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Healing *lifestyles & spas*

Featuring: Kalani Oceanside Retreat

YOGA INSPIRATION

by Talia Goldenberg

GRAB YOUR MAT. THESE TEN LOCATIONS ARE SURE TO GET YOUR HEART PUMPING FROM YOUR EARLY MORNING PRACTICE TO YOUR NIGHTLY OM.

AT THESE FABULOUS
YOGA RETREATS,
YOU'LL FIND YOUR
INNER PEACE.



Kalani Oceanside Retreat

Big Island, HI

Awaken to your beachside view nestled beneath the palm leaves of Monkeypod trees in your personal tree house. Kalani's island retreat provides the lush setting to enhance or nurture your yoga practice. The retreat center offers a variety of yoga

practices, including a year-round Introduction to Yoga workshop that brushes you up on the basics or a Yoga Escape for die-hard mantra seekers. At the sound of the conch shell, guests gather at an open veranda to savor the delicious menu, featuring seafood, vegetarian, and vegan dishes. Complete your day with hula lessons, traditional lauhala weaving, or a ritualistic sweat ceremony in a lodge reconstructed from lava rock. (800) 800-6886, www.kalani.com

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