



Health, January 2006

Winning Winter Getaways

by Tracey Minkin



Satisfy Your Soul: Yoga and Snowboarding or Skiing
March 2–5
Adventure Yoga Retreats
Mammoth, California

Beautiful spring snow in California's High Sierras is reason enough to head west for this retreat. But we especially like each day's bookend yoga sessions. Vigorous morning yoga prepares you to hit the slopes for snowboarding or skiing, and afternoon restorative sessions focus on rejuvenation. You can cap off the après-board (or -ski) ritual with massage (\$75 per hour) and guided meditation.

Cost: \$595 (includes lodging and meals); \$90–108 for equipment rental; \$181 for 3-day lift pass

Info: 310-455-6681 or www.ayretreats.com



Winter Wonderfest
February 1–5
Women's Quest at Snow Mountain Ranch
Winter Park, Colorado

Travel company Women's Quest takes you on cross-country-skiing and snowshoe trails in small groups led by professional instructors and guides. Back at the lodge, relax with yoga, meditation, aromatherapy, or—at a little extra cost—massage (\$30 per half-hour).

Cost: \$895 (includes lodging and meals); \$15 per day for equipment rental

Info: 303-545-9295 or www.womensquest.com



Cross-Country Skiing and Yoga Retreat
January 13–16, 26–29, and February 17–20
Kripalu Center for Yoga and Health
Lenox, Massachusetts

This cross-country-skiing program teaches specific yoga postures that will help you develop the balance and techniques you'll need for your time on the trails. And it's all set in the stunning Berkshire Mountains.

Cost: \$444–996 for tuition and accommodations (varying from dorm-style to single with private bath; meals and trail passes included); \$15 for equipment rental

Info: 800-741-7353 or www.kripalu.org



Yoga and the Zen of Winter Weekend
January 27-29 and February 10-12
Northern Edge Algonquin
Algonquin Park, Ontario, Canada

This retreat on the edge of Ontario's vast wilderness park tunes into the stillness of winter with twice-daily yoga sessions and guided snowshoeing treks. We love its other treats, too, like skating on a frozen pond by torchlight. When you're ready to get back to civilization, it's 130 miles south to Toronto, reachable by train or shuttle.

Cost: Approximately \$341 U.S. (includes lodging, meals, and equipment rentals)

Info: 800-953-3343 or www.algonquincanada.com/yoga

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