

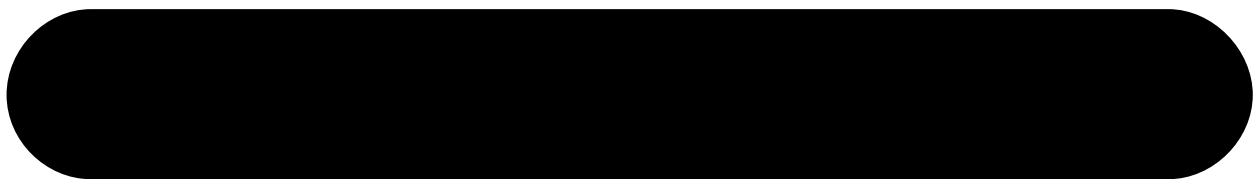
best yoga destinations in the world

yoga destinations are emerging in the world and many of them have been created for all people at all levels. International yoga destinations are the best places to start or practice yoga and allow learning and discovering more about yourself. Yoga reconnects your mind, body, and spirit. Knowing all these benefits, join [Niloofare Abi](#) and explore the best yoga destinations in the world.

The best yoga destinations in Asia

First, we will introduce the best yoga destinations in Asia, because there is no doubt that some Asian countries are on the list of the best. Did you know that India is the birthplace of yoga, Thailand is known for its massage, and Bali is not just a beach destination? Let's learn more about three of the best yoga destinations in Asian countries.

India

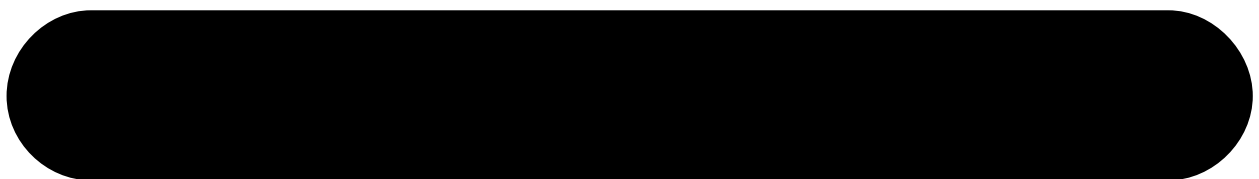
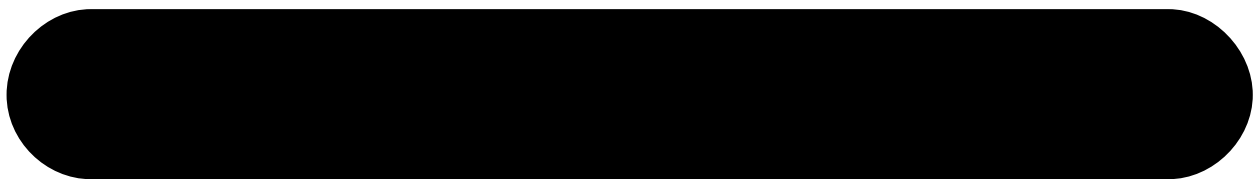


Do you want to experience the exercise in the place where yoga was born? This is the main reason to make India one of the best yoga destinations in the world. One of the most popular yoga destinations in India is the city of Goa. With its golden sandy beaches, night markets, and numerous attractions, this city offers everything an adventurer wants to spend his or her free time.

Kerala, on the Malabar coast, is also famous for its natural beauty, palm trees, and tea plantations, and is considered the best place in India for traditional Ayurvedic medicine.

Another area where you can experience yoga in India is called Rishikesh. In this area, everything is related to spirituality and health. From Ayurvedic medicine to meditation retreats, you can breathe in all aspects of yoga in every corner of this ancient city.

Indonesia

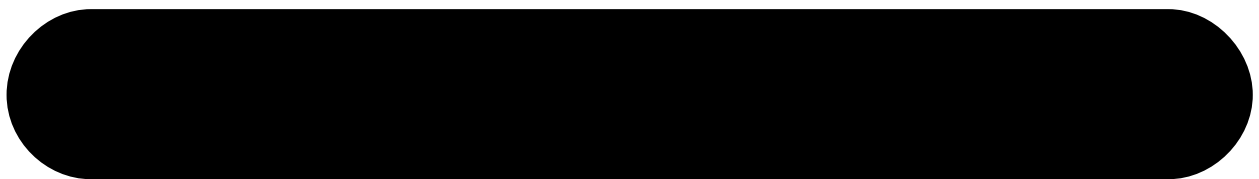


If you are looking for a beach resort, go to Indonesia. The largest island country in the world, which is also considered an ideal tourist destination. In addition to beautiful beaches, thousands of natural sights, and tourist attractions, you can add yoga to the list of Indonesian entertainment.

Bali is the center of health and wellness in Indonesia, attracting yoga enthusiasts from all over the world. Some of the best yoga instructors in the area run different courses. There are also many spas in Bali and vegan restaurants can be found in almost every corner of the island.

The best place for yoga in Bali is called Ubud, the center of health and wellness. From Ayurveda centers to vegan restaurants, spas, etc., you will find a part related to yoga in every part of this area.

Thailand



Thailand is a land of beaches, amazing islands, Buddhist temples, peaceful villages, [Thai massage](#), spas, and exciting entertainment. Thailand has become one of the top yoga destinations in the world thanks to its nature, warm people, and rich tradition.

Ko Pha Ngan Island is considered the most popular yoga area in this country. The relaxing nights, temples, and beaches of this island have made it a place to find peace and meditate.

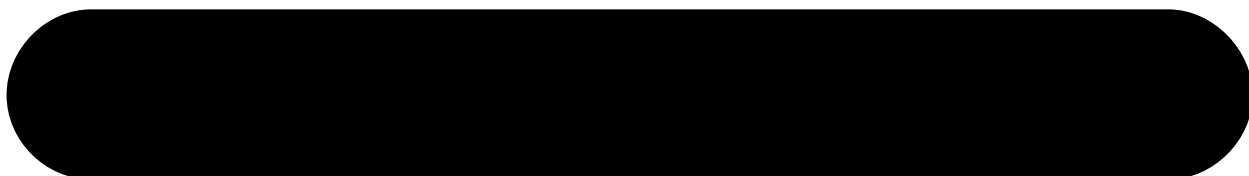
Ko Samui's green landscapes and clear blue waters have also made this area on the list of popular yoga spots in Thailand. Many yoga training courses in Koh Samui are available for those interested in this popular exercise.

Add Phuket to the list of popular yoga destinations in Thailand. With more than 30 beautiful beaches and dozens of luxury hotels, Phuket is ideal for a relaxing vacation where you'll have nothing to worry about but to enjoy and practice yoga.

Popular yoga destinations in the world

Leaving aside the most popular yoga destinations in Asia, it's time for other countries in the world. Stay with us to learn more about the best yoga destinations in other countries of the world.

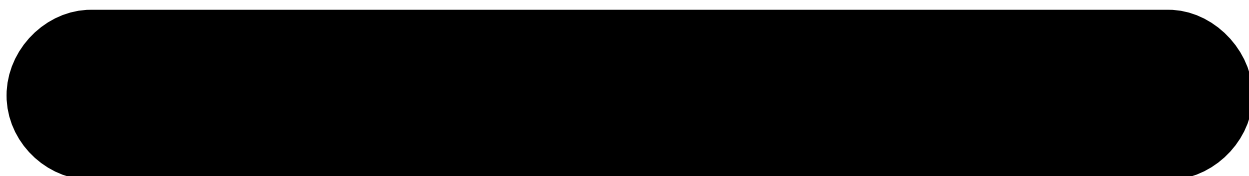
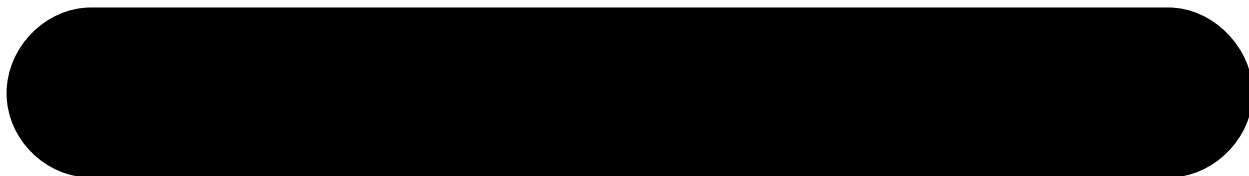
Spain



The Balearic Islands in Spain are one of the best places on earth for yoga. Ibiza is a Balearic island full of sandy beaches, rocky coastlines, vibrant nightlife, and laid-back resorts. Mallorca or Majorca, with its many historic sights, top-notch restaurants, and amazing cultural events, is also an ideal choice for Yoga enthusiasts.

The Canary Islands in southern Spain are a paradise on earth with amazing scenery and great weather all year round. With their atmosphere, these islands are a wonderful place for yoga in Spain.

France



It's easy to see why France ranks among the best yoga destinations in the world. With rolling hills to the north and west, the Pyrenees to the south, and the Alps to the east, La République offers an amazing landscape in France. Also, you can practice the best yoga poses in this area.

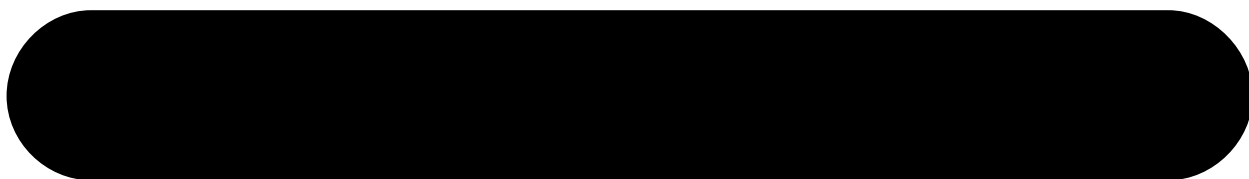
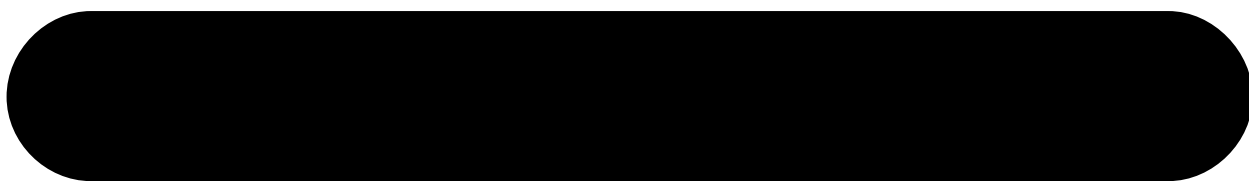
One of the best yoga regions in France is Auvergne-Rhône-Alpes, with its beautiful mountains, clear lakes, rapid waterfalls, and pristine forests. Don't forget about Nouvelle-Aquitaine, with its beautiful agricultural landscapes, sunflower fields, pine forests, and vineyards. You can also put Occitanie on your list, which is an exciting place to practice outdoor yoga.

Portugal

With more than 200 sunny days a year, beautiful cities, nature, and a peaceful atmosphere, Portugal is a great destination for yoga. Here, even the smallest towns have at least one yoga studio, and it's common to see people practicing yoga asanas on the beach.

Portugal is also a popular destination for surfing and yoga. The Algarve and Ericeira are some of the top surfing destinations in the world. These destinations are popular not only among surfers but also among yoga enthusiasts in Portugal. If you're looking for a bigger city, head to Lisbon, where you'll find the magic of Portuguese culture and art, with plenty of history and street art in all its neighborhoods.

America



California is known as the modern yoga capital of the world, and the laid-back culture of the Golden State has created ideal conditions for yoga to flourish. Also, you can find lots of centers for healthier living throughout the state.

On the East Coast, Florida has no rivals for good weather, stunning coastlines, and its culture. California also has many centers for doing yoga, massage therapy, meditation, etc.

Greece

Greece, a country with more than 260 sunny days a year, is considered one of the best yoga destinations in the world. In the country, you can find many areas to experience yoga along with 18 UNESCO World Heritage Sites and many archaeological museums to visit.

Athens, the capital of Greece, combines ancient treasures with modern entertainment, exciting activities, and unique areas. The Ionian Islands are one of the most famous tourist destinations in Greece, and Zakynthos is the largest of them and one of the most beautiful islands on earth. Another reason for the island's fame is its large yoga community. Mykonos, Santorini, and Paros are also yoga havens in Greece, and the amazing beaches and stunning scenery make them an unbeatable yoga destination.

Don't forget to do yoga!

Today, the [benefits of yoga](#) have been proven and it draws many people to this useful exercise. Yoga increases flexibility and helps reduce stress, increases strength, and improves mental health and quality of life. Do not neglect the health benefits of the exercise and participate in a yoga class in a reputable center as soon as possible.