

# THE IRISH TIMES

## Get your om on: 10 great yoga holidays in Ireland and abroad

Fancy trying yoga in a salt cave, or cuddling a puppy while holding downward-facing dog?

© about 4 hours ago

Shilpa Ganatra



Castelfalfi in Tuscany, Italy

Ready to align your chakras? Yoga breaks are a surefire way of rebalancing the demands and stresses of everyday life. Their continuing popularity means that 2020 sees the broadest range of yoga holidays yet. Whether you like your sun salutations on the beach, fancy trying yoga in a salt cave, or like the idea of cuddling a puppy while holding downward-facing dog, there's a yoga holiday with your name on it. Here's our pick of the bunch.

## Yoga and cooking

Fear ye not: a break that combines yoga with indulgent cooking classes merely employs the idea of balance in holiday form. There's a number of dedicated retreats in the foodie hotspot of [Italy](#), but for more flexibility on the timings and itinerary, Il Castelfalfi is a top choice. Atop the rolling Tuscan hills, the hotel and its 100-hectare grounds cover an abandoned village, now restored for guests to explore. Complimentary yoga classes are already included, and there's also a number of classes to try out their world-famous cooking: create a classic Neapolitan pizza in the trattoria Il Rosmarino, or harvest vibrantly-coloured produce from their kitchen garden to create some fresh-tasting dishes. If you're feeling active, head out on a truffle-hunting adventure with their well-trained dog, Bianco. Or indulge in a spot of wine-tasting here, the home of Chianti. Heaven.

Rooms with bed and breakfast start from €280. [castelfalfi.com](https://www.castelfalfi.com)

**Getting there:** Direct flights from Dublin to Pisa start from €46. Il Castelfalfi is a 45-minute transfer from Pisa Airport.