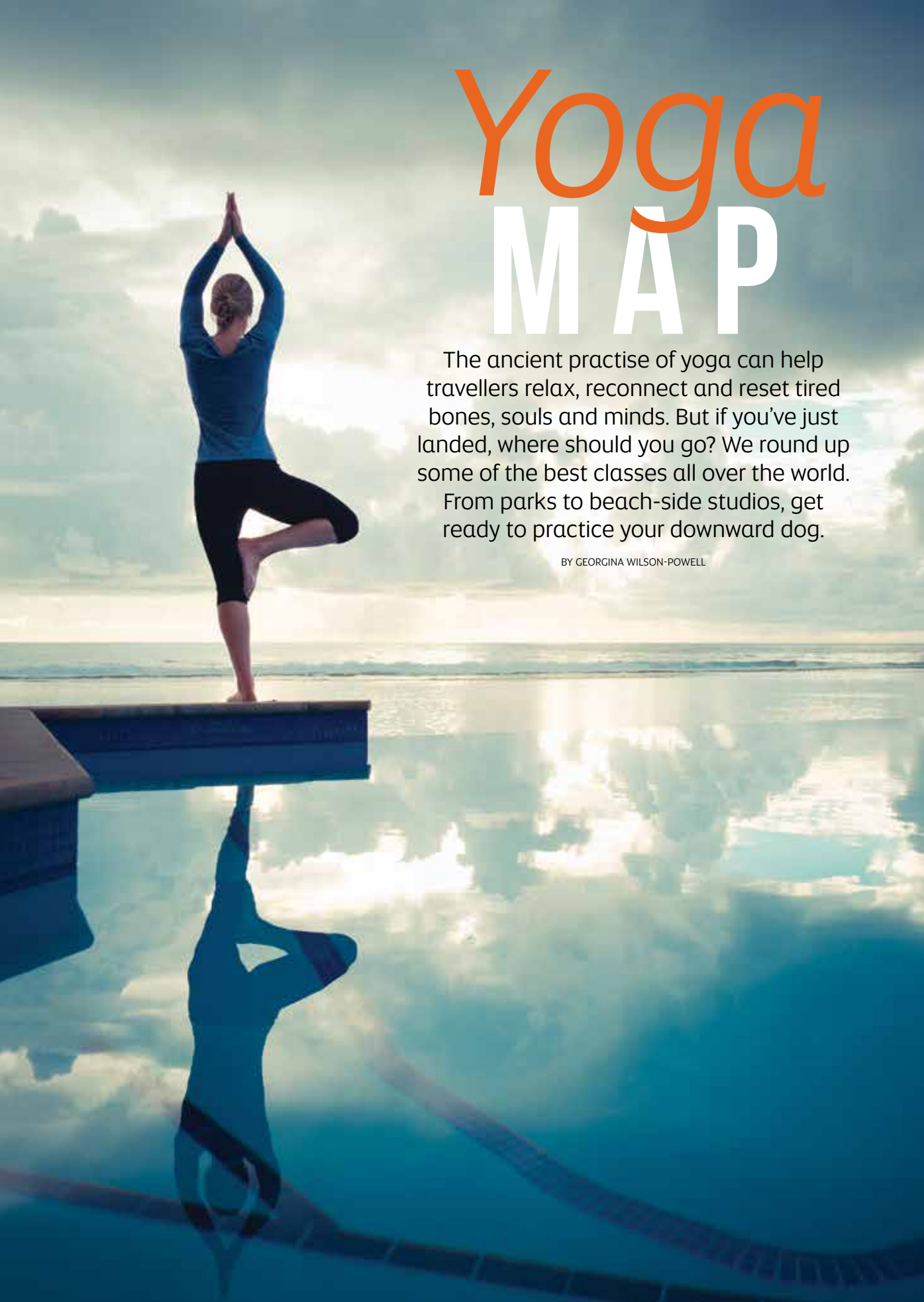


Yoga MAP

The ancient practise of yoga can help travellers relax, reconnect and reset tired bones, souls and minds. But if you've just landed, where should you go? We round up some of the best classes all over the world. From parks to beach-side studios, get ready to practice your downward dog.

BY GEORGINA WILSON-POWELL



LONDON FIERCE GRACE

Operating six studios in London that all have a hip boutique feel, Fierce Grace practises hot yoga with several different classes catering to varying abilities. If you're short on time head to the 50-minute Fix class, otherwise put aside 90 minutes – you'll sweat, (and probably swear under your breath) but its classes are a restorative wonder. Its founder Michele Pernetta brought hot yoga to London over 20 years ago and Fierce Grace offers some of the very best classes in this yoga-obsessed city.

fiercegrace.com

SECRET YOGA CLUB

Secret Yoga Club takes yoga out of the studio and gives it the pop-up treatment. There are one-off classes in diverse locations (Royal Academy of Arts anyone?), yoga events, retreats and yoga-related supper clubs all over the city. Check its website for upcoming events.

secretyogaclub.com

TRIYOGA

Triyoga is a small London chain that is a great yoga all-rounder. With studios in Chelsea, Soho, Covent Garden and Camden, each comes with a healthy cafe,

spa treatment rooms and yoga shop, and classes are easy to book online. Most sessions are warm, using infrared technology to heat your body.

triyoga.co.uk

NEW YORK LAUGHING LOTUS

New York's Laughing Lotus offers a range of classes from 'mild' flow yoga to getting hot and sweaty in Soul Sweat. If you're just after a good stretch then Lounging Lotus is more

R&R than a workout. It also has hour-long sessions, classes that donate your fee to community projects, ones that focus on sun salutations only and classes accompanied by a retro rock soundtrack. This is about having fun and putting a smile on your face rather than achieving an intense nirvana. Last summer Laughing Lotus also organised rooftop yoga classes, so check the website for this summer's details. There are studios in Manhattan and Brooklyn.

nyc.laughinglotus.com

YOGAMAYA

Yogamaya has one of the prettiest studios in New York. Enter through carved wooden doors that are imported from India, and into plentiful natural light and roomy changing spaces. Yogamaya practises Vinyasa yoga and it also offers private or small group options as well as the more regular classes.

yogamayanewyork.com

THE YOGA TRAIL IN CENTRAL PARK

Take advantage of New York's epic Central Park and head

there for an alfresco yoga session. Open to all levels and running every day from 30 May (weekends only until then), you can even hire a mat, so all you have to bring is yourself.

theyogatrail.com

ABU DHABI THE HOT HOUSE

Yoga has really taken off in the last few years in Abu Dhabi. Set up by an expat couple, the Hot House has a rustic, minimal feel, full of carved wooden decor. It offers both hot and bikram yoga, alongside non-heated classes and even classes for kids. You can hire both mats and towels here, making it the perfect place to drop in if you're on a stopover here.

thehotthouse.odoo.com

BODYTREE

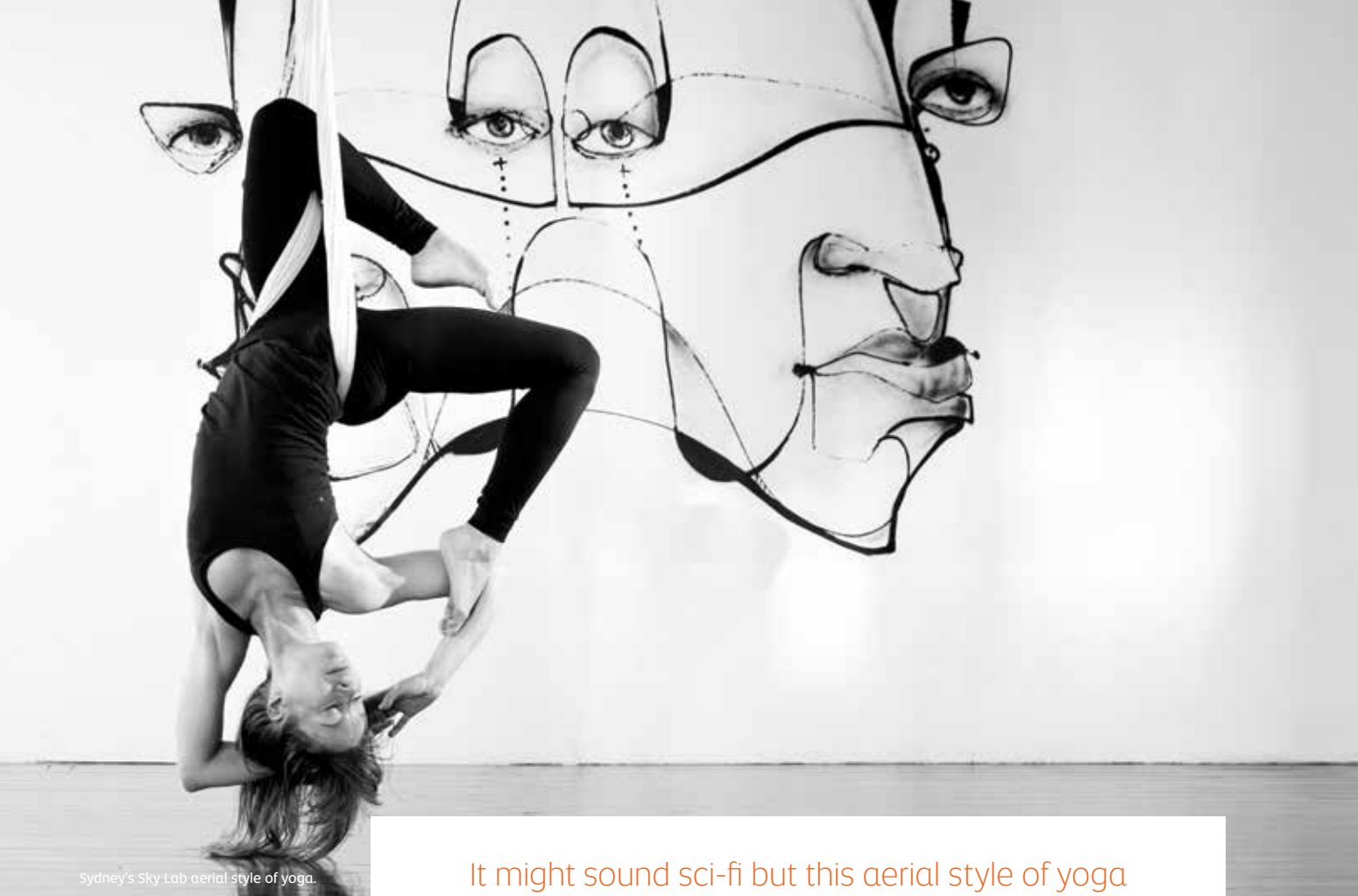
Find small and personalised yoga classes as this community-focused studio in Abu Dhabi, taught by a variety of international teachers. It also offers classes in the Rosewood hotel and Saadiyat Beach Club.

bodytreestudio.com →

Secret Yoga Club takes yoga out of the studio and gives it the pop-up treatment. Royal Academy of Arts, anyone?

Urban rooftop yoga.





Sydney's Sky Lab aerial style of yoga.

It might sound sci-fi but this aerial style of yoga means you practice while hanging in a soft hammock suspended above the ground.

THE ROOM

Head to Zayed Sports City for The Room, a friendly multifunctional gym that acts more like a social centre. Hang out in the on-site cafe – it's a great place to make friends in a new city. Different yoga classes are offered every day. theroom.ae

SYDNEY SKY LAB

If you love yoga and want to take it to the next level, Sydney's Sky Lab is the place for you. They practise anti-grav yoga. It might sound sci-fi but this aerial style of yoga means you practice while hanging in a soft hammock suspended above the ground. Almost weightless, you can work on postures without gravity holding you back. It's fantastic for relieving and resetting compressed joints. sky-lab.com

FLOW ATHLETIC

If you're a guy and a bit daunted by the ladies, Broga in Sydney is for you. An hour-long, men-only class, it looks to complement any other sports you do – introducing men who thought they didn't like yoga, to its power. Australia's most popular yogi, Kate Kendall, takes the class. flowathletic.com.au

POWER LIVING

Moments from Bondi Beach you'll find Power Living, a beachside-inspired studio with a packed schedule. Forgot your yoga pants? There's a boutique on site selling independent brands for men and women. Sydney isn't short of yoga studios, but this is a favourite. powerliving.com.au



Bikram yoga.

PARIS

RASA

One of Paris' prettiest yoga studios, Rasa, on the Rive Gauche, attracts a well-heeled crowd. The studio has plenty of natural light and offers a huge range of yoga classes, including Restorative Yoga, which offers deep stretches and realignment – perfect for anyone feeling the effects of jet-lag.

rasa-yogarivegauche.com

TRINI YOGA

Located in the 10th arrondissement, Trini Yoga's studio has a white-washed, rustic feel with huge French windows letting in plenty of light. Here you can practice Ashtanga and Praya yoga in a calming and very chic setting. triniyoga.fr

AFFORDABLE YOGA

You don't have to worry about trying to follow in French at Affordable Yoga, which runs classes all over Paris, in English. Plus it lives up to its name and charge only EUR 6 a class (almost nothing compared to most yoga classes) – perfect for anyone who just wants to pop in. Started as a meet-up group, Affordable Yoga now uses 20 instructors in seven locations and has over 6,000 followers. If you're in town for a while, you can buy a 30-day class pass. ♦

affordableyogafitness.com

IMAGES: GETTY IMAGES & SHUTTERSTOCK.COM



Michele Pernetta of Fierce Grace Yoga.

YOGA 101

Michele Pernetta of Fierce Grace Yoga talks us through why yoga should be on your itinerary.

WHY IS YOGA SO GOOD FOR FLIERS?

Practicing yoga is the best preventative for issues to do with flying, the cramp, stiffness, swelling from poor circulation, and even reducing the likelihood of vein issues as the tissues around the veins are soft and open and circulation in general is improved.

WHAT OTHER BENEFITS DOES YOGA BRING?

The benefits of yoga are well documented, but include greater range of motion of the entire body, no more aches and pains, increased strength, stamina, flexibility, and a greater sense of mental and emotional wellbeing. It balances blood pressure, cholesterol levels, burns calories and prevents degeneration and wear and tear on the joints.

WHAT TYPE OF YOGA IS BEST TO RELIEVE JET-LAG?

Many people swear by getting off a plane and getting to a yoga class as soon as they can as it seems to have an amazing effect on jet-lag. Some people love an energising yoga class to get their metabolism kick-started and their circulation boosted; others prefer a relaxing one, some deep breathing and centring, to bring them back to a grounded feeling. Either way, getting some movement, deep breathing or stretching to relieve tension is beneficial to speed up the body's ability to return to its normal rhythms.



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