

# book : worm

For your coffee table, bag or bookcase,  
Jo Gardner rounds up the latest lifestyle reads

*on the coffee table*



## Great Yoga Retreats

Yoga guru Angelika **Taschen** travelled the world to find the best retreats around, with the results beautifully presented here. From Bhutan to India, Tuscany to Mexico and New York to Spain, this glossy book is a coffee table must — providing, that is, your coffee table can take the strain of the weighty 317 glossy pages complete with hardback cover.

The book is divided into four sections according to region and begins in the birthplace of yoga

— Rishikesh, India — before taking readers on a colourful journey through the rest of Asia, moving onto Europe, North America, Central America and South America.

Descriptions are short and concise — allowing the images to do the talking — and are provided in three languages: English, Spanish and German. A truly superb compilation of ideas for holistic holidays to lust after.  
*Taschen £27.99. [www.taschen.com](http://www.taschen.com)*

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