COURTESY OF SACRED EARTH JOURNEYS

A trip being offered by a Vancouver company includes yoga lessons on a houseboat in Kerala, India.

COURTESY OF SEA KAYAK ADVENTURES

Sea Kayak Adventures, a company putting on a trip in April, won National Geographic Adventure Magazine's 'Best Outfitters on Earth' distinction in 2009.

Have mat WILL TRAVEL

Take your yoga practice to India, Costa Rica or Mexico

GET SPIRITUAL IN INDIA

A Vancouver travel company is offering The Yoga & Spirituality Tour of South India, which will include excursions to some of the holiest and most ancient Hindu temples. These include the Meenakshi Temple in Madurai, where visitors may be blessed by a sacred elephant, and the Brihadeshwara Temple in Thanjavur, a UNESCO World Heritage monument displaying remarkable feats of architecture. On most of the 16 days there will be either a morning or evening yoga session led by a hatha yoga teacher from Vancouver who has been studying meditation and energy work since 1996.

Accommodations include luxury beachfront hotels on the Bay of Bengal and the Arabian Sea, a 100-year-old heritage home set in a coconut grove, a houseboat in Kerala and a former 17th-century Dutch fort.

"This tour was designed to utilize yoga to open the seven major energy centres of the body so participants can feel rejuvenated and reborn," says Helen Tomei, president of Sacred Earth Journeys, the travel company offering the program. "Practising yoga in the place where it was born — the vibrant cities, lush rainforests, scenic beaches and serene gardens of South India — will lift our spirits to new heights, so we can feel at one with the universe and our authentic selves."

The tour goes Feb. 13 to 28, with an optional four-day extension at the Krishnatheeram Resort and Ayurvedic Centre in Varkala.

■ $2,699 U.S., plus $100 in prepaid gratuities, based on double occupancy. (Price does not include airfare from Canada.) For more information, call 1-877-874-7922 or see www.SacredEarthJourneys.ca.

SEEK BALANCE IN COSTA RICA

On the beach of one of Costa Rica's top surfing areas, Latitude 10 Beach Resort is encouraging guests to rebalance their minds and bodies with its "Rebalance" Surfing, Yoga, Meditation and Massage package.

"Whether an experienced surfer, dedicated yogi, or complete beginner in both, the five-night, six-day package was designed to enhance and develop guests' skills in these complimentary activities," says a release from the the resort. "Guests will receive a personalized balancing treatment that includes a guided meditation; chakras work with reiki and crystals healing, and a relaxing aromatherapy massage."

Originally built to be a private family estate, Latitude 10 is set on seven acres of beachfront property. The five free-standing casitas are surrounded by their own tropical rainforest gardens. The resort also features an infinity pool and more than 100 metres of private, white sand beach.

Nearby, the surf town od Santa Teresa, at the southern tip of the Nicoya Peninsula, offers dining and shopping and is famous for its waves and beautiful beaches.

■ The Rebalance Package costs $2,070 U.S. per person and includes accommodation in one of Latitude 10's private junior suites, breakfasts, afternoon appetizers and snack bar, as well as yoga and surfing lessons each day, but not airfare or other meals. For more information, see www.latitude10resort.com.

COURTESY OF LATITUDE 10 RESORT

Latitude 10 in Costa Rica originally was built to be a private beachfront family estate.

PADDLE WITH PRANA IN MEXICO

Sea Kayak Adventures, a west-coast based company, is offering a Yoga, Whales and Kayaks tour in Loreto, Baja California Sur, Mexico, that combines daily yoga with a little adventure, suitable for novices.

"Each sea-kayaking day begins with a yoga session on the beach led by Julie Zimmerman, who has taught yoga full time since 1999," says Sea Kayak Adventures' owner Terry Prichard. "Then participants will accompany naturalist guides on whale watching and sea-kayaking outings. Additional activities will include treks along deserted beaches, exploring uninhabited islands and snorkelling. Each evening begins with a restorative yoga session while guides prepare dinner."

The April 11 to 16 tour takes place in Loreto Bay National Park, a UNESCO World Heritage site, in the Sea of Cortez. "On most tours February through April our tour groups view dolphins, sea lions, fin whales and if very lucky the elusive plankton-eating whale shark or the blue whale," says Prichard.

The itinerary "cherry-picks" the best parts of the park's uninhabited islands to camp and explore, according to Prichard. Naturalist guides do all the cooking and camp chores as well as teaching the basics of sea-kayaking and leading walks. "Our yoga tours are wildly popular so this one will fill up quickly."

The $1,095 U.S. price includes airport transfer from Loreto, two nights hotel in Loreto, three nights camping, all meals while camping, yoga sessions and all equipment, but not airfare.

■ For more information, call 1-800-616-1943 or see www.seakayakadventures.com. You can also stop by a Sea Kayak Adventures booth at the Outdoor Adventure Show in Toronto Feb. 26 to 28.

CITIZEN STAFF