

# Satisfy Your Wanderlust With Classes From Top Hotels Around The World

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With no definite travel plans in sight, now is the time to learn something new from another corner of the globe. Hotels across the world are offering tutorials and classes to share their wealth of knowledge with anyone who's willing to stream their lessons. From Thai massage breathing techniques to Balinese dance, here's what you can learn from top vacation destinations in the comfort of your home. Best of all – these wanderlust fulfilling activities are completely free! No miles, credit card or travel insurance required.

## [Canyon Ranch](#)

The iconic wellness retreat is sharing wisdom from their integrative experts on topics including immunity, nutrition, stress management, fitness and spirituality. Informative articles, Q&As, tips and advice, as well as how-to videos, are shared on their blog and via their social channels, Facebook and Instagram. Tune in over the coming months for classes including a guided meditation with Canyon Ranch Director of Spiritual Wellness Stephanie Ludwig and a lesson on mindfulness for kids.

## [Mandarin Oriental Miami](#)

Chef Diego Oka of Mandarin Oriental, Miami's award-winning, La Mar by Gastón Acurio restaurant is now teaching

online cooking classes in English *and* Spanish on his Instagram page, [@diegooka](#). He demonstrates his easy-to-replicate at home recipes while his wife, Nicole Janek, co-hosts.

### **Banyan Tree Phuket**

Woon Hoe Lee, Banyan Tree's Global Spa & Wellbeing Director has created a new tutorial video on breathing techniques and how to breathe correctly, which of course can be all easily replicated at home. The class connects directly to the legendary Banyan Tree brand, which has its roots in Phuket, Thailand. Over two decades ago, the founders purchased an expanse of coastal land in Phuket and dedicated themselves to cleansing the acid-laden soil by planting more than 7,000 trees. In doing so, they transformed this ecological wasteland into the first Banyan Tree resort in 1994, now known as the environmentally friendly, Banyan Tree Phuket. Breathe deeply and imagine yourself on the shores of Thailand, soon enough.

### **Avani Hotels & Resorts**

With hotels in Asia, Europe, Africa and the Middle East, Avani Hotels' digital presence will take you on a worldwide tour via fitness tutorials by the brand's AvaniFit ambassadors (available on Instagram and Facebook), vegan-themed DIY cooking videos, a curated playlist of tunes including Korean K-pop selections listenable through their Spotify playlist, as well as destination guides to dreamy vacation spots such as Khao Lak, Thailand; Busan, Korea and more. With all this time at home on your hands, why not indulge in wanderlust with a curated travel bucketlist?

### **Capella Ubud, Bali**

Luxury tented retreat Capella Ubud, Bali is releasing educational and interactive [Instagram](#) content to share the beauty of Balinese culture, as well as local health and wellness techniques. Capella Ubud, Bali is nestled between Ubud's rainforest, rice paddy fields and the sacred Wos River. Programming will include a Bali Dance Moves tutorial, A Soul Reborn tutorial, storytelling about Bali by the camp Guru, a Jamu (all-natural, anti-inflammatory juice that has been a known tonic in Indonesia for centuries) making tutorial, and a spice-flower bath tutorial, i.e. how to make an organic bath bomb.

### **Katikies Resorts & Club**

This Greke resort is launching virtual classes in exclusive collaboration with Yiannis Karakassis, one of the world's rare Masters of Wine (only 300 people in the world have achieved this rank). Katikies is rolling out Instagram stories with Yiannis, including a live Q&A where people can ask anything they want about Santorini, where the area's wine is considered to be among the best in the world.

Credits: Forbes/Image Unsplash