

TRAVEL CURATOR

WORTH TRAVELING FOR

BEAUTY + WELLNESS

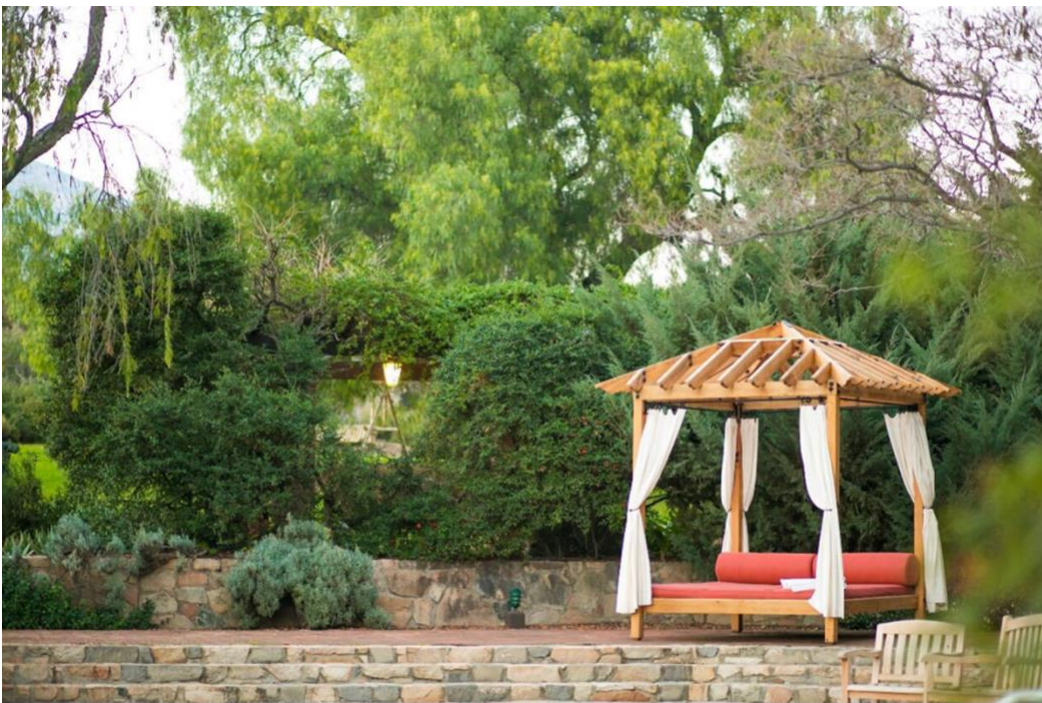
THESE ARE THE BEST LUXURY RESORTS FOR YOGA LOVERS

Updated: April 15, 2024 | by Becca Hensley

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Courtesy of Rancho La Puerta

Opened in 1940 as an experimental health camp to reanimate minds, bodies, and spirits, and integral in bringing fitness to the forefront, Rancho La Puerta has been changing lives and promoting healing lifestyles for decades. Just across the border from San Diego on 4,000 private acres amongst the mountains and meadows of Tecate, Mexico, this seminal spa retreat was an early advocate of organic eating, sustainability, exercise, meditation, and global ancient practices – including yoga. For years, the Ranch was home to pioneering yogi Indra Devi, a Hollywood actress who studied in India and brought her version of Hatha to the United States. Follow in her footsteps at the Ranch, which offers some 80 fitness classes a week, including a multiplicity of yoga practices for all levels.