

SUPER NATURAL

The yoga offerings at these far-flung resorts invite you to practice your downward dog and warrior pose against awe-inspiring backdrops.

ROCK STEADY

A remote desert retreat set amidst the starkly beautiful canyon country of the U.S. state of Utah, **Amangiri** celebrates its 15th anniversary this year with a raft of new holistic and integrative wellness programs. Among them is Yoga on the Rocks, a one-of-a-kind yoga experience set high above the valley floor. After a short hike to the top of a rock formation, guests will be guided through a personalized movement session surrounded by 360-degree views of the Grand Staircase-Escalante, an immense, rugged national monument that is especially sublime at sunrise (*aman.com*).

SURF'S UP

The beach at **Nihi Sumba** on Indonesia's Sumba Island is as spectacular as they come: a long sweep of pale sand framed

on one side by lush jungle and on the other by the epic surf break of Occy's Left. It all adds to the spectacular Indian Ocean views on tap at Nihi's open-air yoga pavilion, which sits on a ridge above the main resort. Daily classes include kundalini, vinyasa, and lung-expanding breathwork; guests can also join a trek or horse ride to an even remoter location down the coast for a day of truly wild wellness (*nihicom*).

GO WITH THE FLOW

One of the planet's largest waterfalls, Victoria Falls is an immense spectacle — its more descriptive name in the indigenous Lozi language is Mosi-oa-Tunya, or "the smoke that thunders." You can hear the thunderous cataract clearly from the riverside deck at **The Royal Livingstone** hotel in Zambia, which lies just up from the falls (a natural source of negative ions) on the banks of the mighty Zambezi. Here, 60-minute sessions led by Kerry O'Fee of Victoria Falls Yoga give

you a front-row seat — or rather, mat — to the longest river in southern Africa as it approaches the drop. Turn around, and you'll likely spot zebras and giraffes roaming the grounds (*anantara.com*).

DUINE SAGA

What better place to tap into your inner stillness than amid the whispering dunes of an Arabian desert? At the edge of the vast Rub' al Khali (Empty Quarter) in Abu Dhabi, **Qasr Al Sarab Desert Resort by Anantara** caters to sybarites and solace-seekers alike with its grand design and spellbinding location. Private yoga sessions in the dunes that surround the

property are guided by resident wellness guru Ratheesh Krishnan, who can also tailor three-day holistic programs. Complete the experience with a cleansing ritual in the resort's Moroccan-style hammam (*qasralsarab.anantara.com*).

CALL OF THE WILD

Of the many reasons to make tracks to **Shinta Mani Wild** — the Bill Bensley-designed luxury tented camp funds conservation efforts in its 350-hectare patch of wilderness in Cambodia's Southern Cardamom Mountains — one is the opportunity to join wellness director Solveig

Gevers atop a seven-story zip-line tower for a sunrise yoga session. After zenning out to birdsong and wraparound views of the forest canopy, an exhilarating zip-line ride takes you back over a waterfall to the riverside camp, setting the tone for more unforgettable adventures to come (*shintamani.com*).

MOUNTAIN POSE

Even the most reluctant yogi will swoon at the pristine scenery surrounding this next-level wellness retreat on New Zealand's South Island. Overlooking the serene glacial waters of Lake Wakatipu in the Southern Alps, **Aro Hā** immerses you in a program of wilderness hikes, plant-based meals, wellness workshops, and twice-daily yoga sessions that put nature front and center (the nearest town, Queenstown, is a 45-minute drive away). In the evenings, convene with other guests under the stars in the contrast therapy pools and feel at one with the universe (*aro-ha.com*). —Judy Chapman

OM STRETCH
The otherworldly wilderness of southern Utah provides a soul-stirring backdrop to Amangiri's Yoga on the Rocks.

ROBERT RIEGER