

It's All About YOU

Edited by Sharon Walker

Inspiration for head,
heart and soul

Peace be
with you

Harpers presents
an essential guide
to the world's best
yoga retreats

FOR LUXURY

Uma Ubud, Ubud, Bali

In a lush river valley outside Bali's cultural centre, Ubud, Christina Ong's latest hotel is a temple to serenity: there are few more inspiring places in which to unwind. Ong's minimalist chic is remarkably effective, creating an airy, cool and exquisitely stylish environment. Every detail conspires to put you in a calm frame of mind, from the scent of tuberose hanging in the air and the mesmerising Koti ponds to the gentle manner of the staff.

Daily hatha yoga classes are held in the open-air pavilion by Frank, a German yoga veteran of 10 years who has taught in some of London's chicest yoga venues. Check in with the hotel's resident ayurvedic doctor to be assigned a spa programme that will complement your constitution or *dosha*. The special treatments are first-class, and the addictive Shambala



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aromatherapy blends are some of the best available. Balinese massages are followed by therapeutic ginger tea, and the dining room serves modern Indonesian food and nutritious, calorie-light choices.

What to expect Holistic luxe. There's daily group yoga in the mornings, but private sessions are available at about £25 an hour. Uma Ubud also provides week-long yoga retreats led by world-class teachers.

Mind, body or soul? There's more soul-searching than you'd expect. 'The physical gets you in balance so you can work on the internal – the real stuff of yoga,' says Frank.

Details NYC Classics (01244 355310) offers seven nights in a terrace room, including breakfast, flights and transfers, from £1,096 a person, based on two people sharing.

FOR AN ENERGY BOOST

Oberoi Udaivilas, Udaipur, India

The Oberoi Udaivilas is a replica of a royal palace, complete with fountains, pavilions and magical scenery. The monsoon season, which runs from June to September, is considered the most spiritually enriching period in the Indian calendar, a time of rebirth and rejuvenation when the body is at its most supple and when the most benefit can be gained from yoga and spa treatments.

If you sign up for the Monsoon Yoga retreat, you can stay at a number of other Oberoi hotels, taking your ayurvedic health programme with you. Visit Agra or Jaipur, finishing at Wildflower Hall in the foothills of the Himalayas.

What to expect Morning and evening yoga, and consultations with an ayurvedic doctor.

Mind, body or soul? A little of each; you'll learn the basics of yoga and meditation.

Details Eight-night Monsoon Yoga retreat costs from £1,499 a person, including flights and 50 per cent off all spa treatments, with Greaves Travel (020 7487 9111).

FOR SPIRITUALITY

Shreyas, Nelamangala, Bangalore, India

Billing itself as a luxury retreat with soul, Shreyas is designed for reflection and rediscovery of the self through yoga. It was the idea of a former New York banker who loved the ashram concept, but not the spartan living conditions. Accommodation is in luxury tents or pool cottages. No alcohol is allowed, smoking is restricted to certain areas and the food is vegetarian.

What to expect A psychic overhaul. Discover the philosophical traditions of India without delving into the organised religious aspect.

Mind, body or soul? This is a place for calm reflection, which pledges to help you 'connect with your inner core'.

Details Shreyas (+91 80 27 73 71 02; www.shreyasretreat.com), from £1,000 a person a week with Lotus Journeys (020 8965 5227).

FOR DETOX

In:spa, Es Cacoons, Santa Agnès, Ibiza

With six venues to its name, In:spa is now bringing its distinctive blend of health and hipness to Europe's party island. This is the place to come for a gentle detox after a debauched spree. In:spa locations are more intimate and



VIEW FINDERS
Yoga overlooking the valley at In:spa in Ibiza



WATER, BABY
Clockwise from below left: landscaped gardens at Uma Ubud, Bali. The pool at Uma Ubud, Shreyas, India