

yoga journal

11 Under-the-Radar Yoga Retreats You'll Want to Book Now

We scanned the yoga globe and scoped out 11 off-the-beaten-mat gems to spark your wanderlust. From Cuba to Costa Rica, Iceland to India, the choices are as infinite as yoga itself.

[Rebecca Tolin](#)

Feb 20, 2017

Our vacation-wanted ad: Have mat, will travel. Skip pedestrian sightseeing tours, questionable food, and creaky joints. Bring on sacred sights, built-in yoga friends, real nourishment, and communion with our mat twice a day. Oh, and move the needle of our life, por favor.

There are at least 108 reasons to embark on a [yoga retreat](#). Instead of fleeting fun, take a deep dive where landscape and heart intersect. Cross your desert, row your boat, and chase your star—bookending the day in [Downward Dog](#). Forget scrambling for a hotel gym or trying to translate “organic, gluten-free, [vegetarian](#), and [Ayurvedic](#)” in another language. For yogis, getting away doesn't get better than a yoga retreat.

But where to start? We scanned the yoga globe and scoped out 11 off-the-beaten-mat gems to spark your wanderlust. From Cuba to Costa Rica, Iceland to India, bathe in the forest, soak in the spring, sing with a villager, dance in the jungle, bow to the world's wonders, or simply sit in silence. The choices are as infinite as yoga itself.



Journey to the Heart Yoga Retreat, Ireland

September 18–24, 2017

Stretch and salute your way through medieval cathedrals, enigmatic stone circles, ancient fortresses and sapphire blue forest lakes. Irish-born yoga teacher and Feng Shui master [Amanda Collins](#) leads a spirited journey through her homeland for the autumn equinox. Step into your warrior self amid mysteriously situated boulders at Robinstown Stone Circle. Heal old wounds at burial mounds in Ireland's ancient capital, the Hill of Tara—a place of ritual since the Stone Age. "Ireland demands, commands and invites you to leave old sabotaging beliefs and patterns behind once and for all," says Collins. "I've seen it in the journeys. People are transformed." You may find yourself calling to Celtic Goddesses one moment and toasting a Guinness with perpetually friendly locals the next. There will be plenty of Irish song and story as you explore the relatively sunny southeastern corner of the country. Collins will lead sunrise yoga, pranayama, and meditation each morning from the comfy Seafield Golf & Spa Hotel. And there will be more sun salutes from clover-dotted fields and crumbling castles along the way.

Learn more amandacollins.com

Published in <https://www.yogajournal.com/lifestyle/11-under-the-radar-yoga-retreats#gid=ci0207568dd02525bd&pid=journey-to-the-heart-yoga-retreat-ireland>