

Even those modern urbanites who don't practice yoga as part of their regular routine could probably make good use of a yoga-inclusive trip at some point. The getaways featured in **Great Yoga Retreats** (Taschen, \$39.99. www.taschen.com) compound the spiritual and physical benefits one can get by spending an hour in a sweaty city studio with 24/7 environments designed to amplify the sense of healthy calm and centeredness that yoga can provide. Yet there's lots of variety: As you flip through these pages, you'll be pleased to find yoga escapes that dovetail well with virtually every vacation style. Yes, there's an Indian ashram here, but also a beach resort south of Cancun with two yoga classes a day, a farmstead in Tuscany, and a spa-like experience in northern California. Just spending an hour on the couch with this book can provide a bit of serenity. If you really put it to work, you'll discover your Om away from home.

