

WHERE WE'RE GOING
IN 2026: DISCOVER OUR
16 DESTINATIONS AND
ITINERARY HIGHLIGHTS

2026

Destinations





Welcoming 2026

As we step into 2026, I am filled with deep gratitude and excitement for the journey ahead. As International Yoga approaches its 18th year, I continue to feel humbled by this small business and the global community that has grown from a simple vision: to explore the world through yoga.

This year, we're thrilled to introduce new and inspiring experiences, including a journey sailing along the Nile aboard a traditional dahabiya. We'll also revisit favorites like Morocco and Ladakh—destinations that have become cornerstones of our offerings. Each retreat is thoughtfully curated to create space for connection, discovery, and meaningful growth.

Looking ahead, we continue to deepen our commitment to conscious travel through our IY Travel Impact Program, supporting the communities that welcome us and honoring the cultures that shape this work. These journeys are not only about where we go, but how we go—together, with presence and purpose.

Whether you're joining us for the first time or returning for another adventure, I can't wait to see where 2026 takes us!



Michelle

Founder
International Yoga

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BALI



Known for its lush landscapes and rich culture, Bali offers a serene escape for the mind and soul. Set in Ubud, our retreat is surrounded by rice fields and coconut palms, with beautifully designed rooms reflecting traditional Balinese craftsmanship. Enjoy daily yoga with stunning views, nourishing meals at a gourmet vegetarian restaurant, and unwind at the Ayurvedic spa. Explore Ubud's charming town center, immersing yourself in Bali's tranquil ambiance.

Highlights

- Stay at a peaceful resort nestled in Bali's lush countryside, near Ubud
- Experience twice-daily yoga in an open-air shala surrounded by jungle
- Enjoy a complimentary 90-minute massage or facial treatment
- Visit the sacred Tirta Empul water temple and bathe in its healing waters
- Participate in cultural activities, including Boreh and Jamu classes

[VIEW THE ITINERARY](#)



BEST FOR:

Adventure, Culture, Relaxation

EGYPT



Egypt, a land of sacred temples and timeless ritual, unfolds along the life-giving Nile. Explore the monumental wonders of Luxor and Karnak, then drift past riverside villages aboard a traditional dahabiya sailboat. Immersed in ancient myth, living culture, and slow travel, this soulful journey invites deep connection—where daily yoga, historic temples, and the rhythm of the river create an experience of awe, presence, and renewal.

Highlights

- Explore ancient sites in Luxor
- Sail the river aboard a traditional dahabiya, a handcrafted sailboat
- Enjoy attentive onboard hospitality
- Visit both iconic landmarks, temples, and lesser-known archaeological sites
- Swim in the Nile and walk through desert landscapes at sunset
- Travel with a private Egyptologist guide and dedicated local support

[VIEW THE ITINERARY](#)



BEST FOR:

Landscapes, Culture, Relaxation

PERU



Peru, a land of magic and mystery, blends ancient traditions with stunning landscapes. Explore the Sacred Valley's ruins, the Andes' towering peaks, and the iconic Machu Picchu. Immerse yourself in the culture and incredible history of the Inca civilization, while enjoying charming accommodations and vibrant Peruvian cuisine. From hiking ancient ruins to exploring Cusco's markets, Peru offers a captivating adventure filled with rich culture and breathtaking beauty.

Highlights

- Participate in a Despacho fire ceremony with a local Shaman
- Explore the Moray Ruins, Maras Salt Mines, and hike the Pisac ruins
- Visit local markets, enjoy a private farm tour, and an Incan weaving demo
- Take a scenic train ride to Machu Picchu and enjoy a sunrise visit
- Explore historical sites in Cusco
- Deepen your practice with daily yoga

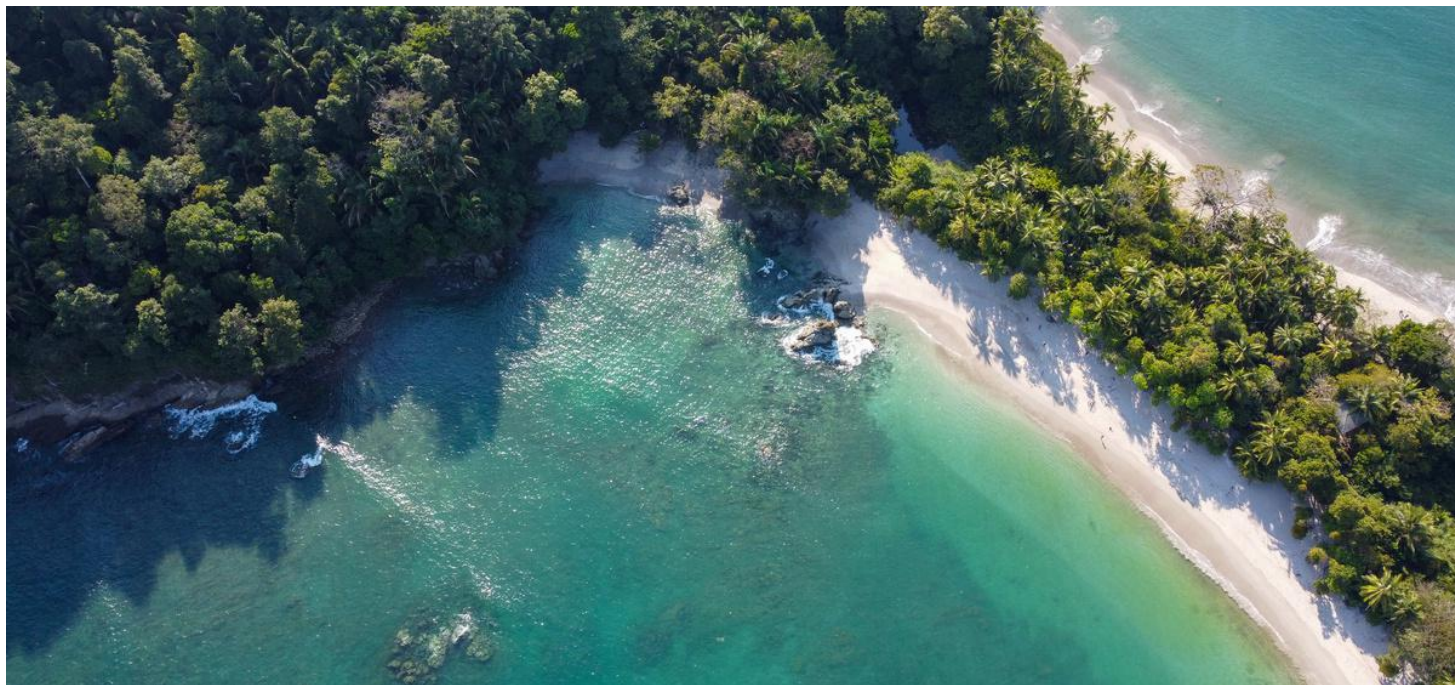
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BEST FOR:

Adventure, Landscapes, Culture

COSTA RICA



Costa Rica is a paradise of vibrant biodiversity, warm culture, and stunning landscapes. From lush rainforests and pristine beaches to majestic volcanoes, it offers the perfect mix of adventure and serenity. Explore wildlife-rich National Parks, embrace the relaxed Tico lifestyle, and uncover the secrets of longevity in a renowned Blue Zone. Whether hiking, surfing, or simply unwinding in nature, Costa Rica promises a journey of wonder and renewal.

Highlights

- Savor gourmet vegetarian cuisine made with fresh, local ingredients
- Rejuvenate at the holistic spa and relax in a saltwater infinity pool
- Enjoy freshly made juices, smoothies, and organic wines at the café
- Explore with optional activities like horseback riding, surfing, kayaking, and canopy adventures
- Deepen your practice with daily yoga

[TAKE ME THERE](#)



BEST FOR:

*Nature, Relaxation, Yoga
Immersion*

MOROCCO



Morocco blends ancient traditions with vibrant modernity. From Marrakech's bustling souks to the Agafay Desert's vast dunes and the Atlas Mountains' snow-capped peaks, its landscapes are as diverse as the people and culture. Explore medinas, sip mint tea in tranquil gardens, and visit remote villages in the mountains. Whether wandering historic streets or stargazing in the desert, Morocco offers an unforgettable journey of warmth, history, and beauty.

Highlights

- Stay in a luxury riad and discover Marrakech's medina, local artisans, and the Yves Saint Laurent Museum
- Experience an unforgettable overnight at a luxury desert camp under the stars
- Unwind at an award-winning retreat in the Atlas Mountains
- Enjoy hiking and camel rides amidst stunning desert landscapes
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



BEST FOR:

Adventure, Culture, Landscapes

IRELAND



Ireland, with its lush landscapes, rich history, and warm hospitality, offers a journey for the soul. Stay at Ballymaloe House, a charming country estate surrounded by gardens and orchards, and indulge in seasonal cuisine. Explore Cork City, Killarney National Park, and coastal towns like Kinsale. Immerse yourself in the island's vibrant culture, savoring local flavors and wandering historic streets, all while surrounded by Ireland's breathtaking beauty.

Highlights

- Stay at an award-winning boutique hotel with beautiful rooms and grounds
- Savor gourmet, multi-course farm-to-fork dinners with local ingredients
- Explore Ireland's landscapes, from Killarney to the coastal town of Kinsale
- Visit castles, national parks, and historic landmarks on scenic day trips
- Enjoy daily yoga practices and unwind with live music in local pubs

[VIEW THE ITINERARY](#)



BEST FOR:

Landscapes, Culture, Cuisine

MEXICO



Xinalani, Mexico, is a secluded coastal sanctuary where jungle and sea meet in perfect harmony. Accessible only by boat, this eco-luxury retreat offers open-air palapas, ocean-view yoga studios, and nourishing Mexican cuisine. Practice yoga overlooking the Pacific, unwind to the rhythm of the waves, and embrace slow, mindful living in a setting designed for deep rest, meaningful connection, and renewal close to nature.

Highlights

- Stay at an eco-luxury retreat
- Jungle-meets-the-sea beachfront
- Twice-daily yoga overlooking the Pacific Ocean
- Fresh, nourishing Mexican cuisine
- Time to swim, rest, and unwind
- Optional village visits, jungle hikes, and ocean excursions
- On-site spa treatments and a traditional Temazcal ceremony

[TAKE ME THERE](#)



BEST FOR:

*Nature, Relaxation, Yoga
Immersion*

NORTH MOROCCO



Northern Morocco is a captivating meeting of worlds, where windswept coastlines, ancient medinas, and living traditions converge. From the cosmopolitan port of Tangier to the spiritual heart of Fes, this journey unfolds through centuries of culture, ritual, and artistry. Wandering bustling souks, sacred spaces, and historic streets, Northern Morocco invites deep immersion into a land where history, devotion, and daily life remain beautifully intertwined.

Highlights

- Journey through Tangier and Fes
- Stay in elegant, locally inspired riads and boutique accommodations
- Guided exploration of Fes' UNESCO-listed medina and sacred sites
- Artisan shopping and visits to historic madrasas and tanneries
- Experience the World Sacred Music Festival



TAKE ME THERE

BEST FOR:

Culture, Spirituality, Cuisine

PUGLIA



Puglia, known for its sun-soaked landscapes, rich history, and culinary delights, offers the essence of Southern Italy. From whitewashed trulli houses to rolling vineyards and ancient olive groves, the region captivates with its natural beauty. Stay at a restored 16th-century farmhouse near Manduria, blending rustic elegance with modern comforts. Explore charming towns and historical treasures, immersing yourself in Puglia's unique and vibrant culture.

Highlights

- Stay in beautifully restored farmhouse
- Enjoy organic meals prepared by a private chef using local ingredients
- Explore vineyards, olive orchards, and charming towns like Ostuni, Alberobello, and Polignano a Mare
- Discover coastal beauty and stunning cliffs, or opt for a cooking class on Mediterranean cuisine
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



BEST FOR:

Landscapes, Culture, Cuisine

LADAKH



Ladakh offers a unique journey, blending vibrant culture and spiritual heritage. From Leh's ancient monasteries and bustling bazaars to the serene villages of Uletokpo and Saboo, set against the Himalayas, this region is filled with awe-inspiring beauty. Explore centuries-old monasteries, discover the mix of Tibetan and Indian influences, and connect with the warm locals. Ladakh's untamed landscapes and spiritual depth ensure an unforgettable adventure.

Highlights

- Explore Delhi, Leh, Uletokpo, Saboo, and Gya, the oldest village in Leh
- Stay in top-rated 4 and 5-star accommodations with views
- Explore with a private Ladakhi guide
- Visit ancient Tibetan Buddhist monasteries, steeped in tradition
- Experience a cooking demonstration at a local heritage house
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



BEST FOR:

Landscapes, Culture, Spirituality

PAROS



Paros is a sunlit Greek island where ancient history, vibrant culture, and effortless beauty come together. Once a crossroads of civilizations, it now invites exploration through whitewashed villages, mythic ruins, and a shimmering Aegean coastline. From mindful mornings on the mat to cultural discovery and golden sunsets, Paros offers a soulful balance of movement, inspiration, and the warmth of timeless Greek hospitality.

Highlights

- Luxury accommodations at a seaside retreat with an on-site spa
- Explore Parikia and the ancient Delion Sanctuary
- Stroll the picturesque harbor town of Naoussa and learn about local maritime history
- Hear stories of Greek mythology and island legends from a local guide
- Wander the alleyways of Lefkes

[VIEW THE ITINERARY](#)



BEST FOR:

*Ladscapes, Relaxation, Yoga
Immersion*

OAXACA



Nestled in the heart of southern Mexico, Oaxaca is a captivating destination where rich history, vibrant culture, and stunning natural landscapes come together. From its lively cobblestone streets and colorful markets to the awe-inspiring ancient ruins of Monte Albán and Mitla, this city offers a journey through time and tradition. Whether exploring its historic center or soaking in its breathtaking scenery, Oaxaca enchants with its unique blend of heritage and charm.

Highlights

- Stay at a cozy B&B in Oaxaca's lively city center with homemade breakfasts
- Savor Oaxaca's renowned flavors on a guided culinary walking tour
- Explore Monte Albán, Hierve el Agua, and Mitla Archaeological Site
- Immerse in Oaxaca's culture, history, and breathtaking landscapes
- Support the community with a donation to a local dog rescue

[VIEW THE ITINERARY](#)



BEST FOR:

Culture, Landscapes, Cuisine

PORTUGAL



Alentejo, Portugal is a serene countryside retreat where rolling plains, historic villages, and timeless beauty invite deep rest. Surrounded by vineyards, olive groves, and open skies, this peaceful region offers a slower rhythm of life rooted in presence and simple joy. From mindful mornings to farm-to-table meals and gentle exploration, Alentejo restores the spirit through nature, tradition, and the quiet magic of rural Portugal.

Highlights

- Exclusive use of the farmhouse and surrounding countryside
- Farm-to-table meals prepared with fresh, organic ingredients
- Beautiful yoga shala and outdoor studio fully equipped with props
- Optional activities including hiking, biking, and horseback riding
- Explore cultural gems such as Évora, Comporta, and Montemor-o-Novo

[VIEW THE ITINERARY](#)



BEST FOR:

Ladscapes, Relaxation, Yoga Immersion

NEPAL



Nepal is a land of natural beauty, spiritual tranquility, and vibrant culture. From the bustling streets of Kathmandu to the serene Himalayas, this destination offers a rich tapestry of experiences. Explore ancient temples, vibrant markets, and the tranquil village of Phaphlu, home to The Happy House retreat. Whether trekking breathtaking landscapes or meditating at Buddhist sites, Nepal offers a profound journey of peace and spiritual discovery.

Highlights

- Stay at a beautifully designed retreat in the Himalayas with stunning views
- Indulge in spa services, including massages and sauna sessions
- Visit ancient Buddhist monasteries and historic sites in Kathmandu
- Immerse yourself in Nepal's rich culture and peaceful natural landscapes
- Opt for an overnight trek or camping adventure in the mountains

[VIEW THE ITINERARY](#)



BEST FOR:

Adventure, Culture, Spirituality

TANZANIA



Tanzania is a land of vast skies, untamed beauty, and profound connection to the natural world. Journey through legendary landscapes—from the Serengeti's sweeping plains to the awe-inspiring Ngorongoro Crater—where wildlife roams freely and time slows. Balanced with daily yoga and restorative rest at luxury lodges and tented camps, Tanzania invites awe, presence, and a return to the living rhythm of nature.

Highlights

- Unlimited game drives in Tanzania's world-renowned national parks, and opportunities to view the "Big 5"
- Visit to Serengeti, Ngorongoro Conservation Area, and Lake Manyara
- Expert local guide and drivers
- Expertly planned itinerary and extensive pre-trip assistance

[VIEW THE ITINERARY](#)



BEST FOR:

Adventure, Nature, Culture

NORTH INDIA

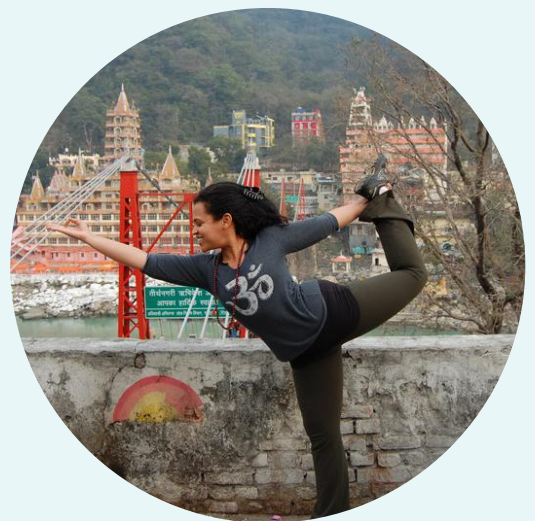


North India is a vibrant tapestry of culture, devotion, and inner discovery. From the historic streets of Delhi and the majesty of the Taj Mahal to the sacred rituals along the Ganges in Varanasi, this journey weaves iconic landmarks with soulful practice. Through yoga, meditation, and ritual, North India offers a powerful blend of movement, stillness, and timeless spiritual depth.

Highlights

- Private Rickshaw Tour of Old Delhi
- Travel via one of India's famous trains
- Sunrise tour of the Taj Mahal
- Private jeep ride up to the majestic Amber Fort of Jaipur
- Optional shopping for traditional crafts
- A serenade of morning Ragas on the Ganges & Evening Aratis
- The stunning silence of Sarnath, where the Buddha found enlightenment

[VIEW THE ITINERARY](#)



BEST FOR:

Adventure, Culture, Spirituality

IY TRAVEL IMPACT



One of International Yoga's differentiating values is our strong commitment to our partnerships overseas, many of whom we have been working with for over a dozen years. We work closely with them to identify organizations and projects that support their local communities, economic goals and environmental preservation initiatives. Every International Yoga retreat includes a donation to a local organization or non-profit.

[LEARN MORE](#)



"International Yoga empowers retreat participants to give back, supporting Yoga Gives Back's mission to uplift underserved women and children in India, the birthplace of yoga. Through its generosity and commitment to Seva, IY embodies the true spirit of Karma Yoga, inspiring meaningful change."

— Kayoko Mitsumatsu, Yoga Gives Back

Discover Your Next Retreat

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