



<https://www.orbitz.com/blog/2016/09/13-best-hotels-for-yogis-in-honor-of-national-yoga-month/>



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September 8, 2016

It's not a stretch to say yoga is growing in popularity. According to the Yoga Alliance, 15 percent of American adults regularly practice the discipline, well up from 2012. With interest on the rise, it's no wonder resorts are displaying flexibility as they introduce yoga programs. Here are 12 hotels that are rolling out the yoga mat for guests:

Howling at the moon

The full moon is a time of swelling tides and heightened emotions. Sounds very California, no? Yes. In fact, yoga under a full moon seems to be a popular Pacific Ocean-adjacent option. In Rancho Palos Verdes, California, [Terranea](#) hosts its monthly Full Moon Yoga classes under twinkling stars bright enough to light up the ocean. Across the sea, at the [Ritz-Carlton Kapalua](#) in Maui, Full Moon Yoga combines slow flow, restorative postures and meditation to help guests connect with nature's cycles Hawaiian-style. The East Coast gets in on the mooning at the [Resort at Longboat Key](#) near Sarasota, Florida. Moonlight Meditation there mixes yoga and singing bowls.

Zennis, anyone?

Among the offerings at the [Sanctuary at Camelback Mountain Resort and Spa](#) in Scottsdale, Arizona is a hybrid of yoga and tennis. The tennis instruction is movement-based, emphasizing sport-specific yoga along with functional stretches.

Eagle, anyone?

Yoga for Golfers at the **American Club** in Kohler, Wisconsin links those two disciplines together. Courses focus on golf-specific postures and poses using golf clubs.

Horsing around

Located in the heart of Virginia's horse country, it's only natural that the [Salamander Resort & Spa](#) offers yoga on horseback (seasonally). Visitors can also opt to do yoga in a stable, which seems a bit more...stable. Meanwhile, the mare is merely the vehicle to get to class at [Vista Verde Ranch](#) in Colorado, where Wild Yoga is held on a platform set into an aspen grove near Steamboat Springs.

Defying gravity

Another hot sporty yoga trend is TRX Suspension, where yogis can do gravity-defying poses while hanging in straps. Among other places, it's offered at the [Fairmont Scottsdale Princess](#), where those who like to be upside-down can also hang out during Aerial Hammock Yoga classes.

Nice views

Overlooking a pretty, pink sand beach, the **French Leave Resort** on the island of Eleuthera is an ideal place to strike a pose. Sure, you can practice in your villa (mats included), but why not opt for doing downward dog outside near pristine Caribbean waters? Early birds can do eagle, crow or pigeon during morning yoga by the pool.

Florida's [1 Hotel South Beach](#) hosts its many yoga classes on a third floor terrace overlooking the Atlantic Ocean. During sunset classes, participants flow to the upbeat tracks being spun by live DJs. Can't get more South Beach than that.



Photo courtesy of Ritz Carlton – Chicago

Rooftop Voga at the [Ritz-Carlton Chicago](#) takes the practice to new heights. Do fish or dolphin atop Water Tower Place, which provides amazing views of Chicago's commanding skyline. Held at 4pm every Friday, Rooftop Voga, yoga while vogueing to '80s music (think Madonna), is the perfect way to start off Happy Hour.



Photo courtesy of Carmel Valley Ranch

Spectacular views of the Santa Lucia mountains can be espied between yoga poses at California's [Carmel Valley Ranch](#). Outdoor Hilltop Yoga starts with an invigorating hike to a yoga platform, followed by sun salutations and other poses.

At [Salish Lodge & Spa](#) in Washington, its signature Yoga by The Falls is a moving meditation, where the focus is on the breath...that is, when participants are not focusing on full frontal views of the exhilarating Snoqualmie Falls.