



MARCH 9 – 15

Blissful Renewal

Join acclaimed nutrition expert, author and yoga instructor Shayna Hiller this March at the tranquil Alila Villas Soori for an exclusive retreat. Taking place from **March 9 – 15**, the Bali Bliss Yoga, Nutrition & Wellness Retreat is designed to help participants achieve new depths of body and mind connection through daily yoga classes, breathing meditation, nutrition and wellness sessions as well as a unique culinary excursion. Two complimentary experiences at the Spa Alila are included to complete the rejuvenating retreat. On the Culinary Journey, guests will visit a local market and learn about the local food, culture and how to prepare healthy cuisine with Hiller and Alila's chef. www.alilahotels.com

APRIL 25 – MAY 1

Tuscan Adventure

A week of cultural discovery, yoga and meditation awaits you in the heart of Italy. Explore the natural and historical landscapes of Tuscany as you follow Yala Collective on an adventure combined with relaxing and cleansing spa experiences from **April 25 – May 1**. The eventful programme covers visits to Siena, the famous thermal Spa of Bagni Vignone, the Etruscan Necropolis of Sovana and the natural reserve of Pigilieto. In addition to yoga and meditation sessions, participants will enjoy a range of activities, such as an Italian cooking class and movie night. www.yalacollective.com



APRIL 26 – MAY 2

Ibiza Escape

Overlooking the rural Sant Agusti valley on the island of Ibiza, The Chettinad Wellness Centre offers the perfect setting for a serene retreat. From **April 26 – May 2**, join Nectar Yoga and Mirella Saraswati at this beautiful location for their Ibiza Yoga Detox Retreat. In the morning you'll participate in guided morning meditation as well as asana and pranayama classes in the centre's yoga dome. After breakfast, you can choose to get a spa treatment or join a local excursion until the afternoon yoga session. There'll also be three nutrition lessons, three lectures and group discussions on yogic topics, as well as an introduction to gratitude journaling and daily reflections. www.mirellasaraswati.com



MARCH 23 – 31

Balinese Journey

Magnify Your Light Retreats launches another Naam yoga and meditation retreat for clarity, healing and expansion (**March 23 – 31**). Led by Anastasia Williams, the Dreams Come True course in the tropical forests near Ubud, Bali, blends a week of yoga, organic meals, inspirational workshops as well as spa treatments and massage to offer effective tools to shift your habits and tendencies. Each day will begin with morning meditation and Naam classes and end with an evening Shakti Naam Yoga and Restorative Healing Meditation session. A final evening Naam celebration and farewell dinner will conclude this enlightening retreat. www.magnifyyourlightretreats.com



MAY 28 – 31

Weekend Getaway

Spend a weekend on serious yoga studies, a relaxing massage and cultural exploration to awaken your body and soul this spring (**May 28 – 31**). Taking place in a luxury private villa just 15 minutes outside of Marrakech, Morocco the True Potential yoga retreat is organised by Yoga by Candace. Both beginners and seasoned yogis are welcome to join the five themed yoga workshops led by Candace Moore. She will also offer optional blogging workshops throughout the weekend, covering topics such as social media strategy and photography tips. Don't miss the one-hour massage also included in the retreat.

www.yogabycandace.com



MARCH 13 – 15

Yogic Inspiration

Victor Chau and Claudia Whitney team up to launch a Weekend Mentorship Workshop in Hong Kong from **March 13 – 15**. If you're a yoga teacher seeking to develop your instructing skills or your teaching career, this workshop is created for you. Providing guidance on how you can define your personal goals and conquer your limitations, the programme aims to help participants improve their confidence, knowledge and discover their unique voices as teachers. If you can't join the workshop, Chau will host another yoga retreat from April 2 – 7 in Koh Samui, Thailand. www.avocadodevelopment.com



APRIL 25 – MAY 2

Total Cleanse

Dedicated yoga teacher Irina Verwer will be leading a unique retreat from **April 25 – May 2**, created for those looking to de-stress and get re-energised by cleansing through delicious foods and healing yoga classes. The La Vita è Bella Yoga Retreat takes place in a 17th-century *masseria* (farmhouse) called La Rosa dei 4 Venti, situated in the countryside in Apulia, Italy. Through the meditation and yoga classes, participants will learn to reconnect with their body and let go of old patterns. Guests will enjoy plenty of free time to go hiking, read a book or simply enjoy the sunshine. www.globalflow.org

MeditationCalendar



APRIL 18 – 25

Mind Detox

Designed to uncover all the blockages in our body, mind and soul, the Light in Body & Heart: Radical Detox Retreat will feature high-prana, organic cuisine and detox yoga classes led by renowned yogis Eoin Finn and Insiya Rasiwala-Finn. From **April 18 – 25**, visit the stunning eco-retreat centre Desa Seni in Bali for this amazing workshop. Guests will take part in meditation, beach walks and workouts, as well as daily Blissology Discussions to reduce toxic thoughts. Additional activities include surfing or ocean immersion and healing Balinese massage. At the end, you'll go home with a more positive attitude and a lightened heart.

www.blissology.com

APRIL 30 – MAY 3

Himalayan Retreat

Take a break from the stressful city life and escape to the Himalayas for a few days of transformational experience. Held from **April 30 – May 3**, Qi Retreats' Rejuvenating Yoga Retreat in Nepal combines meditation, yoga, cleansing and detox, organic vegetarian meals and spa to offer a relaxing experience. You'll hike to the UNESCO World Heritage temple of Changu Narayan and visit the Nagarkot view tower at 2,150 metres above sea level to enjoy breathtaking views of the Himalayan peaks. This is a spiritual place where you can regain the connection between your mind, body and soul. www.qiretreats.com

APRIL 27 – MAY 1

Inner Transformation

Allow yourself the time to tend to your inner workings at the Mindfulness & Ashtanga Yoga Retreat in Andalucía, Spain (**April 27 – May 1**). Join Ramona Rouhdoust on this journey of change and clarity as she helps you address the known and hidden habitual patterns of perception and behaviour. Including over ten hours of ashtanga yoga and five hours of guided meditation, the five-night retreat will explore and awaken the real and deeper meaning of fulfilment in life. www.take15.eu

