



THE TRAVEL YOGI

MEDIA KIT



ADVENTURE MEDIA

ABOUT US

The Travel Yogi

The Travel Yogi was founded in 2010 to pioneer and elevate the intersection of adventure travel and wellness. With carefully curated itineraries that blend yoga and adventurous destinations, The Travel Yogi has moved 'yoga retreats' from beach basic to the wider world.

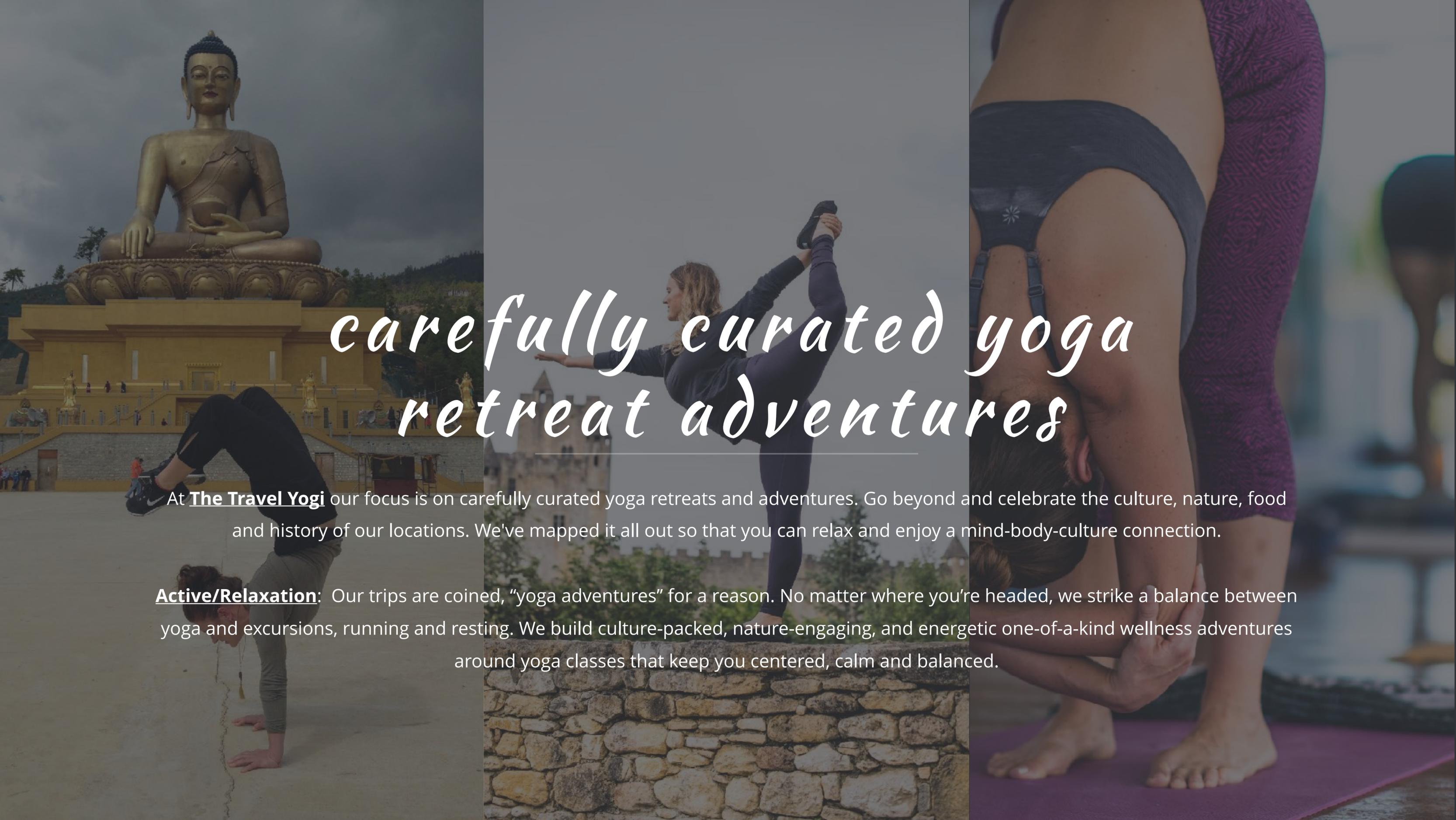
Each trip is designed to immerse travelers into the specialty of the location (nature, culture, etc.) while expanding their practice on the mat. The calm, focus and familiarity of a yoga practice allows each traveler the chance to center themselves during their practice so that they can approach the adventure with an open heart and mind.

Meet The Travel Yogi Team

The **Travel Yogi's founder, Jennifer Hoddevik**, has been in the travel industry since 1999 and has had a yoga practice since 2001. A few years after the birth of her daughter, Jen looked to go on a yoga retreat and was disappointed with the options out there. Seeing an opportunity to bring travel industry professionalism and adventurous locations to a burgeoning wellness-travel industry, The Travel Yogi was born. Personally, the company allowed Jen the opportunity to work from home and be a full time mom to her then 3 year old daughter. As the company and her girl grew, her daughter got to go out on scouting trips with Jen. To date, her daughter, now 10, has 13 stamps in her passport and counting!

The Travel Yogi is a female owned and run company. Our one employee, **Courtney**, is a passionate ambassador for wellness travel. And, while we are welcoming and open to all travelers, we love being a female owned and operated business. Our focus has been, and continues to be, pushing the envelope of wellness adventure travel, and our destinations and itineraries will focus on that goal.





Carefully curated yoga retreat adventures

At **The Travel Yogi** our focus is on carefully curated yoga retreats and adventures. Go beyond and celebrate the culture, nature, food and history of our locations. We've mapped it all out so that you can relax and enjoy a mind-body-culture connection.

Active/Relaxation: Our trips are coined, "yoga adventures" for a reason. No matter where you're headed, we strike a balance between yoga and excursions, running and resting. We build culture-packed, nature-engaging, and energetic one-of-a-kind wellness adventures around yoga classes that keep you centered, calm and balanced.



BALI

KENYA

BHUTAN

VIETNAM & CAMBODIA

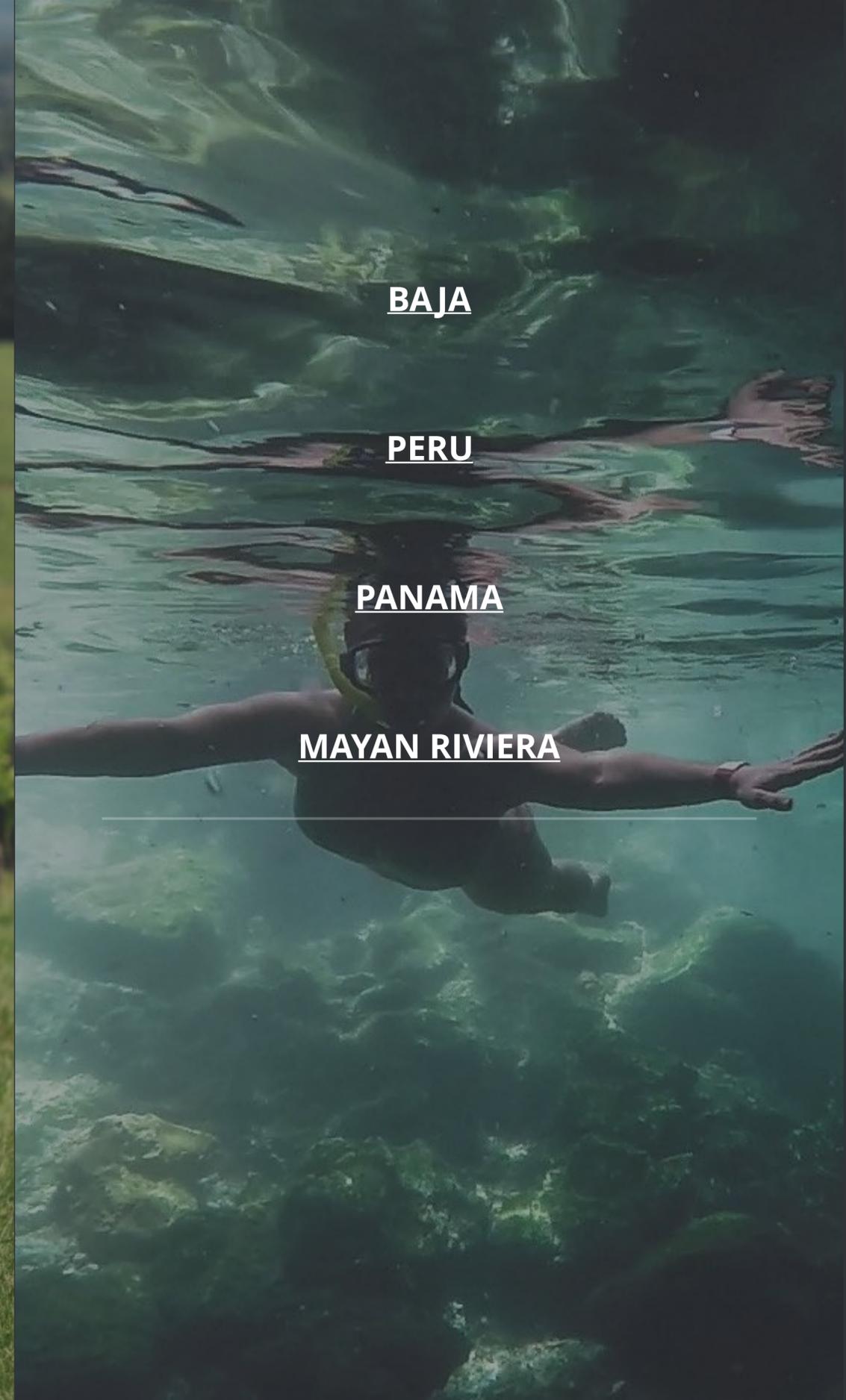


FRANCE

ICELAND

GALAPAGOS

PORTUGAL YOGA BIKE TOUR



BAJA

PERU

PANAMA

MAYAN RIVIERA

*where will
yoga take you?*



*Live for the moments
you can't put into words.*

[CHECK OUT OUR BLOG FOR MORE.](#)

Our Amazing, and Individual, Teachers

Just a small sampling of our celebrated instructors - [MEET THEM ALL NOW!](#)



ALEXA SILVAGGIO

Alexa has been practicing yoga since 2005, and is well versed and trained in vinyasa, restorative, power, and slow flow yoga by Pure Yoga NYC.



ROCKY HERON

Founder of Yoga with Rocky and YOGAMAZE Emissary, Rocky is a world-traveling yoga teacher and avid yoga student. Known for uncanny wisdom & skillful instruction, His teaching is informed by years of study in nearly every yoga style.



DIANNE BONDY

A celebrated yoga teacher, social justice activist and leading voice of the Yoga For All movement. Her inclusive view of yoga asana and philosophy inspires and empowers thousands of followers around the world.



MIA TOGO

Mia grew up as an avid equestrian and dancer and went on to dance professionally. Mia's yoga practice began in 1996 with many teachers studying different styles and philosophies, ultimately finding her passion in vinyasa flow.

Contact Us



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TRAVEL
YOGI

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