

WHERE WE'RE GOING  
IN 2025: DISCOVER OUR  
15 DESTINATIONS AND  
ITINERARY HIGHLIGHTS

# 2025 Destinations





# Welcoming 2025

As we step into 2025, I am filled with gratitude and excitement for the journey ahead. Over the past 16 years, International Yoga has been a space for transformative travel, fostering deep connections through yoga in some of the world's most inspiring places.

This year, we're thrilled to introduce new destinations like Nepal, Sardinia, and Puglia while revisiting favorites like Morocco and Ladakh—destinations that have captured our hearts and become cornerstones of our offerings. Each retreat is thoughtfully curated to ensure an experience that goes beyond the surface, creating space for discovery and growth

Looking ahead, we are expanding our IY Travel Impact Program, a vital initiative focused on giving back to the communities that welcome us. Through this program, we are deepening our commitment to sustainable travel and creating meaningful opportunities to support the people and places we visit.

Whether you're joining us for the first time or returning for another adventure, I can't wait to see where 2025 takes us—together.



*Michelle*

Founder  
International Yoga

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# 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

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**BEST FOR:**

*Culture, Landscapes, Cuisine*



# SAYULITA



Sayulita, Mexico, is a tropical paradise blending natural beauty, coastal charm, and tranquility. Just an hour from Puerto Vallarta, this coastal gem offers stunning Pacific views, lush jungle landscapes, and rustically elegant accommodations. Practice yoga in a serene pavilion, savor fresh cuisine, relax by the infinity pool, or enjoy a seaside spa treatment with world class massage therapists. Sayulita provides the perfect rejuvenating retreat close to home.

## Highlights

- Stay in eco-chic open-air cabañas with breathtaking ocean and jungle views
- Indulge in gourmet meals and world-class spa treatments
- Unwind in a serene saltwater infinity pool overlooking the Pacific
- Reconnect with nature in a tranquil coastal retreat
- Deepen your practice with twice-daily yoga in open-air shalas

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**BEST FOR:**

*Relaxation, Beaches, Nature*

# 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*



# 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

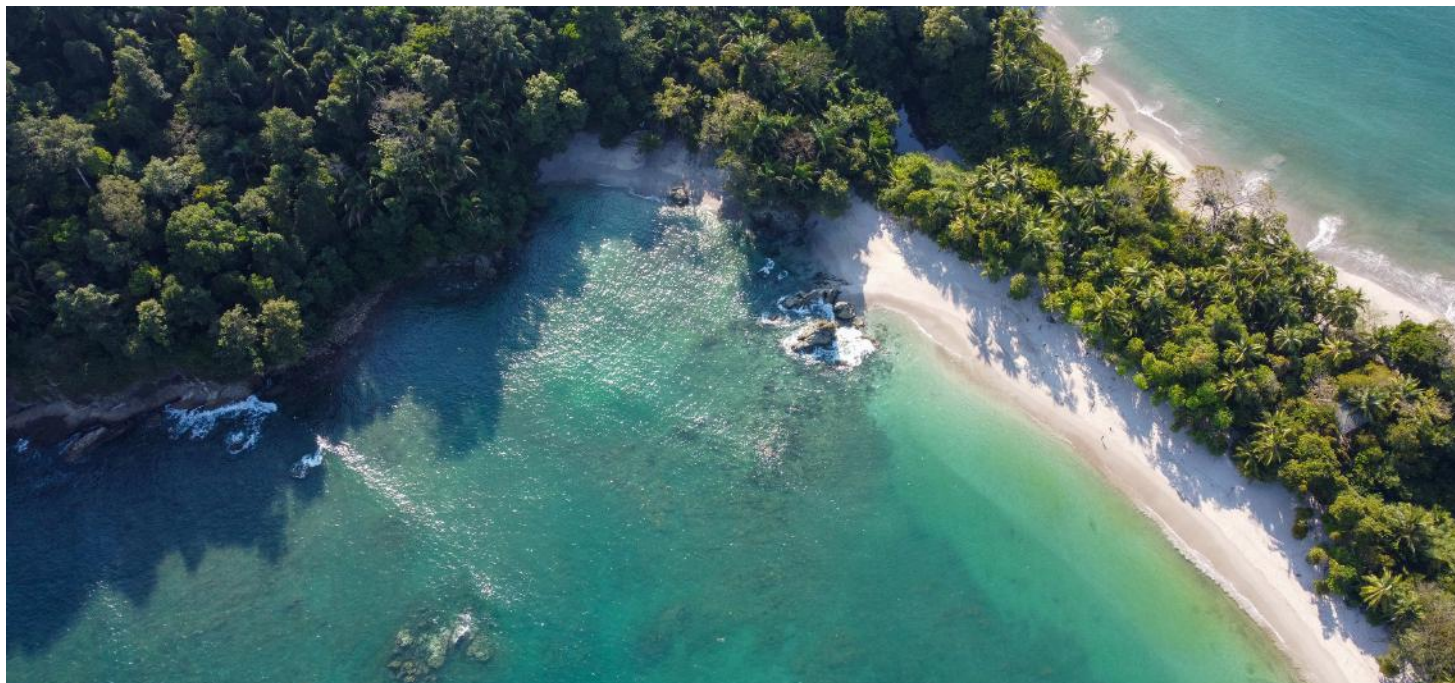
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**BEST FOR:**

*Adventure, Culture, Landscapes*

# 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

[VIEW THE ITINERARY](#)



**BEST FOR:**

*Relaxation, Beaches, Nature*



# 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*

# ICELAND



Iceland's dramatic landscapes, from thundering geysers to towering glaciers, offer an unmatched connection to nature's raw power. Our Iceland yoga retreat invites you to immerse yourself in this stunning environment, where energy pulses through the land. Explore the pristine wilderness, soak in natural hot springs, and take in breathtaking vistas. Whether atop a volcano or in a geothermal river, Iceland promises a transformative and grounding experience.

## Highlights

- Explore the Golden Circle, including geysers, hot springs, and volcanoes
- Trek the dramatic Geldingadalur lava fields and learn about volcanic activity
- Hike Reykjadalur Valley and soak in Iceland's renowned natural hot springs
- Explore iconic waterfalls like Gullfoss and Seljalandsfoss
- Chance to view the Northern Lights
- Deepen your practice with daily yoga



**BEST FOR:**

*Landscapes, Nature, Adventure*

[VIEW THE ITINERARY](#)



# JAPAN



Japan, the "land of the rising sun," blends ancient traditions with modern innovation. From Tokyo's neon streets to the tranquil hot springs of a ryokan, experience a captivating mix of old and new. Explore spiritual sites, witness a geisha dance, and admire unique architecture. Whether walking vibrant city streets or soaking in serene countryside, this journey offers a deep exploration of Japan's culture and spirit. It's an unforgettable adventure of discovery.

## Highlights

- Visit ancient Shinto shrines, Zen temples, and peaceful gardens
- Explore Tokyo's art and technology
- Stay in a traditional ryokan with local cuisine and hot spring baths
- Ride a high-speed train to Yudanaka and see Japan's bathing monkeys
- Experience a tea ceremony and an evening with a geisha in Kyoto
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



**BEST FOR:**

*Adventure, Culture, Cuisine*



# UMBRIA



Known as the green heart of Italy, Umbria boasts rolling hills, medieval towns, and culinary delights. Stay at a beautifully restored retreat surrounded by 28 hectares of gardens and woodlands. Enjoy organic, farm-to-table meals with fresh produce and estate-grown olive oil. Relax by the ecological pool, unwind in the Turkish bath, and explore charming towns like Assisi and Gubbio for a perfect blend of nature, culture, and relaxation.

## Highlights

- Stay at a charming boutique retreat with beautiful accommodations
- Relax in the saltwater pool, Jacuzzi spa, or with a soothing massage
- Savor organic cuisine crafted by a private chef with local ingredients
- Explore the historic beauty of Assisi and Gubbio on group excursions
- Deepen your practice with daily yoga



**BEST FOR:**

*Nature, Relaxation, Cuisine*

[VIEW THE ITINERARY](#)



# 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*



# SARDINIA



Sardinia, a Mediterranean gem and one of the world's Blue Zones, offers rugged coastlines, mountainous villages, and vibrant vitality. Our hotel in Oliena, nestled at the foot of the Supramonte mountains, is surrounded by rich cultural heritage, traditional crafts, and stunning landscapes. Explore Sardinia's unique culture, savor authentic cuisine, and immerse yourself in the island's creative spirit, promising a truly enriching journey filled with vitality and charm.

## Highlights

- Stay in a beautifully designed hotel with organic, fresh meals and local wines
- Explore Sardinia's stunning scenery on a coast-to-coast tour
- Enjoy a traditional Sardinian lunch with local shepherds
- Discover Lanaiho Forest and Su Gologone Spring on scenic day trips
- Stargaze with a local astronomer
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



**BEST FOR:**

*Landscapes, Culture, Cuisine*



# MALLORCA



Mallorca, with its turquoise Mediterranean waters, limestone cliffs, and charming countryside, offers a rejuvenating retreat escape. Stay at a beautifully designed farmhouse in Sineu, surrounded by expansive landscapes and just miles from the coast. Enjoy farm-to-table cuisine, explore quiet villages, and immerse yourself in the island's natural beauty and cultural charm, offering a perfect blend of culture, tranquility, and laid-back elegance.

## Highlights

- Stay in a beautifully restored farmhouse with Mediterranean décor
- Relax in lush gardens or unwind by the stunning outdoor pool
- Enjoy healthy, delicious meals made from locally sourced ingredients
- Explore the charming villages of Valldemossa, Deia, and Soller
- Deepen your practice with daily yoga

[VIEW THE ITINERARY](#)



**BEST FOR:**

*Landscapes, Culture, Relaxation*



# 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*



# 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*



# 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

[VIEW THE ITINERARY](#)



**BEST FOR:**

*Adventure, Landscapes, Culture*



# 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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