

# Celebrate National Yoga Month at a Luxury Wellness Retreat

September is **National Yoga Month** so yogis from around the world are looking for an outstanding luxury wellness retreat. Of course there are many to choose from. From commercialized retreats at the biggest luxury resorts to quaint programs on a remote island. We wanted to share a couple destinations that are worthy of your luxury travel plan consideration.

What type of wellness retreat are you looking for? One with mountain scenery? How about a beachfront locale? We got you covered! Celebrate National Yoga Month with a memorable luxury stay at a top resort.

One of our top picks is the amazing **Sanctuary on Camelback Mountain**. Take the ultimate wellness vacation during National Yoga Month to this luxury resort. Located in Scottsdale, Arizona – Sanctuary on Camelback Mountain offers guests a variety of terrific, yoga experiences. Get inspiration from the surrounding desert setting.

One program offered is named Zennis. It's a unique blend of tennis and yoga. You will be taught the finer points of tennis from the resort's own tennis pros. Learn needed skills and tips during a movement-based tennis clinic. You'll also gain a understanding of how yoga can be integrated into playing tennis. Learn about the importance of functional stretches and aligning your body for the ultimate performance. The Zennis program is \$50 per person.

At the Sanctuary's Satori Wellness Retreat, you have the opportunity to focus on your wellness goals. Enjoy this relaxing getaway and custom designed activities that cover both four and five day programs. Your program is led by a certified personal trainer. You'll receive help with a fitness

assessment and a weight management plan. There are numerous spa treatment to try at the incredible Sanctuary Spa. Also choose from a variety of wellness classes. But don't worry that all is lost when you get back home. Your personal trainer will do follow-up sessions to offer further motivation and mentorship to help you obtain your goals.

At Palm Beach Marriott Singer Island Beach Resort & Spa in Florida, enjoy staying at a AAA Four Diamond-rated resort. Enjoy yoga classes on the private, white sand beach overlooking the Atlantic Ocean. Your meditation and yoga classes will be taught by Elsa Granja. Cost for this program is only \$20 per person.

Yoga classes are provide all year-round at the Sea Crest Beach Hotel on Cape Cod. This Massachusetts property is the perfect family destination. Take in the relaxing sea breezes and beautiful scenery. The yoga classes are held on Monday, Wednesday and Sunday at 8:30am. Each class is one hour long and free if you are staying at the Sea Crest Beach Hotel.

Whiteface Lodge is located in the High Peaks of Lake Placid, New York. This luxury lodge is a Forbes Four Star all-suite property is surrounded by a gorgeous woodland environment. Enjoy traditional yoga classes by the pool, lake or even fireside at this amazing all-suite lodge. For those wanting to try a different wellness program, consider Yogilates. You guess it. It's a combination of yoga and Pilates. Mim Frantz is a the Whiteface Lodge yoga instructor. Guest who are staying at Whiteface Lodge can enjoy the daily classes at no charge.

The Fort Lauderdale Marriott Pompano Beach Resort & Spa in Florida is a spectacular luxury resort. Guests can enjoy complimentary yoga classes both Friday (9am) and Saturday (11am). Be treated to awesome beach and ocean views at this boutique-style resort. If you are not staying at the resort, classes are just \$15 per person.

**Plan your wellness retreat today and enjoy National Yoga Month. Concierges Worldwide can help you plan and book your luxury travel itinerary. Stop back soon to read more travel industry news and hot trends.**

Photo: Sanctuary on Camelback Mountain