



Retreat and surrender

Yoga has long been the exercise of choice for celebrities who get super toned and super happy thanks to its combination of health benefits for the body and the senses.

HELLO! talks to US-based yoga instructor Tamal Dodge who reveals his plans to offer classes with a difference in some of the world's most exotic locations

most active individuals, as the classes are generally considered just as rigorous as any gym session, while at the same time providing optimum results.

Now Tamal is set to take his 'yoga with a difference' on the road by offering classes in exclusive global retreats around the globe, from Mexico, to Italy and beyond.

He plans to combine yoga with some of the world's most sought-after destinations to make it a treat for all the senses as well as the body.

As he says: "I just want people to come closer to their state of bliss, and what better way than performing yoga in stunning surrounds."

Among the locations chosen by Tamal are an Italian retreat in Tuscany where guests will have the chance to take part in daily yoga sessions and enjoy delicious Italian fare as part of a getaway package, while a boutique Hawaiian retreat will integrate yoga and surfing to offer an inspirational adventure.

A visit to Mexico is also on the calendar for 2011 as Tamal hosts a "deep relaxation retreat" at the serene Xinalani resort and spa in Puerto Vallarta. Located on the pristine Pacific coastline, guests will be able to indulge in nature, yoga and pamper packages at the resort's exclusive spa and facilities.

The five night and six day package will include two daily yoga sessions with Tamal, a meditation guide, three daily gourmet meals and jungle hiking. He says it's the perfect way to reconnect with nature and maintain a blissful balance, which is guaranteed to leave guests with the ultimate holiday glow.

Prices range from US\$1500-US\$2800 depending on accommodation style. All meals and yoga classes are inclusive of the price.

Jennifer Aniston and Gwyneth Paltrow have long credited their toned bodies to the benefits of yoga.

Aniston says yoga quiets her mind, while Brazilian supermodel Gisele Bündchen opted to use it to bounce back to her pre-baby shape following the birth of her son Benjamin last year.

Other dedicated followers also include Australian Victoria's Secret model Miranda Kerr, who admits she is keeping up with daily yoga classes to stay in shape while pregnant with her first child.

Los Angeles is renowned as one of the most body conscious capitals in the world, so it's no surprise yoga classes are among the most popular fitness regimes in this town.

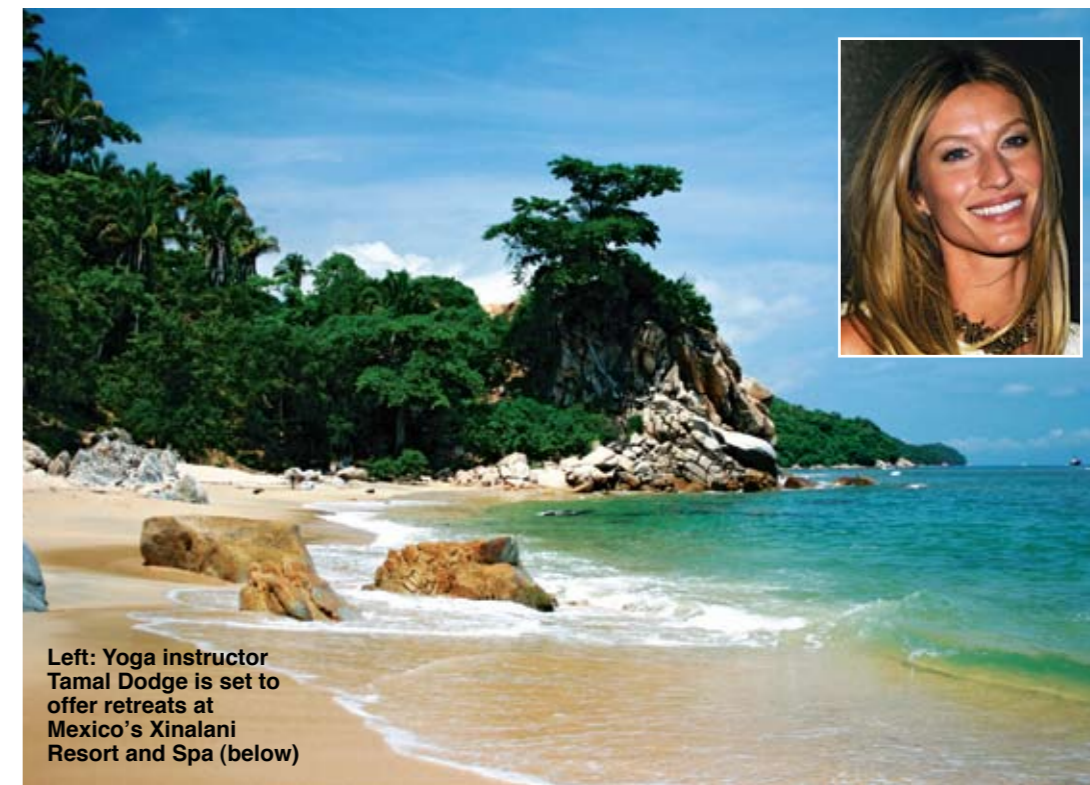
In between the Hollywood high life and faced-paced boot camp workouts, there are small sanctuaries dotted all over town reminding people to 'inhale and exhale' especially in the hip beachside area of Santa Monica.

Amidst the new multi-million dollar designer retail precinct recently opened off Main Street and the bustling 3rd Street Promenade, YogaCo is a little haven of relaxation that is gaining a reputation as one of the greatest workouts spots in LA. One of YogaCo's most successful instructors Tamal Dodge is leading the way, and shape shifting the cities bodies most days of the week.

While some people go in search for yoga and then become teachers, others like Tamal were born into it. He grew up in the tranquil surrounds of ashram in Hawaii, so it's easy to see why teaching yoga seems to come as naturally to him as breathing.

With his cult-like following and packed out classes, Tamal runs sessions in the true spirit of yoga, asking his students for a donation at the end of the class rather than an upfront fee.

His brand of Power Yoga has a deep focus on strength and flexibility and appeals to even the



Left: Yoga instructor Tamal Dodge is set to offer retreats at Mexico's Xinalani Resort and Spa (below)

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For more details visit: www.xinalaniretreat.com
Places are limited and booking is essential. For more information about Tamal's upcoming retreats also planned for 2011 in Tuscany and Hawaii, visit www.tamalyoga.com



Supermodels Gisele (inset) and Miranda Kerr are dedicated followers of yoga



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