



# Destination luxury and relaxation

Yoga Escapes have several fantastic yoga holidays in Europe, Morocco and Egypt planned for 2020 – all at gorgeous five-star beachfront hotels

Yoga Escapes holidays are set in beautiful surroundings with luxurious accommodation and spa facilities, near charming towns full of culture and character. The owner of Yoga Escapes, Laura Bianchini, has hand-picked each location and five-star hotel, and knows the places well. She will take you on a sailing trip to pristine beaches on Menorca and walk you through the narrow maze of streets in Mykonos town. She will also be there to plan day trips and dinners, taking care of all the logistics – so you don't have to worry about a thing.

### All in your stride

Yoga Escapes doesn't believe in depriving yourself on a yoga retreat – this is not a bootcamp! There are no rules that you are judged by. No need to feel guilty if you want a lie-in or fancy a glass of wine with dinner. No waking up at dawn. You can skip a yoga class if you're tired, and you can spend time with the group or on your own – most people do a bit of both.

There's plenty of free time to explore beaches and towns, enjoy spa treatments, boat trips and bike rides, or just relax

by the pool with a good book. Everything is optional.

When it comes to food and drink, there are no restrictions and no set menus. You can eat and drink what you like, it's all part of the holiday. Laura will take you to some wonderful restaurants to experience the local specialties and enjoy evenings out with like-minded people.

### Yoga for all levels

These holidays offer yoga twice a day outdoors with lovely views of the sea, wherever the location. All yoga levels are welcome, including beginners. The yoga teachers are excellent and have been teaching with Yoga Escapes for years. The yoga groups are normally 10-15 participants from all over the world and all ages, and many people come on their own.

Yoga Escapes have organised several luxury yoga retreats in 2020 in Greece, Italy, Spain, Croatia, as well as in Egypt and Morocco. \*

**Further information**  
[www.yoga-escapes.com](http://www.yoga-escapes.com)



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