

Yoga holidays

25 of the best yoga holidays and retreats

Yoga trips can change lives but finding the right one may sap your core strength before you've even started. Our picks - from Goa to Greece via Yorkshire - will make your quest more relaxing

BEST FOR ACTIVITIES

Ionian inversions, Zakynthos, Greece



Soulfood London runs a creative retreat combining daily yoga and photography lessons at **Villa Zaharoula**, which overlooks the Ionian sea. There's a fast-paced but accessible 90-minute yoga class to music each morning, and relaxing meditative classes each evening with dynamic vinyasa flow teacher [Charlie Morgan](#). Professional photographer Chloe Read finds something new to inspire every day, from still life to moving waves, and there's a trip to a hilltop town and wild swimming in a quiet cove. Organic meals include meat and fish.

● From £349pp for 3 nights, 12 guests. £825pp yoga and photography week 25 Sept-2 Oct, soulfoodlondon.com **B**