

July 2006 • westjet.com

up!

complimentary



PHOTOGRAPHY FOR KIDS
TORONTO'S TOUR DE FRANCE CONNECTION
WIKIPEDIA'S RETRO COOL
CHANTAL KREVIASUK
WESTJET DESTINATION EVENTS GUIDE

SURFER'S TURF

BIG WAVE PRO DAVE KALAMA
SHARES HIS MAUI PARADISE

10 **WHERE TO LIVE NOW**
GREAT HOMETOWNS COAST TO COAST
PLUS: 5 SECRET SPOTS TO SNAP UP RIGHT NOW

A BUCKING GREAT TIME
OUR CALGARY STAMPEDE PRIMER

In the Field



GET OFF THE MAT

Yoga festivals are not just for hippies and chicks—get ready, they're coming your way

By Lisa Miriam Cherry

It was the middle of summer and I was sitting on a California mountain, meditating with fellow yoga lovers while a wandering bass player lulled us into a deep, hypnotic trance.

Vinnie Marino—a short, 50-something dude who the *New York Times* has dubbed the “Yoga King of Los Angeles”—waded through the class of 1,000 yoga fans, purring pearls of wisdom. “Neil Young is now in ecstasy,” he joked. “Let the music *rolllll* over you.”

And so I did. In fact, that's exactly what everyone does in yogic heaven, a.k.a. Wanderlust. Held every summer in Lake Tahoe's Squaw Valley, this four-day festival was attended by 14,000 yoga fans last year.

After a hectic Toronto winter, I was at the largest yoga and music festival on the planet, searching for inner peace and ways in which to connect with my fellow beings. I recall thinking that as I inhaled, closed my eyes, gazed inward toward my chest and exhaled *slowwwly*. My consciousness shifted, it seemed, right into samadhi, or bliss. Then I remembered there were 60 classes a day and the stress whooshed back.

My mind should have been empty, but instead I plotted military-like strategies that would allow me to dodge the eco-conscious musicians, art exhibits and fair-trade coffee hawkers that stood between my class and the organic food marketplace.

I confess I'd been thinking about devouring a Lovin' Burger and green powerball since my first 7 a.m. downward dog. Can I do it and still get to Tending the Sacred Fire (with my yogini hero, Shiva Real!) and Tantra Yoga (with Rod Stryker) by day's end, I asked myself.

I won't tell you how much my Type A personality packed in on Day 1, but the sun did eventually dissolve into a starry sky under which thousands of us yogis danced, sporting helmets of flashing lights, while Cirque du Soleil-style performers swirled incandescent hula-hoops around their necks like comets whizzing through the night. All under a huge concert bandshell reverberating with the beat of “Say Hey (I Love You),” sung by Michael Franti himself.

Yes, inner peace can rock.

Yoga Festivals

Wanderlust Festivals

Copper Mountain, Col. (July 5-8)
Squaw Valley, Calif. (July 26-29)
Whistler, B.C. (Aug. 23-26)

Telluride Yoga Fest

Telluride, Col.
(July 12-15)

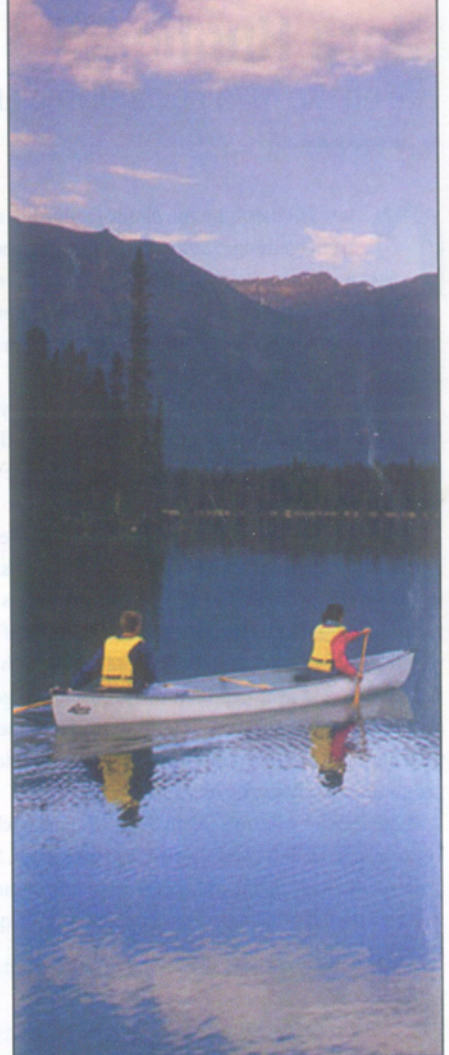
Bhakti Fest

Joshua Tree, Calif.
(Sept. 6-9)



Photos by Kadri Kurgun

In partnership with
Travel Alberta
Canada 100



RUSH HOUR.

Beat the rush with incredible mid-week offers all summer long at The Fairmont Jasper Park Lodge.

THE *Fairmont*
JASPER PARK LODGE

fairmont.com/jasper
1 800 441 1414