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The 15 Best Yoga Retreats for Women Over 50

Experts share the perfect destinations for your wellness journey.

LAURA BECK • 8 HOURS AGO



[Yoga](#) retreats are a wonderful opportunity to rejuvenate, reconnect with yourself, and exercise. For women 50+ and seniors, they can be especially beneficial. Whether you're retired or take some well-deserved PTO, you can travel to a serene environment away from the hustle and bustle of daily [life](#), which lets you really focus on the experience, and your own well-being.

Here's exactly what happens at these local and overseas locations that are focused on wellness, how to find the perfect retreat, and what to bring along—with insights from industry experts. So, get inspired, add some ideas to your [bucket list](#) or make some solid travel plans thanks to these 15 best [yoga](#) retreats for women over 50.

15 Best Yoga Retreats for Women Over 50



12. Rancho La Puerta

[Rancho La Puerta](#), the original "fitness resort" and spa located in Tecate, Mexico, is a luxurious wellness experience that provides a reawakening and spiritual mental escape. While not specifically a yoga retreat, Rancho La Puerta incorporates diverse yoga programming into its offerings, catering to multiple skill levels with classes ranging from fundamentals and restorative to sunrise and more advanced practices.

The resort also hosts specific yoga-focused weeks throughout the year, allowing guests to fully immerse themselves in the practice. Set on 4,000 private acres of lush gardens, [mountains](#), and meadows, Rancho La Puerta welcomes guests for week-long stays from Saturday to Saturday or for partial-week stays of three or four nights.

Cost: This all-inclusive wellness experience comes at a premium, with week-long stays starting at \$4,700, but promises a relaxing escape for women over 50 seeking to nurture their minds, bodies, and spirits in a serene and nurturing environment.