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MONDAY Culture **TUESDAY** Style **WEDNESDAY** Celebrity **THURSDAY** Beauty **FRIDAY** Food & Drink **SATURDAY** Travel **SUNDAY** Home

GET YOUR OM ON!



THE STORY OF THE DAY

Your ancestors would drop dead all over again if they had to live with the stress you deal with day in and day out. Times are tough, so that is why it's more important that precious free time be relaxing and fun.

A yoga-getaway is a great way to renew your spirit. And if you can manage to do that in a setting that matches the inner beauty of your restored soul, even better! Here a few suggestions to help you find your inner peace in style. Namaste.

Lake Tahoe

The Hyatt Regency Lake Tahoe Resort, Spa and Casino is hosting a Wellness Weekend from January 29-31 that includes yoga classes from San Francisco-based yoga instructor Rebecca Blake and a seminar on Strategies for Healthy Living by Dr. Lily Kuehne of The Lake Tahoe Wellness Center. www.laketahoe.hyatt.com

Tuscany

Andrea Marcum, director of U Studio Yoga in Los Angeles, is staging a yoga retreat in Italy this May 2nd through the 9th at the rural resort of Ebbio near Siena. The event will combine daily yoga practice with a gourmet cooking class and tours of Tuscan farms, vineyards and country life. www.ustudioyoga.com

St. Lucia

The Body Holiday in Saint Lucia combines great food, daily yoga classes and spa treatment at a gorgeous location. Dr. Abhishek Jain the Indian-born yoga teacher, trained and certified by Rajiv Gandh is the host. www.thebodyholiday.com

Telluride

The Colorado resort town holds its annual Yoga Festival from July 8-11 where there is a full schedule of classes for all levels with 15 instructors from throughout the country.

And 25% of festival's net proceeds got to the Telluride division of the Nature Conservancy. Plus the town is free of traffic aside from a shuttle which runs on non-toxic, biodegradable, vegetable oil-based diesel fuel. www.tellurideyogafestival.com

Australia

The Byron Bay Byron Bay Yoga retreat is two hours away from tropical Brisbane and set in a rainforest. Yoga Nidra (maximum relaxation) is a specialty. Lots of yoga and meditation classes with top notch instructors. www.byronbayyoga.com.au

Costa Rica

At Osa Peninsula Tierra de Milagros there's open-air yoga right on the stunningly beautiful beach. Plus there's organic gourmet meals with outdoor showers fed from the river and waterfall on the property. www.tierrademilagros.com

India

You can't talk about yoga getaways without mentioning the home of its birthplace - India. GoaAshiyana in western India, guides vistors not only various types of yoga - Ashtanga, Vinyasa, Motion Yoga but also focuses on personal growth. www.ashiyana-yoga-go.com

Hawaii

We are particularly partial to Bikram Yoga (often called Hot Yoga) and one of the most beautiful places to practice has to be Bikram Yoga in Kauai. They regularly hold retreats on the sun-drenched beaches of Hawaii in Kauai, Maui and the Big Island. www.bikramyogaretreats.com

-- Lisa Arcella

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SIDEBAR

Kelly Ripa is just one the many fans of the gorgeous Jane Marvel yoga bag. A great way to carry everything you need in style and just \$107. www.janemarvel.com/catalog

-- L.A

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SIDEBAR

We loooove Old Navy's \$12 GOGA pants. Inner peace doesn't need to come with an enormous pricetag. www.oldnavy.com

-- L.A.

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