



**WHOLE GIVING  
WHEEL DEAL**

An \$88 donation to 88Bikes ([88bikes.org](http://88bikes.org)) will empower a child in a developing country by giving her a bicycle of her very own. (A smaller donation of \$44 provides a tool kit.) The nonprofit group sources labor and parts from local merchants and is opening a sustainable bike shop, built mainly out of salvaged materials, in Utah later this fall.

—ANDRIANA VERDI



**TREND WE LIKE**

## Adventures in Om

Perk up your yoga routine by taking a retreat that throws horseback riding or rock climbing into the mix. It might sound like a stretch, but you'll use many of the same muscles. —STARRE VARTAN

**PURA VIDA SURF AND YOGA CAMP, MALPAIS, COSTA RICA**

Start each day with a seaside yoga class followed by surfing lessons. The instructors will have even beginners catching waves. \$2,395 for six nights, [puravidaadventures.com](http://puravidaadventures.com)

**RETREAT YOURSELF, THE OSPREY AT BEAVER CREEK, COLORADO**

Morning yoga is a warm-up for skiing and snowboarding classes led by pros, and evening sessions focus on restorative poses. Gluten-free cooking classes are also available. From \$1,568 for four nights, [ospreyatbeavercreek.rockresorts.com](http://ospreyatbeavercreek.rockresorts.com)

**ARIZONA CLIMBING AND ADVENTURE SCHOOL, SONORAN DESERT**

This women's-only course combines the physical agility and mental focus of yoga with scaling rocks. End-of-day meditation and camping round out the experience. From \$385 a weekend, [climbingschool.com](http://climbingschool.com)

**HOME RANCH YOGA AND HORSEBACK RIDING, CLARK, COLORADO**

Twice-daily equestrian yoga classes help keep you limber during long rides through the beautiful Elk River Valley. A complimentary massage will work out any remaining kinks. \$3,150 for six nights, [homeranch.com](http://homeranch.com)

**TEAM TRYOUTS  
GEAR WITH  
BENEFITS**

Workout wear is stepping up its game with techy built-ins that actually make you healthier. —AV



**MUSCLE WARMER**  
Antimicrobial silver fibers help regulate body temperature. **NEW BALANCE EMISSIVE LONG SLEEVE**, \$48, [newbalance.com](http://newbalance.com)



**HEALTHY CUSHION**  
The soft sole becomes more supportive as you run. **BROOKS PURE GRIT**, \$100, [brooksrunning.com](http://brooksrunning.com) (available Oct. 1)



**PERFORMANCE BOOSTER**  
Celliant fabric redirects expended energy back to the body, increasing blood flow. **REEBOK ZIGTECH JACKET**, \$75, [reebok.com](http://reebok.com)