

# Booking Your Dream Yoga Retreat

## The Comprehensive Guide



[BookYogaRetreats.com](https://BookYogaRetreats.com)





# Table of Content

**Step 1** Decide on a destination

**Step 2** Choose a category and extra activities

**Step 3** Decide on the date

**Step 4** Set up a budget

**Step 5** Choose a Yoga Style

**Step 6** Book your yoga retreat

**Step 7** Choose your transportation

**Step 8** Enjoy a life-changing experience!



A person is performing a handstand on a sandy beach. Their legs are raised high in the air, forming a V-shape. The background features a clear blue sky, a calm turquoise sea, and a lush green hillside with palm trees. The overall scene is bright and sunny, suggesting a tropical location.

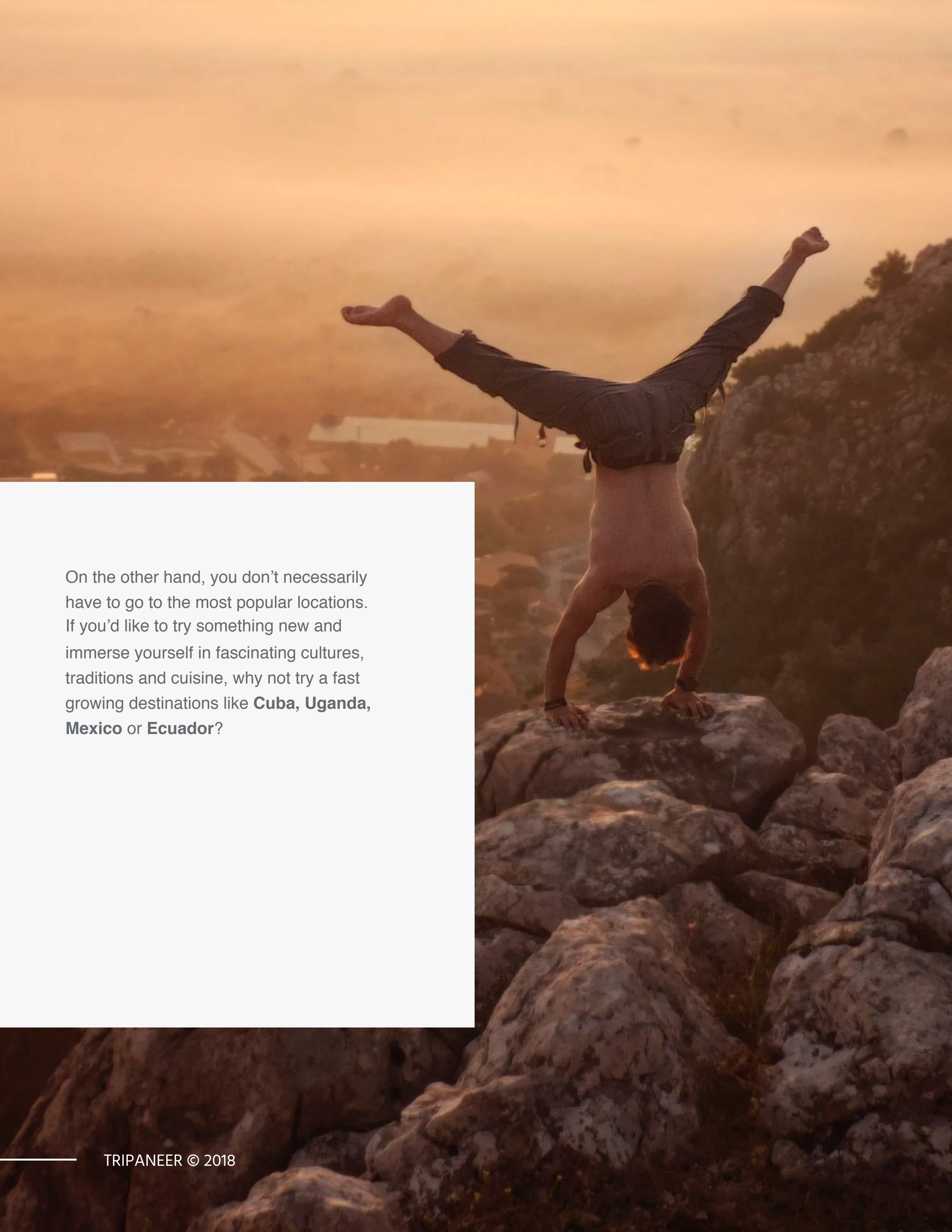
## Step 1

# Decide on a destination

Let's begin with the [most popular yoga destinations](#) around the Globe. **Spain**, **India** and [Thailand](#) are always in the spotlight. When it comes to the **United States**, **California**, **Florida** and **Hawaii** are on top of everyone's list.

If you are looking for a [beach destination](#), then you should know that **Indonesia**, **Costa Rica** and **Morocco** are the most coveted spots. And if you would like to go on a yoga retreat on the old European continent, **Spain**, **France** and **Greece** welcome yogis with open arms.



A full-page background image showing a person performing a handstand on a rocky cliff. The person is shirtless, wearing dark pants, and has their legs spread wide in a V-shape. They are standing on a large, dark rock. The background is a hazy, orange-tinted landscape with a town visible in the distance under a sunset sky.

On the other hand, you don't necessarily have to go to the most popular locations. If you'd like to try something new and immerse yourself in fascinating cultures, traditions and cuisine, why not try a fast growing destinations like **Cuba, Uganda, Mexico** or **Ecuador**?

## Step 2

# Choose a category and extra activities

**What would you like the main focus of the retreat to be?**

Are you more interested in meditation rather than the yoga poses? Then by all means, choose a [yoga meditation retreat](#).

Are you an experienced practitioner who finally found the courage to pursue their dream and become a yoga teacher? Go on a [yoga teacher training course](#).







## Explore

Go trekking, mountain biking, skiing, [rock climbing](#) or diving on an [adventure yoga retreat](#).



## Feel the ocean

Would you like to put your yoga skills to good use? [Surf and yoga retreats](#) are becoming increasingly popular.



## Dance

You can book a stay at plenty of [yoga and dance retreats](#) around the world.



## Foodie?

Find the fun in raw and vegan food on a [raw food retreat](#), [vegan yoga retreat](#) or a [vegetarian yoga retreat](#).



## Be healthy

Cleanse your body, mind and soul on a [yoga detox retreat](#).



## Celebrate

Looking for some fun? Dance, sing and enjoy a [yoga festival](#).





### Step 3

# Decide on the date

Picking the right time makes all the difference.

To make the most of your yoga retreat, you need to think about the best season for visiting the destination of your choice. After all, even a summer paradise like Indonesia loses its glamour during the monsoon season.

If it seems too long before your next vacation or you simply cannot take time away from work, you can always go on a [weekend yoga retreat](#).

During **summer**, the best yoga retreat destinations are **France**, **Greece** and **Italy**.

During **winter**, you can't go wrong with **Cambodia**, **Mexico** and **Morocco**.





## Step 4

# Set up a budget

You wouldn't want your yoga getaway to burn a hole in your pocket! Set a clear budget and do your best to stick to it. A retreat can be as affordable or as extravagant as you want it to be.

Luckily, there's something out there for every pocket, from dirt cheap [budget retreats](#) to [luxury holidays](#) and hassle-free, [all-inclusive yoga retreats](#).

The lowest price for a budget yoga retreat starts around €180 for a whole week in Nepal. Popular budget yoga retreat destinations are India, Bali, Thailand, Portugal and Spain.

**Popular yoga retreats have an average price of €500 per week.**

Fancier luxury yoga retreats can reach €20,000 per week in Zimbabwe. The most popular luxury yoga retreats come at an average price of €1,500 per week.







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## Step 5

# Choose a yoga style

Enjoy your experience to the fullest by making sure you're going to practice a yoga style that suits you best. There are many styles and it might be hard to pick just one. To understand all

the differences between the options, you should check this article with the [15 most popular yoga styles explained](#). This way, you can be certain about what you'll be getting during your retreat.



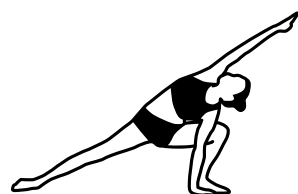
If you're new to yoga and aren't sure which style is better for you, read this fun infographic to help you find out [what is your yoga style.](#)

Or see our articles below to learn more about **the 3 most popular yoga styles** when it comes to yoga retreats:

### Vinyasa Yoga



### Ashtanga Yoga



### Hot Yoga





## Step 6

# Book your yoga retreat

Happy with the yoga retreat you've chosen? Then it's time to book! Click on the **'Request reservation'** button and you'll instantly secure your spot on a yoga holiday of a lifetime.

If you're having doubts about what to expect from your retreat experience, **it's easy get in touch with the organizer.** Just click on the green button 'send an inquiry' and ask anything you want.

4 DAYS / 3 NIGHTS

from **€ 499**

SELECT ARRIVAL DATE:

Monday March 12, 2018



SELECT YOUR PACKAGE:

**1 person**

**€ 499**



Private single room  
Retreat center - Kingsize bed

Total price

**2 persons**

**€ 645**



Private double room  
Retreat center

Total price

**Send Inquiry**

Or request a reservation



Keep in mind that the price of most programs doesn't include transportation. Whether you're traveling by car, plane or train, make sure you know your way to the retreat center by carefully reading the "how to get there" section.

We know it can be tough to find an affordable flight ticket. The best saving advice is to buy it as far in advance as possible and to select the airport you're flying into carefully. Check out these these [5 cheap airports to fly into the best yoga destinations](#) and see if they suit your trip.

## Step 7

# Choose your transportation







Last but not least, most people opt to travel by airplane and waiting for so long at the airport can be tedious. But did you know that there are some [airports that have a yoga space](#) for you to start practicing your best asanas?

Take a look at the linked article, and if you're lucky enough to fly from any of these cities, take advantage of it.



You're now on your way to an amazing vacation! Still, we know that feeling of "I must be missing something" and the unease it can cause.

To help you relax and have an unforgettable trip, check out these guides before you leave:

♥ [10 Essential Tips Not to Miss Out while Planning a Yoga Vacation](#)

♥ [What to Pack for Your Yoga Retreat](#)

♥ [Travel Tips for Yogis](#)

♥ [The Ultimate Expert Guide to Find the Best Yoga Retreat Program](#)

♥ [How to Have an Affordable Yoga Vacation](#)

Step 8

# Enjoy the experience!

