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Yoga journeys include a spiritual trek to India



Take in the Taj Mahal while on a Nomadic Yoga Journey with Perillo Tours. (Pius Lee, Shutterstock)

By **Phil Marty**
Chicago Tribune

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- Yoga journeys for the spirit

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For fans of yoga, following that practice while being immersed in a foreign culture can be a double travel bonus. Perillo Tours offers Learning Journeys, which include Nomadic Yoga Journeys in locations such as Costa Rica, Vietnam, India and Greece. With its ties to ancient spiritual practices, India is a natural for a trip like this. Much of the tour is devoted to exploring Rishikesh, often called the Yoga Capital of the World and the home to an ashram visited by the Beatles in the late '60s. Here visitors will work with a yoga guru and also on their own. There also is more interaction with locals, including a trip to Parmarth Niketan Ashram to watch a ceremony featuring the prayer of river Ganges, called "Ganga Aarti." The 12-day/11-night tour is priced from \$2,325 per person double occupancy, with international airfare extra. Information on this tour and other Nomadic Yoga Journeys is at tinyurl.com/pvoyfd9.

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Think small to cruise Greece

Mega cruise ships may have climbing walls, beaucoup restaurants and Internet access, but for a more intimate experience and the ability to get into places where the big ships could never go, there's nothing like a small boat. EXPLORE!, which specializes in adventure travel, has a number of small-boat outings to some pretty exotic places and at very reasonable prices. An example is its Greek Island

Cruise aboard a traditional wooden caique.

Exploring the island of Evia for six nights the little Isidoros II has just two double cabins on the main deck and six twin cabins on the lower deck.

Swimming or snorkeling from the boat is an option or just lazing on the sun deck. Pricing for most dates is from just \$820 per person double occupancy.

Some meals are included, but all dinners are on your own in the villages tucked away in small coves or harbors. Read about this trip and other small-boat adventures at

tinyurl.com/m862n8h.

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Road Scholar aces it in the U.K.

For a dose of education while visiting the U.K., Road Scholar has the bases covered.

Theater buffs, for instance, would enjoy The Best of British Theatre: The West End and Beyond. Several theater performances are the highlight here, but there's more immersion in the London theater scene, including a backstage tour, a workshop and a meet-up with one of the city's theater critics. The price is from \$3,399 per person double occupancy and covers lodging, most meals, the performances, lectures and more. Airfare is extra. For more theater exploration, Road Scholar has The Best of the Bard: The World and Words of Shakespeare in Stratford-Upon-Avon and London. View all of the Road Scholar U.K. trips at tinyurl.com/pj5k98w.

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