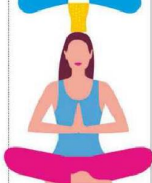


WORD OF MOUTH

NAMA-  
STAY FOR  
A DRINK!



Making happy hour happier, breweries, wineries and distilleries are adding yoga to the mix. So you can now pair, say, your Hatha practice with a pint of porter at the **Fargo Brewing Company's Yoga on Tap** event ([fargobrewing.com](http://fargobrewing.com)). Or your Yin yoga with **Bloody Marys at the Backwards Distilling Company's Happy Hour Yoga** in Mills, WY ([backwardsdistilling.com](http://backwardsdistilling.com)). Prefer sparkling cocktails? Try em with **Power Flow yoga at Bluewater Organic Distilling's YogaMosa** class in Everett, WA ([bluewaterdistilling.com](http://bluewaterdistilling.com)). You can even Vinyasa among the vines! Hit **Yoga in the Vineyard at the Stone Tower Winery** in Leesburg, VA, and finish with a glass of red ([stonetowerwinery.com](http://stonetowerwinery.com)). —ALEXANDRA PECCI



GIVE BACK

## Do-good, taste-good trips

You already know that many restaurants give to charity. Now, just in time for your winter break, hotels and tour operators are serving up delicious ways to give back, too. BY ANJA MUTIC

### GIVE A LITTLE

Check into the Radisson Blu hotel at Minnesota's famed Mall of America, and order the White Chocolate Banana Cream Pie at the resident FireLake Grill House & Cocktail Bar. During the holiday season, proceeds will go to **Second Harvest Heartland**, a local food bank ([radissonblu.com/hotel-mall-of-america](http://radissonblu.com/hotel-mall-of-america); [2harvest.org](http://2harvest.org)). Meanwhile, for every special of the day sold at Station Kitchen & Cocktails in the Washington, D.C. Embassy Row Hotel, 25 cents goes to **So Others Might Eat**, an organization that helps feed the hungry ([destinationhotels.com/embassy-row-hotel](http://destinationhotels.com/embassy-row-hotel); [some.org](http://some.org)). Staying at San Diego's iconic Paradise Point Resort & Spa? Try the Tidal restaurant's Fenberry Collins, a gin, cranberry, spice and lime seasonal specialty. For each drink, Tidal will donate \$1 to the **Center for Community Solutions**, an agency that combats domestic and sexual violence ([paradisepoint.com](http://paradisepoint.com); [ccssd.org](http://ccssd.org)).

### GO DEEPER

Go Adventures, which offers hundreds of budget-friendly trips worldwide, has been opening restaurants that give back through its **Planeterra Foundation**. One of the best-selling Peru itineraries, for example, takes you to the Parwa community restaurant, where every Andes-to-table treat you try benefits not just the people who work there, but also local farmers who get funding to supply produce and women's cooperatives contracted to blend the restaurant's tea ([goadventures.com](http://goadventures.com); [planeterra.org](http://planeterra.org)).

### DIG ALL THE WAY IN

Go Eat Give vacations blend food tours, cooking classes and volunteer work into one trip. In India, for example, you may **volunteer at a women's shelter** in the morning, enjoy the fruits of a Punjabi cooking class for lunch, and have dinner in a local home ([goeatgive.com](http://goeatgive.com)).

PHOTO COURTESY THE EMBASSY ROW HOTEL.

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