

REVIEW

GREAT YOGA RETREATS by Angelika Taschen (Taschen, £27.99)

The new year is a few days away and with the resolutions it might bring, this is a timely publication. In the past decade, yoga has become a mainstream activity; something that combines mental tranquillity with physical flexibility. Angelika Taschen has done her research thoroughly and this glossy, luxuriously illustrated book takes in a range of yoga retreats, from a luxury hotel in Bhutan and an ashram in Richikesh (the birthplace of yoga) to a farmstead in Tuscany and an eco retreat on the Indian Ocean. The properties are organised into categories (Healing & Study Retreats, Ashrams or Hotels, Resorts & Spas) and lavishly illustrated. Pure escapism, possibly, but this book would also make booking a yoga retreat a very much more pleasurable experience.

