

Modern Green Living + Spa Wisdom

organic spa

MAGAZINE

OUR ANNUAL

HOLIDAY GIFT GUIDE

50+ Eco-Picks
for Everyone
on Your List!

PLUS:

**HEALTHY
EATING TIPS**

**BATH TIME
TREATS**

**EXPERT WINE
CHOICES**

**GREAT WAYS TO
GIVE BACK**

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Two for the Road: Surf your Yoga

Of all sports, maybe no other physical activities work as synergistically as yoga and surfing because they both hone muscular strength, balance, endurance, and posture. To boost your fitness level, beat stress and sculpt a sleeker body, you can't beat the combo. Via Yoga's line-up of yoga and surf adventures in Costa Rica and Mexico really do pair world-class accommodations with top-notch surfing lessons and open-air yoga classes led by acclaimed teachers. Via Yoga retreats also introduce guests to sustainable activities such as "Farm to Fork" cooking classes, guided meditation, and astrology lessons. Space is limited to 15 to 20 guests depending on location and dates, and weeklong, all-inclusive prices start at \$2,295. www.viayoga.com