

Om on the Go: Yoga Trending in West Coast Hotels

By Dana Rebmann on June 13, 2013 4:00 PM



The Ridge Yoga Platform, Photo courtesy Carmel Valley Ranch

Eating healthy and vacation don't often mix. It's hard to stay committed to the exercise routine when you're on the road, but it's getting harder for travelers to make excuses.

SFO's Terminal 2 has a yoga room just past the security checkpoint where passengers can exercise and maybe even get some piece and quiet. More and more hotels are helping folks bend, breathe and stay healthy by adding yoga to their menu of must-dos.

A Yoga Mat in Every Room

At [Kimpton Hotels](#) across the country, guests are provided with a yoga mat and free on-demand fitness TV programs to help them maintain their "in-room peace."

In room peace has its obvious benefits, but some hotels are taking their yoga to a new place, that might even make you forget you're exercising.



Rooftop Yoga. Photo Courtesy Canary Hotel

Canary Hotel, Santa Barbara

Every Saturday morning at 8am, [Canary](#) guests can practice their downward-facing dog while staring at the red tile rooftops of Santa Barbara. The complimentary hour long classes are held on the hotel rooftop, near the pool.

Shutters on the Beach, Santa Monica

If an invitation to the beach doesn't make you want to exercise, I don't know what will. [Shutters on the Beach](#) offers yoga free of charge every Thursday morning on the beach at 8am. A little sand won't cramp your stretchy style.

The Meritage Resort & Spa, Napa

At 1,650 square feet, [The Meritage Resort & Spa](#) has a pretty spacious fitness room by hotel standards, so there's plenty of room for their complimentary yoga classes. But thanks to Napa's mild weather, the class can often move their mats outside to soak in the vineyard view.



Riverfront Yoga, Photo Courtesy RiverPlace Hotel

RiverPlace, Portland

Every Friday at 7:30am Portland's [RiverPlace Hotel](#) offers complimentary yoga practice. When the weather cooperates, you can show off your best Warrior Pose with the view of the Willamette River in the background.

Carmel Valley Ranch, Carmel Valley

There's no excuse to fall behind in your yoga practice at [Carmel Valley Ranch](#). In addition to its state of the art fitness center, it has a separate studio space where it offers complimentary Hatha Yoga classes six days a week. Don't let the frequency scare you away, all levels are welcome. But yoga heats up at Carmel Valley Ranch in the summer. Classes are held on The Ridge Yoga Platform Wednesdays and Sundays at 9am, June through September.

Where's your favorite place to practice yoga? Comment below.