecotours.com/en/adventure-travel/yoga/yoga-and-hiking-in-haute-provence.html>

Mexico – Maya Tulum Resort, Tulum

Turquoise sea, white sand and seclusion is the ideal setting for this yoga retreat on the Yucatan Peninsula in the Caribbean.

Cabanas with roofs thatched from palm fronds provide light and airy accommodation close to the sea. The restaurant serves authentic Mexican dishes, mostly vegetarian, as well as fresh seafood.

For beginners to experienced practitioners, Maya Tulum offers yoga classes in Hatha, Vinyasa, Iyengar, and SUP yoga methods.

Unique spa treatments based on centuries-old Mayan healing practices begin with a purifying ritual using *copal*, a Mayan sacred tree resin, to harmonize body, mind and spirit. Bodywork includes holistic massage, Reiki, and Shiatsu.

Tours are available to the nearby reef for snorkeling in an underwater paradise of colorful fish and coral, and to the impressive Mayan ruins at Tulum and Coba.

You can find out more here: <https://mayatulum.com/about-maya-tulum/>

USA – White Lotus Foundation Retreat Center, California

In a canyon setting on 40 acres of ancient forest, the retreat has a special location with pure air, spring water, swimming holes, and seclusion for silent meditation.

The center offers in-depth yoga training for instructors and anyone wanting to learn lifelong yoga practice. Programs encourage an earth friendly and world community perspective. Beginners through to experienced yoga practitioners can choose programs in all aspects of yoga.

The majority of students share yurts, or you can pitch your own tent under the bay trees, near the waterfall, or overlooking the Pacific Ocean. Gluten-free vegetarian, and predominantly vegan, meals are served in a communal dining room.

With the emphasis on immersion in yoga and nature, guests tend to stay on site, but there are amazing hikes in the nearby Channel Islands National Park.

For more information click here: <https://www.whitelotus.org>

A stay at one of these eco-friendly yoga retreats could be a transforming experience towards living your most fulfilling life. The only problem is how to choose between them!