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THE SPA PROFESSIONAL'S CHOICE

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COASTAL
CALM

ISLAND SPA CATALINA (AVALON, CA)

[radar]



As the weather warms up, guests at Salamander Resort & Spa (Middleburg, VA) can reign in their stress with two classes that combine yoga and horsemanship. Yoga in the Stable is a sunrise experience that takes place in the serene stables surrounded by equine observers. **YOGA ON HORSEBACK** takes place in the saddle and encourages yogis to push beyond their comfort zones with the help of a horse.

fun fitness

Spa-goers are a savvy bunch, and those who visit the spa to address all of their wellness needs, including fitness, are looking for motivation. What's more inspiring than a workout session that is challenging, fun, and unforgettable? Here's a look at a few exercise options that are anything but boring.—J.K.C.

Surf's up this summer at The Ritz-Carlton, Half Moon Bay (CA), where guests can partake in **SURFSET**, an ocean-inspired workout that takes place upon a Surfset board designed to engage the core and stabilizer muscles, giving a lean surfer look to the body. It's a great way to hang ten without battling the sometimes terrifying swells made famous at the nearby Mavericks surf spot.



Pachyderms help with the pampering at Anantara Golden Triangle Elephant Camp & Resort (Thailand) during **ELEPHANT YOGA**, an inspirational experience that combines the mindful spirit of yoga with the slow, deliberate rhythm of an elephant. Guests observe the elephant's movements and practice easy positions on the gentle giant's neck, then they dismount and enjoy a full yoga class in a rustic sala at the Baby Elephant Camp.



Elegant acrobatics are the order of the day at Miraval Resort & Spa (Tucson, AZ) with the **DREAM SILKS CLASS**, which uses aerial silks to support and suspend the body while practitioners slip in and out of various yin and restorative yoga postures.

PHOTOGRAPHY: ANANTARA GOLDEN TRIANGLE ELEPHANT CAMP & RESORT