

Celebrate International Yoga Day Abroad

By [Mary Melnick](#)
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Calling all yoga lovers! June 21 is National Yoga Day and there are plenty of opportunities to combine your love of yoga with your love of travel. From river cruises to beachside yoga and more, check out these wellness trips.

Uniworld River Cruises

Cruise-loving yogis can treat themselves to a bucket list yoga retreat in India, the birthplace of yoga, with a [Uniworld](#) cruise. [The 13-day India's Golden Triangle & the Sacred Ganges](#) sees guests enjoy access to guidance from a professional yogi for one-on-one yoga and meditation sessions, as well as holistic living advice. Guests can expect group yoga sessions for travelers of all levels, including sunrise yoga, pranayama, meditation, Ayurvedic, classes on organic living and more. Once docked, guests enjoy a five-night land stay at three different Oberoi hotels in New Delhi, Agra and Jaipur. This itinerary is Uniworld's first dedicated wellness cruise.

Sailing in Croatia

Travelers between 18 and 35 years old can experience a true grand rising for International Yoga Day while sailing in Croatia with [Contiki](#). [The Croatia Sail with Cycling and Yoga](#) itinerary lasts eight days, starting every morning with a yoga flow instructed by a professional yoga instructor. Throughout the day, guests continue keeping active throughout the trip with activities such as a cycling tour through the bountiful Mediterranean olive groves in Krk, hiking to the highest point of Rab and exploring the hidden caves and ancient ruins in Cres.

Beachside at Le Barthelemy

Receive some extra zen during your next Caribbean getaway with beachside yoga classes at Le Barthelemy Hotel & Spa. Located on the stunning Crescent Bay in St. Barths, this beachfront hideaway allows guests to take in the beautiful surroundings while enjoying different opportunities for relaxation. For International Yoga Day, guests can join beachfront yoga on the white sandy beaches. The classes allow guests to give the mind, body and soul time to refresh.



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