

2019

# retreat guide

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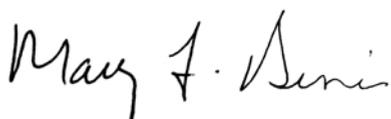


## WELCOME TO THE 2019 S&H RETREAT GUIDE

Whether you are searching for a retreat that serves as a place of privacy, or looking to join a group retreat for meditation, or to learn something new, or to perfect a practice, embarking on one of these journeys is often just what you need.

Our annual Retreat Guide, now in its fourth year, is dedicated to those special places. Places with heart that transform people—body, mind, and spirit. In this year's guide you'll find a collection of transformative retreats dedicated to Ayurveda, the creative arts, culture, quiet places, and, of course, wellness.

Here's to a renewed state of well-being,



**Mary Bemis**

Editor, The S&H Retreat Guide



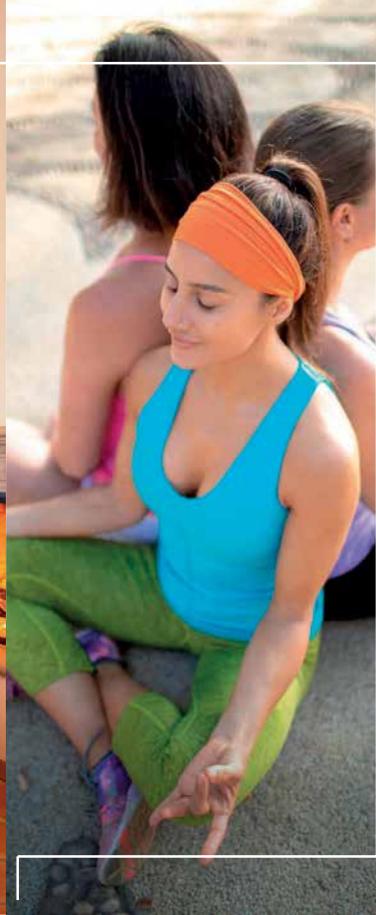
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# 5 EXPERT TIPS ON HOW TO CHOOSE A RETREAT

*“Listen to your heart,” advises this seasoned pro.*



TAMMY PETERSEN

You may realize you're ready for a retreat—but where do you begin when it comes to actually choosing one? There are an ever-growing number of retreats popping up every month in all corners of the globe. For an expert's advice, I reached out to Tammy Petersen, founder of Retreats Unlimited, a full-service retreat company offering fitness, self-improvement, and wellness vacations. “You typically start your search for a retreat for a reason,” she says. “Really try to identify what that is and listen to your heart.” Here are her expert tips.

**1 Understand the source of what you might be going through** and let that be your guide. If you just want to get away, that's great, but often, choosing a retreat depends on what you're personally experiencing. Do you need to get your weight in check; are you having a health crisis; starting a new business; going through a marriage transition? Every retreat really provides a purpose—and sometimes when we just get away and get a fresh perspective on our health, when we are able to get some clarity and stop the madness, the most amazing things happen!

**2 Research retreat and program leaders.** Do you like what the leader of the retreat stands for, and most important, is that person qualified to lead you on a path that you need at that time?

**3 Itineraries are important.** Make sure the program is well-organized and the details clearly laid out.

**4 Beware of red flags!** Disorganization prior to leaving and lack of communication, especially in remote destinations, are two big ones. If your instincts tell you a company is not professional, it most likely isn't and the retreat may not meet your expectations.

**5 Don't be intimidated by a retreat.** The setting is a safe place where you can be open and share things you may not be able to share otherwise. There are likeminded people looking for and going through similar things, and they are there to connect—just like you. You will connect with other guests in ways you may never imagine. Take a chance!

—MARY BEMIS





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COURTESY/THE RAJ AYURVEDA HEALTH SPA (2)

## If You Want to . . .

# EXPERIENCE AYURVEDA

**THERE'S NO DOUBT** that many of us are seeking alternatives to a healthier lifestyle—and with very good reason. I've been at the forefront of the spa and wellness movement for decades, and I have witnessed the interest in Ayurveda grow. Twenty years or so ago, a handful of spas in this country began to offer various versions of what they called Ayurveda—a natural healing system that originated in the Vedic culture of India five thousand years ago—and for some time, I preached against these offerings. Why? Because they were not authentic and not administered by Ayurvedic experts with credentials from Ayurvedic institutes.

At the time, these were mostly Ayurvedic “treatments”—two or three options on a spa menu—that were developed by skin care companies that created products that were

inspired by Ayurveda, to put it kindly. I'll never forget my initiation into the world of Ayurveda some 20 years ago at a spa in the Southwest where I experienced Shirodhara—a classic Ayurveda treatment that involves the gentle pouring of warm oil over your forehead. In my experience at the spa in the Southwest, the therapist poured cold oil over my forehead . . .

Happily, times have changed. There are a number of properties in the U.S. where you can experience authentic Ayurveda. One of the best is The Raj Ayurveda Health Spa in Fairfield, Iowa. Founded in 1993 by Raja Rogers Badgett and his wife, Candace, The Raj is a Premier Ayurvedic Health Center where all of the treatments have been approved by the Maharishi Ayurveda Council of Physicians. I reached out to Raja Rogers Badgett and asked him to share his wisdom. Here's what he had to say:

**How does someone who knows nothing about Ayurveda choose a retreat? That is, how does one distinguish between an authentic Ayurvedic experience and one that is not?**

Ayurveda is a sophisticated medical science. It is not something that one becomes an expert in by reading a book or taking a few courses. An authentic Ayurvedic retreat should have programs developed by Ayurvedic experts with degrees from legitimate Ayurvedic institutes. All of the programs at The Raj are authenticated by a council of top Ayurvedic experts from India. This maintains the highest level of integrity in all of our treatment programs.

Over the last 20 years, Ayurvedic spas and treatments have become increasingly popular. Many spas mix Ayurveda treatments with other kinds of massage and New Age techniques, creating a pick-and-choose approach to relaxation and wellness. But, just like extracting one active ingredient from a plant, what gets missed is the synergy of the whole. It is this holistic approach that provides the profound effectiveness—and safety—of Ayurveda. When every aspect of the program at a retreat is grounded in a deep knowledge of Ayurveda, each step can support every other step to accelerate the healing experience.

**Sometimes traditional treatments are interpreted for more modern audiences. Is there an example in modern best practices that our readers should request?**

An Ayurvedic doctor once compared Panchakarma to rehabbing a house: You want to tear out the old materials and replace them with strong new support. But you don't want the house to fall down in the process. One of the strengths of Panchakarma, when it is done properly, is that it nourishes the tissues and cells while it removes deep-seated impurities. An Ayurvedic doctor who is experienced in Ayurvedic Pulse Assessment can judge how strong of a detox regime to prescribe and which treatments will provide the needed support for your specific condition. The experience of the person taking your pulse and prescribing the treatment is the key. Some people are not given the stronger, purgative treatments. Some people are given massages with milk-soaked boluses, which provide maximum support for muscles. Some people need cooling treatments, some people need heating treatments. Any treatment should be comfortable, and you should feel relaxed during the entire process.

At The Raj, our technicians are trained in a wide variety of authentic treatments, in accord with the ancient texts of Ayurveda. Each guest begins their stay with an Ayurvedic assessment by our experts. On the basis of their specific needs, an individualized treatment program is then designed.



**The experience of the person taking your pulse and prescribing the treatment is the key.**

**In your practice, you have probably seen some very miraculous before-and-afters. Is there a first-time Ayurvedic experience you can recall that really opened someone's eyes or shifted their worldview?**

One of the most satisfying memories is of Kathy, a young mother from Wisconsin with M.S. When she arrived, she was using a walker, was in constant pain, and was unable to work more than 10 hours a week.

The herbal massages and other Panchakarma treatments relieved her pain levels almost immediately. Day by day, her energy increased and her pain decreased. She was still using a walker when she left after seven days, but she felt stronger and optimistic. She wrote us a month later to say she was no longer using her walker.

At the time she came to The Raj, Kathy's understanding of managing an illness was purely pharmaceutical. She had tried every medication her doctor had recommended. But a holistic view was missing. The detoxification treatments helped her condition immeasurably, but it was following the individualized home recommendations (daily routine, self-massage, herbs, and diet) that allowed her to continue to experience amazing progress.

—MARY BEMIS



# 4 Places to Try Ayurveda in the U.S.

## **ART OF LIVING RETREAT CENTER, BOONE, NORTH CAROLINA**

“Where Health Meets Happiness” is the tagline of this retreat center, located in the Blue Ridge Mountains at Boone, North Carolina. The Art of Living Retreat Center is associated with one of the top Ayurveda research hospitals and colleges of Ayurveda in India. A number of Ayurveda Wellness Retreats are offered, including the year-round Refresh: Ayurveda Cleanse, Panchakarma Cleanse retreats, Ayurveda Culinary retreats, and more. The Shankara Ayurveda Spa rounds out the experience nicely. [artoflivingretreatcenter.org](http://artoflivingretreatcenter.org)

## **CHOPRA CENTER AT OMNI LA COSTA RESORT & SPA, CARLSBAD, CALIFORNIA**

The Chopra Center, founded by world-renowned holistic physician Deepak Chopra, offers “Perfect Health,” a signature program that is based on the principles of Ayurveda. Choose from either the six-day or 10-day Perfect Health Retreat that includes one Ayurvedic spa treatment per day (the 10-day retreat also includes 10 detoxifying Panchakarma treatments), mind-body medical consultation, daily immersive experiences on creating perfect health, daily meditation, yoga, and Ayurvedic meals,

among other amenities. There's also a three-day Rest & Restore retreat. [omnihotels.com/hotels/san-diego-la-costa/wellness-chopra-center](http://omnihotels.com/hotels/san-diego-la-costa/wellness-chopra-center).

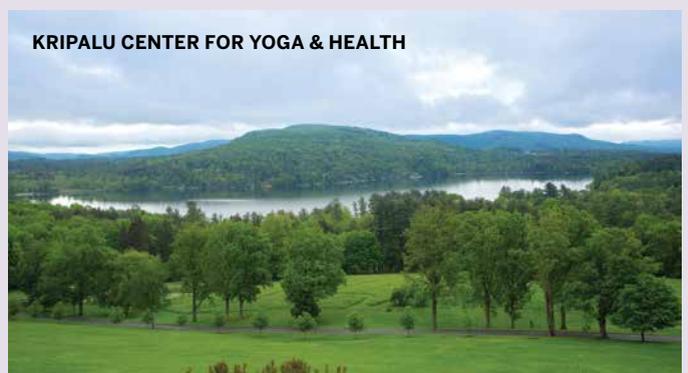
## **KRIPALU CENTER FOR YOGA & HEALTH, STOCKBRIDGE, MASSACHUSETTS**

There's much to choose from at this retreat center, which is essentially the American university of yoga. Guests here may opt for Ayurvedic programs such as Ayurveda for Balancing Weight, Energy, and Emotions; Foundations of Ayurveda; and Exploring the Ayurvedic Kitchen. Kripalu is also home to the Kripalu School of Ayurveda, offering comprehensive study and professional certifications, as well as advanced studies in Ayurveda. [kripalu.org](http://kripalu.org)

## **THE RAJ AYURVEDA HEALTH SPA, FAIRFIELD, IOWA**

No more than 15 guests at a time are accepted at this Ayurvedic health center, nestled among 100 acres of verdant woodlands in Fairfield, Iowa. The town is home to the Maharishi University of Management, the Maharishi College of Consciousness-Based Health Care, and the NIH-funded Institute for Natural Medicine and Prevention. Retreats range from three- to 21-night stays. [theraj.com/about-us/](http://theraj.com/about-us/)

—MB



COURTESY ART OF LIVING RETREAT CENTER

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THE ART OF LIVING  
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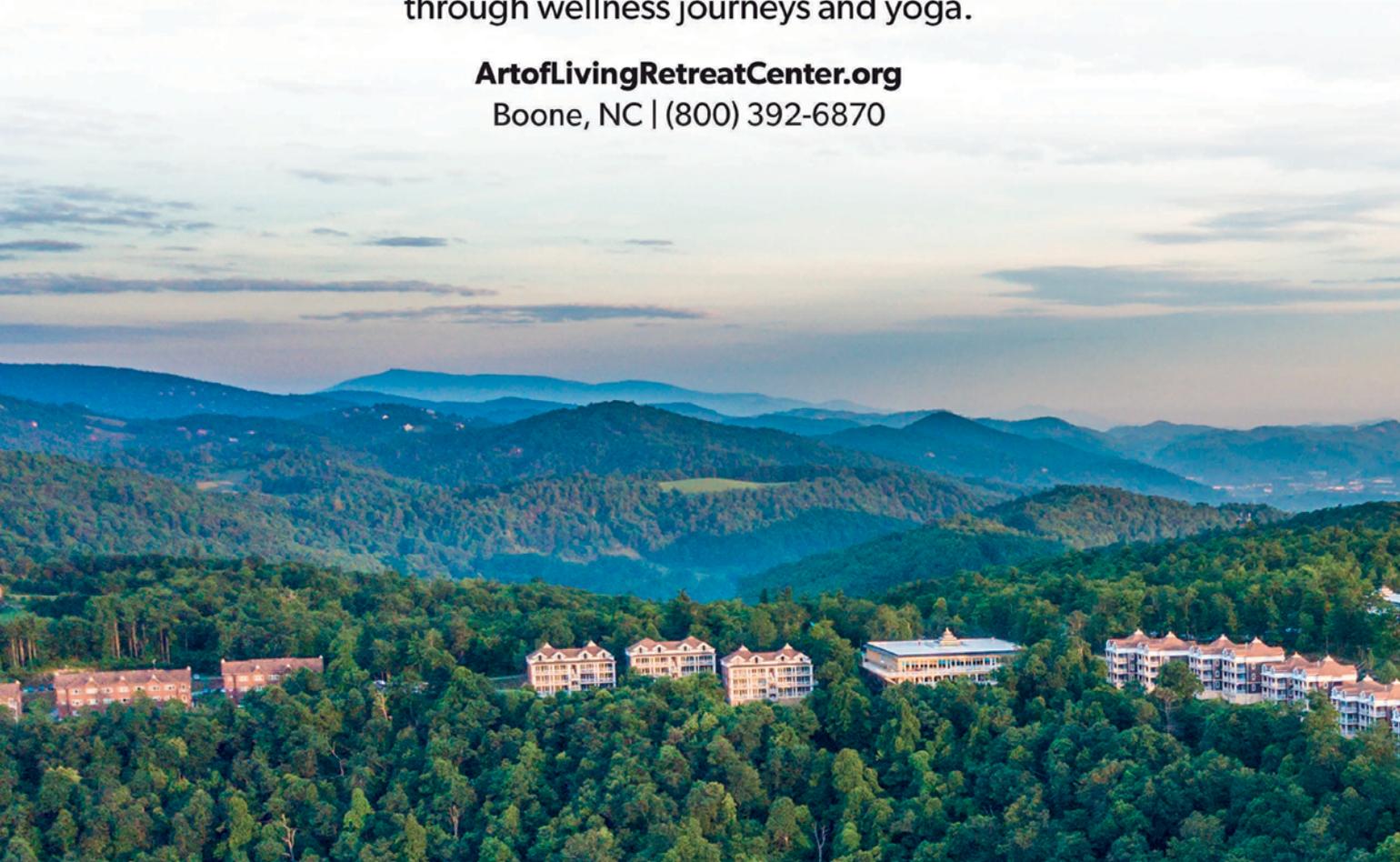
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If You Want to . . .

# BRING OUT YOUR CREATIVITY

## 5 Great Places to Play with Your Inner Artist

### **1440 MULTIVERSITY**, SCOTTS VALLEY, CALIFORNIA

A weekend getaway is often all you need to reboot. This 75-acre campus, nestled in the redwoods, offers a variety of 1440 Discovery Weekends. Opened in 2017, 1440 Multiversity is a self-described “modern learning destination” where you can immerse yourself in connection, creativity, embodiment, and nature. Creative exploration is what this place is all about, and you’ll find workshops like “The Artist’s Way” with Julia Cameron; “Zentangle Weekend: Creating Art and Life” with Maria Thomas and Rick Roberts; and “Brave Magic: An Invitation to Curiosity, Creativity, and Courage” with Elizabeth Gilbert and Cheryl Strayed. [1440.org](http://1440.org)

### **ESALEN**, BIG SUR, CALIFORNIA

Set in a spectacularly beautiful location—hot springs overlooking the Pacific at Big Sur—Esalen has been a natural draw for thousands of years. Not surprisingly, Esalen is also home to the Art Center, aka the Art Barn. This is where a number of workshops—ceramics, drawing, metalwork, painting, stone carving, textile arts, and wood turning—are offered throughout the year. The

new year offers workshops like “Art as a Spiritual Path: Paintings That Awaken the Soul” with Paul Heussenstamm; “Summoning the Artist Within: A Radical Exploration of Creativity” with Kim Krans; and “SoulCollage® and the Art of Imagination, Intuition, and Inquiry” with Jennie Oppenheimer. Theater, music, dance, and writing workshops are also on the menu. [esalen.org](http://esalen.org)

### **OMEGA INSTITUTE**, RHINEBECK, NEW YORK

A great place to disconnect from the digital world, Omega is spread out over 250 acres and offers lots of wonderful ways to retreat, including Rest & Rejuvenation Getaway Retreats. There are hundreds of workshops to choose from in many different categories, but you can embrace your inner artist with workshops in the Creative Expression category. Classes like “Tibetan Thangka Painting for Balance” and “Uncork Your Creative Juices” are offered. There are also writing, painting, and clay courses to choose from. In your free time, visit the Ram Dass Library, devoted to spiritual studies, or step inside the Sanctuary to meditate or take time to reflect. [Eomega.org](http://Eomega.org)

### SUNRISE SPRINGS SPA RESORT, SANTA FE, NEW MEXICO

There's a lot to draw inspiration from at this laidback resort, and guests here are encouraged to explore their creativity through collage, drawing, painting, and much more. Daily visual art classes—"Expressive Painting: Move & Groove;" "Botanical Drawing;" and "Printmaking Made Easy," to name a few—offer small, relaxed settings that are perfect for self-expression. This destination spa has made a name for itself through its experiential activities and Eastern and Western healing therapies. Set on 70 acres with lots of gardens, walking paths, and historic spring-fed waters. [sunrisesprings.ojospa.com](http://sunrisesprings.ojospa.com)

### YOGA + ART RETREATS

A new offering of retreat from Yoga & Adventures Worldwide, a boutique yoga retreat travel business that just celebrated 10 years, the Yoga + Art Retreats pair traditional yoga practice with creative workshops that include henna adornment, photography, and painting. Two of these experiential retreats are being offered in 2019—one in Cuba, the other in Morocco. [yogaadventuresworldwide.com](http://yogaadventuresworldwide.com)

—MARY BEMIS



COURTESY YOGA & ADVENTURES WORLDWIDE



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If we learn to open our hearts,  
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SQUAM ART WORKSHOPS

KATLYN BOUCHARD

# Why a Creative Retreat Is Good for You

*S&H's Creative Director sets off for Squam Lake and discovers the joy of retreat.*

## **How did the idea of a creative retreat come to you, and why did you choose one?**

The decision to attend Squam Art Workshops was mainly work-related. We'd published a short article about Squam just before I joined *S&H*. So, we had the beginnings of a relationship with the gracious and talented founder, Elizabeth Duvivier. Because I feature so many artists in the magazine, I was able to convince my publisher that I should attend to make connections and to represent *S&H*. The art retreat is held twice a year—I went to Spring Squam, which traditionally has had more of a fiber-arts bent, but there were very good instructors for 2D media, which is what I opted for.

## **Give us an idea of the flow of the retreat.**

It's a five-day retreat that runs from Wednesday afternoon through breakfast on Sunday, with one full day and two half-days of courses. There's plenty of free time for scheduled

yoga, swimming/kayaking in the lake, or hiking/resting on the dock, and a huge vendor art fair on Saturday night. It's held at Rockywold Deephaven Camps on Squam Lake in Holderness, New Hampshire. Between 175 and 200 attend (including teachers and staff), and there are an average of 15 students in each workshop.

We could select from a big group of instructors and topics. I chose nature printing/ink mark-making with Kerry Lemon, and a collage and paint course with Alena Hennessy, both of whom have since appeared in the magazine. (In fact, Alena Hennessy was our 20th-anniversary featured artist for November/December.) The food was amazing, and so were the cabins. The lake was beautiful—it was like summer camp for grownups.

## **What were your takeaways from this retreat experience? Did you learn anything new that has remained with you that you put into practice to this day?**

While I learned bits of painting/printing technique that I still incorporate into my art, the true best experience was the opportunity to immerse myself in four-hour blocks of creativity—it's an amazing blessing. You can truly get zoned into making—almost like being in a deep restorative sleep.

I don't often have the opportunity to commit four hours to just focus on making art, but I have found that two hours can be almost as effective if you've done your advance prep work.

**What were the highlights of the retreat? What did you enjoy the most?**

I was really looking forward to going. I'd registered for classes and was ready to go.

Then my dad passed away from pancreatic cancer two weeks before the retreat.

I couldn't imagine attending the retreat after that; I had helped with home hospice for him, and I was exhausted to my core. But, because I work at *Spirituality & Health* magazine, my coworkers encouraged me to go; they seemed to know that the retreat was just what I needed. And they were right.

Alena Hennessy's course started with each of us taking a solitary nature walk to collect materials to use as inspiration in our collage and painting. I cried the whole time. At the end of her class, as we did a group view of our finished pieces, I cried again in front of everyone as I explained how I'd felt connected to my dad during the nature walk—he was



SANDRA SALAMONY

a master gardener. And, everyone was so lovely, understanding, and supportive of my grieving process.

Most of my cabinmates were knitters and embroidery artists, so evenings were spent in front of the fire with everyone curled up with a project. There was no pressure to make small talk, it was OK for me to be quiet and heal. It was "finding a tribe," and I've stayed in touch with many of the people I met.

**Any advice for those seeking a creative retreat?**

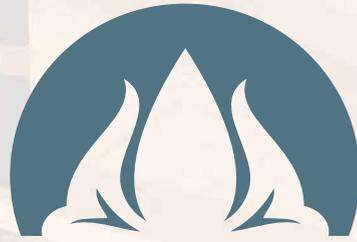
Do it! And don't be afraid to go alone—the support and inclusivity of creative people is welcoming and amazing. Being an introvert is no excuse for not attending—everyone reaches out to connect with you. And there are creative people of every level in each class. You can take courses out of your comfort zone and know that there will be other beginners attending with you. Also, be open to learning new things outside of the workshops: One of the women in my cabin held mini-embroidery lessons each evening on our porch overlooking the lake. [squamartworkshops.com](http://squamartworkshops.com)

—MB

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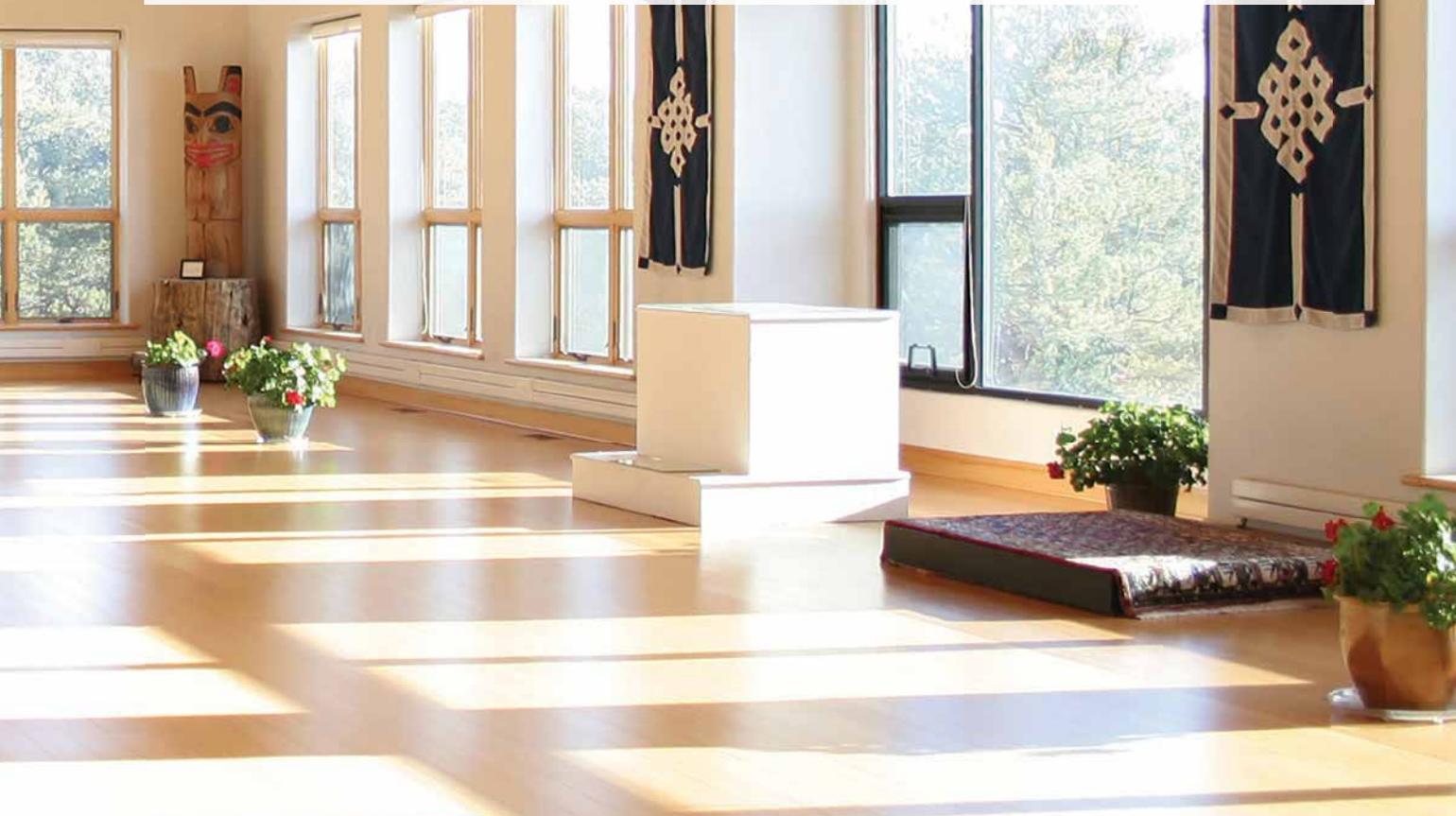
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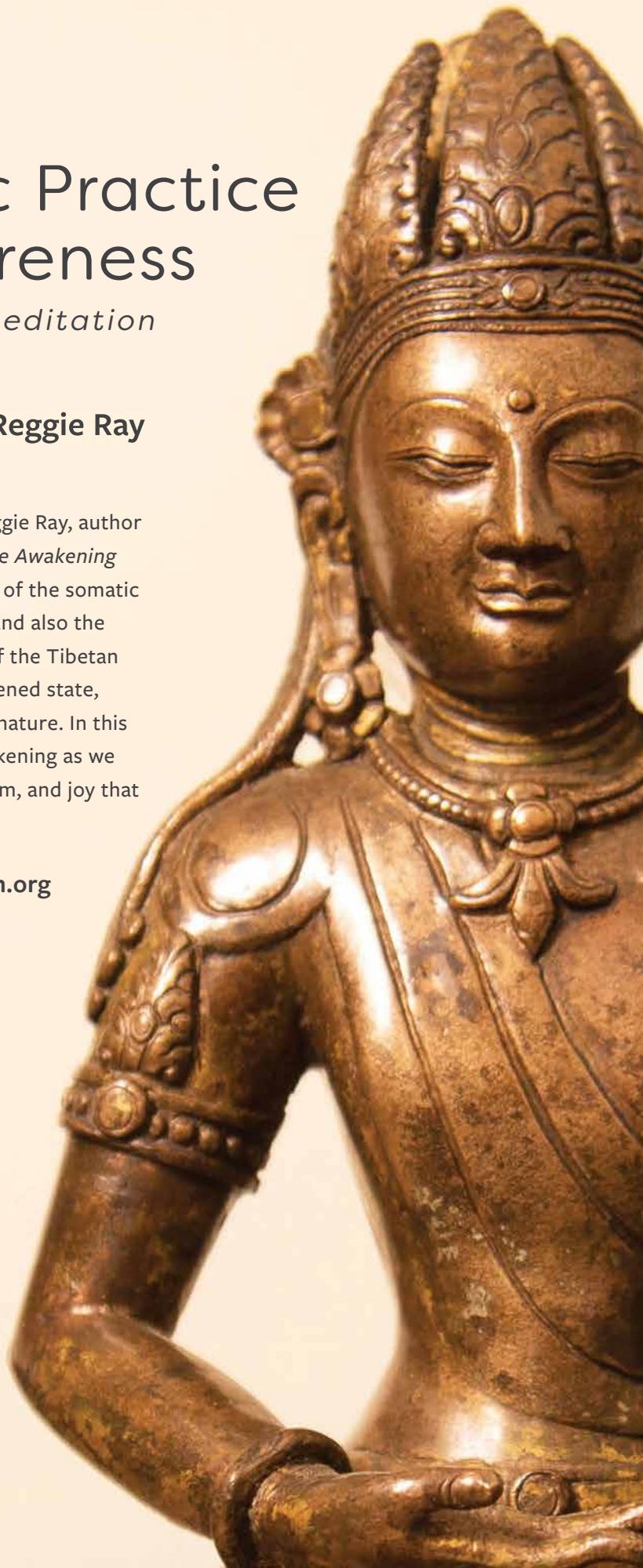
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If You Want to . . .

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## **HILTON HEAD HEALTH, HILTON HEAD, SOUTH CAROLINA**

Your stay at this renowned health and wellness retreat begins with a private consultation with a health specialist to tailor the

most beneficial classes and experiences based on your needs. Work on your wellness and longevity goals with daily options that include cooking classes, fitness activities, health education, mindfulness training, and outdoor recreation. The LivingWell Program is a good place to begin. [hhhealth.com](http://hhhealth.com)

#### **MOUNTAIN TREK FITNESS RETREAT & HEALTH SPA,**

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#### **NEW LIFE HIKING SPA,** CHITTENDEN, VERMONT

Founded in 1978, New Life Hiking Spa is a pioneer among wellness retreats. Its advertised “quirky casual Vermont style” is refreshing for those who want to hike and enhance their health and well-being—without pretension. Affordable, authentic, and located in the beautiful Green Mountain state, this program begins each spring and goes to the fall. (The 2019 season begins May 16 and goes through September 30.) Lots of great hiking and fitness options for all levels. [newlifehikingspa.com](http://newlifehikingspa.com)

#### **PRITIKIN LONGEVITY CENTER,** MIAMI, FLORIDA

This leading health and wellness retreat, situated on 650 tropical acres within a four-star resort in Miami, has been at the forefront of lifestyle science for more than 40 years. Pritikin prides itself on its scientifically documented results and its education program that teaches guests how to sustain their results. The center employs a faculty of board-certified physicians, registered dietitians, exercise physiologists, and chefs—classes include cooking workshops, supermarket shopping, personal exercise training, and motivational classes. The core program takes two weeks to



COURTESY PRITIKIN LONGEVITY CENTER

# Find Your Center AT MARIANDALE

Coming in 2019

## **Bootcamp for the Soul: Art and Yoga One-Day Workshop**

**JANUARY 26, 9:30AM - 4:00PM**

Join us for this art and yoga experiential retreat to restore and tend to your soul. This retreat is designed to provide you with an uninterrupted space to unplug from the “busyness” of life and reconnect with yourself and God.

## **Political Chaos Series Continues: The Gospels: Journey toward the Common Good**

**MARCH 2, 10:00AM - 3:30PM**

The gospels draw us to go beyond my own personal needs and ask the question of the larger good of society. In an age of secular narcissism, how do we recapture the gospel mandate to the poor and marginalized in the gospel of justice? The day will have input, dialogue, and challenge to action.

## **Exploring Epiphany through Poetry and Poem-Making Weekend Retreat**

**MARCH 15, 5:00PM - MARCH 17, 1:00PM**

This moment of surprising yourself with your own words, or of being surprised by the poems of others, is at the heart of poetry as epiphany. This experience of creative insight helps you to recognize in yourself a deeper, more resonant voice that has been discouraged, hidden away, or perhaps is yet to be discovered! Please join us in this weekend retreat as we explore the breadth and depth of “epiphany.”

Register early to reserve your spot; the weekend retreat is limited to 22 participants.



## **THE MARIANDALE CENTER**

VISIT OUR WEBSITE PROGRAM CALENDAR AT  
[www.mariandale.org/events](http://www.mariandale.org/events)

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[www.mariandale.org](http://www.mariandale.org)



RANCHO LA PUERTA

**RANCHO LA PUERTA, TECATE, MEXICO**

Going strong for 75-plus years, this beloved health and wellness haven sits at the juncture of the Laguna and Sierra Juarez mountain ranges and boasts a 3,000-acre nature preserve bursting with beauty. A typical stay is a week, and it truly is the best way to experience all that Rancho La Puerta has to offer—it's also a fine way to get back in sync with your own natural cycles. Holistic therapies abound and include acupuncture, craniosacral, Feldenkrais, and Watsu. There's also an organic farm and renowned cooking school, miles and miles of hiking trails for all levels, top-notch fitness and movement classes, an art studio, and lots more to make this a destination you'll want to return to again and again. Of note: The increasingly popular 14-day Detox and Cleansing Retreats for 2019 are scheduled for March 16 to 30 and September 14 to 28. They are led by Michael Finkelstein MD, author of the book *Slow Medicine*. [rancholapuerta.com](http://rancholapuerta.com)

**SUNDARA INN & SPA, WISCONSIN DELLS, WISCONSIN**

One of the first destination spas in the U.S. to have a no-electronics policy in common areas, this eco-friendly respite, nestled in a pine forest on the picturesque outskirts of Wisconsin Dells, is a great place to unplug, unwind, and work on your wellness. Sundara launched in 2003 and expanded its wellness offerings significantly in the fall of 2018 with a 40,000-square-foot addition. With the expansion you'll find, among other things, a second outdoor pool that's a seasonal saltwater pool, a new indoor/outdoor soaking pool oasis, new quiet spaces, and a retreat space and a woodland reflection room for meditation and wildlife watching. Wellness enthusiasts will appreciate the new activities on hand that include: new hiking trails; sunrise and sunset meditation cruises on Lake Delton; kayak and stand-up paddleboard tours on Mirror Lake and the Wisconsin River, and more. The property is Travel Green Wisconsin certified. [sundaraspaspa.com](http://sundaraspaspa.com)

complete, and there is a minimum stay of one week. An interesting note: "Centers of Excellence" is a new program that launched last October. It's an exclusive certification for leading concierge medical practices and other providers, including endocrinologists, ophthalmologists, and cardiologists, which is "designed to offer concierge patients pioneering health services and exclusive rates to concierge partners." [pritikin.com](http://pritikin.com)



SUNDARA INN & SPA



SKYTERRA WELLNESS RETREAT

LEFT: COURTESY SUNDARA INN & SPA; ABOVE: COURTESY SKYTERRA WELLNESS RETREAT

**SKYTERRA WELLNESS RETREAT, LAKE TOXAWAY, NORTH CAROLINA**

A fairly new, intimate wellness retreat founded in 2016 by two sisters—one a behavioral health professional who helped launch over 20 therapeutic programs for at-risk adolescents, and the other an RN with 40 years' emergency room experience—Skyterra has garnered numerous accolades, including "Best Health & Wellness Resort in the Nation" from *USA Today*. To ensure a sense of community and a high staff-to-guest ratio, you'll find no more than 20 guests here at a time. Skyterra is situated on a 300-acre wooded campus with a recommended minimum stay of seven days. The emphasis is on revitalizing your lifestyle; classes include yoga, meditation, stress management, health education, nutrition, and more. [skyterrawellness.com](http://skyterrawellness.com)

**THE MARSH, MINNETONKA, MINNESOTA**

Part community center, part destination retreat, the Marsh is a comprehensive wellness facility featuring a medically based fitness center. It's all about balancing the mind and body, improving flexibility, staying strong, and expanding your health

knowledge through a plethora of noteworthy lectures and events. You'll discover new ways to move and much more at this destination situated on scenic marshlands. [themarsh.com](http://themarsh.com)

—MARY BEMIS



COURTESY THE MARSH

## Archetype & Purpose

### Meditation Retreat

On this retreat you will learn the 'Twelve Archetypes of the Heart,' how to recognize them and embody them through meditation, and how to align your purpose with your archetype



Lead by Susanna & Puran Bair  
Founders of Heart Rhythm Meditation

 **iamHeart**  
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# Which Archetype Are You?

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The first step toward  
finding your purpose  
is understanding yourself.

Heart Rhythm  
**Meditation Retreat**

# 5 Questions for Alan Safdi MD, FACP, Medical Director, Telluride Longevity Institute

## 1. Tell us, in a nutshell, who you are and what you do.

I am so passionate about disease prevention that I stepped down as president of the Ohio GI and Liver Institute to start the Telluride Longevity Institute. We have focused so much in the U.S. on treatment of diseases that we have not given people the tools they need to prevent disease. Education is the key to success. This is not a quick-fix program—we strive, with a tremendous staff, to give people all the tools they need to succeed.

## 2. What was your driving force behind the creation of the Telluride Longevity Center?

After 40 years of being a doctor and traveling to numerous countries to observe their health care systems, I concluded that ours is unfortunately based on the treatment of illness rather than on disease prevention and quality of life. I have lectured on the topics of health, wellness, nutrition, and longevity to physician groups as well as the lay public. My background is in the treatment of diseases as chairman of the Section of Gastroenterology at Deaconess Hospital in Cincinnati and president of the Ohio GI and Liver Institute. I have also been involved in over 800 clinical studies as president of the Consultants for Clinical Research. I became disenchanted with our failure to focus on prevention of dementia, cancer, heart disease, etc. We quickly prescribe medications but don't put in the hours needed to delve into the patient's diet, exercise patterns,

and balance training, and also to take the time to educate on non-pharmacologic prevention.

## 3. What advice do you have for people who are really looking to jump-start or improve their physical health?

Learn to interpret the scientific literature that we are bombarded with daily. It is not just exercise that is key but healthy dietary patterns, stress, relaxation, balance programs, and education. Our programs will give people the tools necessary for success. We have discussions about the risks of many supplements and vitamins and also the evidence-based benefits to some of these agents.

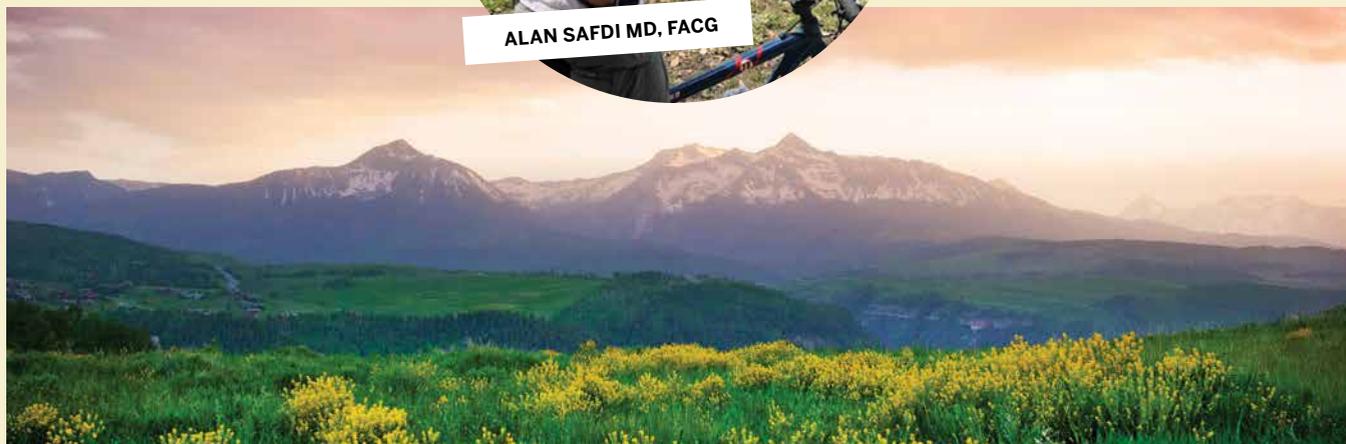
## 4. What is your personal philosophy on aging well?

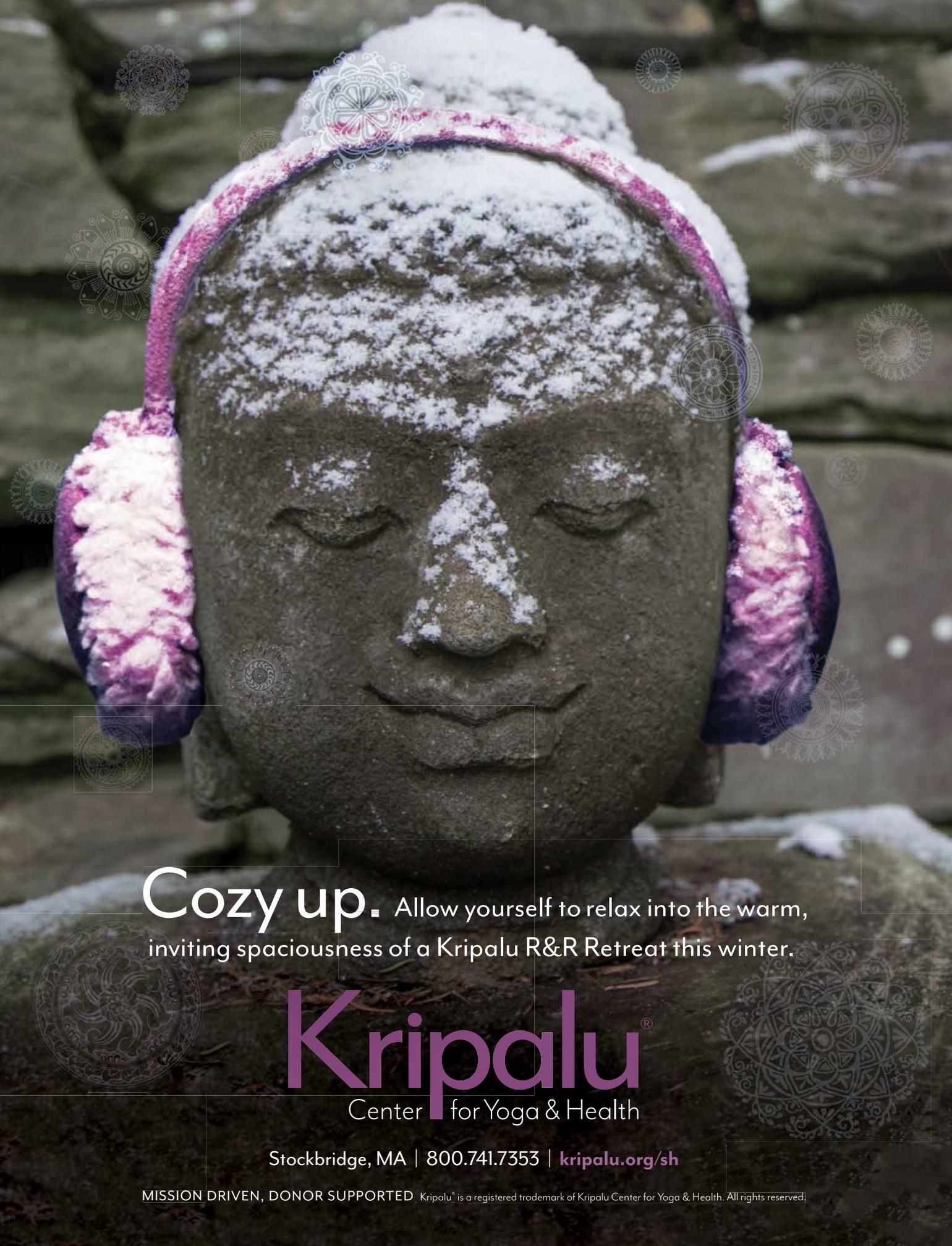
Aging well is work, including study, exercise, strong social circles, and a predominately but not solely plant-based diet.

## 5. How do people take home what you've taught them and continue on a healthier path?

We spend so much time with our small groups [the Institute sponsors intensive six-day Live Longer Retreats] that we become family. I continue to follow up with people by phone and email with a strong ongoing support program. I also write a wellness letter with cutting-edge research, and all attendees receive this regularly. I am always accessible. [telluridelongevityinstitute.org](http://telluridelongevityinstitute.org)

—MB





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THE WOMEN'S TRAVEL GROUP

COURTESY THE WOMEN'S TRAVEL GROUP

If You Want to . . .

# IMMERSE YOURSELF IN ANOTHER CULTURE

*Journeys That Are Truly Transformational*

"We want to encourage women to travel and learn," says Phyllis Stoller, founder of **The Women's Travel Group**, an award-winning company lauded for its outreach to solo female travelers. For nearly three decades, Stoller has organized fairly priced small group tours to faraway destinations that include Albania, Ethiopia, Iran, and Namibia—with the goal of helping women appreciate the nuances of a society and a country. Upcoming trips that will leave you with a new perspective include visits to Croatia, Egypt, India, Iran, Madagascar, and Sri Lanka. [thewomenstravelgroup.com](http://thewomenstravelgroup.com)

Lauren Bates, the founder of **Wild Terrain**, a new travel company that also specializes in small group trips for women, launched the company to offer a creative space to connect women from around the world in culturally rich destinations, while supporting local female entrepreneurs and female-owned and -operated businesses. Upcoming group trips are planned for Mexico City, and a sample itinerary looks like this: Stay at beautiful, women-owned hotels, such as the design-forward Ignacia Guest House in the heart of the bustling Colonia Roma neighborhood; indulge in a private pop-up dinner curated by Chef Norma Listman of Masala y Maíz, where she shares her experience as a female business owner in Mexico; enjoy a private, textile-shopping

experience led by the women behind textile company Colorindio; and eat your way through the street-food scene on a customized food crawl with Rocio of Eat Like a Local, visiting all her favorite female-run food stalls and restaurants; and explore Frida Kahlo's Casa Azul on a private tour led by a female art historian. [wildterrains.com](http://wildterrains.com)



WILD TERRAIN

COURTESY WILD TERRAIN

Yoga devotees who are looking for discovery and exploration will appreciate the new retreats from **Sunny Side Up**, the first outfitter focused on wellness retreats in Morocco. Founded by wellness enthusiast and certified yoga teacher Nisma Benani and culture enthusiast Charaf El Mansouri, the trips are based on a curated immersion into Moroccan culture—be that a boutique jazz festival in Tangiers or an artist-led graffiti workshop in Marrakech. The trips showcase the vibrant life and cultural fabric of the country and also allow participants to deepen and strengthen their yoga practice and disciplines. Upcoming retreats include Yin & Mandala with Eirian Collinge (Marrakech) and Yoga & Meditation with Michael James Wong (Atlas Mountains). [sunnysideup.travel](http://sunnysideup.travel)

How would you like to learn Arctic survival skills in Sweden, or travel to the world's northernmost distillery to learn about Viking and Norwegian drinking customs? These are just two programs from **Off the Map Travel**—a team of travel experts who work with experiences and destinations that allow you to explore hidden wonders of the world. “Our travel designers hand-pick the adventures we put together,” says founder Jonny Cooper. “They have personally explored each experience and understand how different travelers fit into the programs. The experiences are



COURTESY OF THE MAP TRAVEL

designed around the traveler to offer them the most authentic experiences of the areas that are visited.” Other Off the Map Travel trips include: The Snow Sauna and Snow Hotel Holiday; Northern Lights Ice Floating; and the Aurora Wilderness Camp. [offthemap.travel](http://offthemap.travel)

# When Life Becomes Art

What's seeking to be more fully lived in your life?

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“Ronda LaRue is on par with author Eckhart Tolle. Both are incredible spiritual teachers for our time. The whole book is wonderful, but chapter 9 is really the crown jewel.”

— Amazon Reviewer

Spa for the Soul Guided Retreats - Ojai, California  
[ronda@rondalarue.com](mailto:ronda@rondalarue.com) | 805.746.1657



[CenterforSoulArts.com](http://CenterforSoulArts.com)

## ALPACA EXPEDITIONS

COURTESY ALPACA EXPEDITIONS



If you've always wanted to trek the Inca Trail, check out the tours from **Alpaca Expeditions**. This "100 percent Peruvian company" offers traditional and alternative treks to Machu Picchu—from classic multiday treks with camping to one-day or overnight train trips from Cusco to Machu Picchu, minus the hiking. Alternative routes include the four-days-and-nights Salkantay Trek, offering spectacular hiking into the Andes Cloud Forest, back down into the jungle, and culminating in the wondrous Inca Ruins. The Lares Trek offers cultural interaction with villages along the way, soaks in hot springs, and breathtaking scenery. [alpacaexpeditions.com](http://alpacaexpeditions.com)

Soak to your heart's content and soak up traditional Japanese tradition and culture in **Kinosaki**, one of the best *onsen* towns in Japan. Home to seven public hot spring bathhouses that are considered to be sacred, therapeutic, and healing, Kinosaki is located along a willow-lined river and surrounded by picturesque mountains in northern Hyogo Prefecture, on the coast of the Sea of Japan. An overnight stay at one of the town's traditional *ryokan* will get you a free pass to all seven *onsen*, a light kimono, and wooden clogs—making it all the easier to *onsen* hop. [visitkinosaki.com](http://visitkinosaki.com)

Unspoiled beaches, a thousand acres of protected tropical dry forest, and a car-free beach town make **Las Catalinas**, located in Guanacaste, an idyllic Costa Rican retreat. This conscious community is a work in progress inspired by New Urbanist philosophy. As of this writing, work has started on an 80-bed youth hostel. There's lots to keep one busy here, including kayaking, surfing, snorkeling, hiking, biking, and yoga, for starters. "The real goal here is harmony," says Sara Bega, town architect. And it is evident in every nook and turn. [lascatalinas.cr](http://lascatalinas.cr)

—MARY BEMIS

# Embrace Other Cultures & Travel Responsibly

*14 practical tips from the Center for Responsible Travel (CREST), a nonprofit focused on sustainable tourism*

1. Check if the travel companies you are considering have achieved recognition in leading responsible travel competitions, such as World Travel & Tourism Council's Tourism for Tomorrow Awards and World Responsible Tourism Awards ([responsibletourism.com](http://responsibletourism.com)).
2. Ask about the environmental policies and practices of hotels and tour operators you're considering.
3. Find out if the tour operator or hotel supports any local conservation or community-development projects (see [CREST's travelersphilanthropy.org](http://crest.org)).
4. Eat in locally owned restaurants and stay in locally owned lodges, hotels, and B&B's.
5. Buy locally made handicrafts and products.
6. Never buy crafts or products made from protected or endangered animals.
7. Hire local guides, and make sure they are licensed and live locally.
8. Pay the fair price—don't engage in overly aggressive bargaining.
9. Before entering sacred places, homes, and private land, ask for permission.
10. Always ask for permission before taking photos of individuals.
11. Dress appropriately for local customs.
12. Take the time to learn some words and phrases in the local language.
13. Refrain from taking seashells, coral, or other natural objects.
14. Use limited resources wisely, such as water, fuel, and electricity.

# Singing Journey

## RETREATS

with **VIRGINIA SCHENCK**

AirborneEcstasy, LLC  
[VirginiaSchenck.com](http://VirginiaSchenck.com)

## IN THE FOOTSTEPS OF THE BODHISATTVAS

### A Buddhist Retreat in Assisi, Italy

June 23 – 30, 2019

This weeklong retreat in the homeland of St. Francis of Assisi provides meditators with an opportunity to contemplate and develop the heart of compassion. The lives and teachings of Buddhist sage Shantideva and St. Francis show how the compassion of the bodhisattva transcends time and culture. The program includes: morning meditation, contemplations and talks; afternoon excursions to the nearby city of Assisi and other pilgrimage sites. Evenings are at the discretion of participants.

For details and enrollment: [www.footstepsretreats.com](http://www.footstepsretreats.com)  
 or contact [sylviabercovici@gmail.com](mailto:sylviabercovici@gmail.com)

# EMAHÓ

Emahó is an American Indian who through his teachings has helped many people bring more respect and kindness into their lives – more love, care and understanding into everything they do.

After 25 years of working in Europe he is now bringing workshops to the USA.

DATES

**23 March** St John's College, Santa Fe

**6-7 April** Tannery World Dance and Cultural Centre, Santa Cruz

Visit [www.emahospeaks.co](http://www.emahospeaks.co)  
 or email [contact@emahospeaks.co](mailto:contact@emahospeaks.co)

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For our full calendar of more than 100 retreats and programs in the year ahead, check our website.

[garrisoninstitute.org](http://garrisoninstitute.org)

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SILENT STAY RETREAT CENTER

COURTESY SILENT STAY RETREAT CENTER

# If You Want to . . . QUIET YOUR MIND

*There are different kinds of quiet, and each one creates its own rest.*

## TRINITY RETREAT CENTER,

WEST CORNWALL, CONNECTICUT

This New England sanctuary belonging to Trinity Church Wall Street is set on 700 acres along the Housatonic River in the Berkshires. Open to people of all faiths, it has 26 guest rooms, a wonderful stone chapel, farm-to-table food, and miles of walking paths. Many of the meetings that launched *Spirituality & Health*, as well as the magazine's 20th Anniversary celebration, have been held at this special place. [trinitywallstreet.org](http://trinitywallstreet.org)

## SILENT STAY RETREAT CENTER, VACAVILLE, CALIFORNIA

Nestled on 25 acres of farmland near Napa, in the heart of the lush California wine country, Silent Stay features beautiful panoramic views of the Sierra mountains. Created by Bruce and Ruth Davis, who developed a similar retreat in Assisi, Italy, this retreat center has six guest rooms each for one or two guests at a time. Guests bring their own food and make their own meals in a fully equipped gourmet kitchen. No cell phones, no Internet, and no media ensure simple peace. Days are made up of meditation, silent contemplation and reflection, and wandering or resting in nature, and end with a candlelit evening meditation. [silentstay.com](http://silentstay.com)

## THE ASSEMBLAGE SANCTUARY, COCHECTON, NEW YORK

Ongoing meditation and yoga retreats are offered throughout the year at The Sanctuary, nestled in the forests of upstate New York. The emphasis here is on nature and one's immersion in it—accommodations include a log cabin for up to 30 people, a

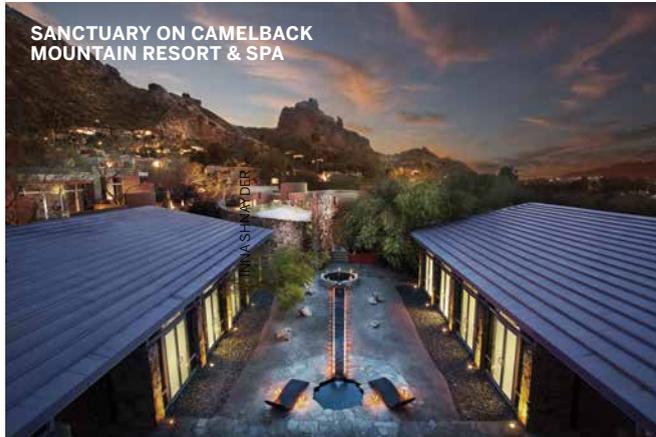
vintage Airstream, and “glamping” tents. “Embodiment: Rooting into Ourselves” is an example of a recent weekend retreat that explored what happens when we fully inhabit our bodies, and how our connection to the earth is related to our connection to our bodies. [theassemblage.com](http://theassemblage.com)



INNA SHNAYDER

**LE MONASTÈRE DES AUGUSTINES, QUEBEC, CANADA**

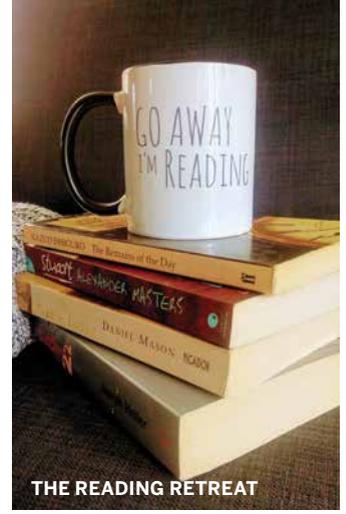
This is a unique destination and a National Historic Site of Canada that was sensitively restored and opened to the public in 2015. Located in the heart of Old Quebec, this monastery, founded by Augustinian Sisters, traces its history to 1639—it is the birthplace of the first hospital in North America. The location has been dedicated to healing, serenity, and inwardness for nearly four centuries, and today guests may stay in the 17th-century cloister. Highlights include healthy local cuisine, daily activities like meditation and yoga, personalized retreats, and immersive museology. [monastere.ca](http://monastere.ca)



COURTESY SANCTUARY ON CAMELBACK MOUNTAIN RESORT & SPA

**SANCTUARY ON CAMELBACK MOUNTAIN RESORT & SPA, SCOTTSDALE, ARIZONA**

Keep an eye on the meditation offerings at this luxury boutique property that recently hosted a Mindfulness Meditation Spa Retreat led by Sarah McLean, founding director of the Sedona Meditation Training Company and a Hay House author. The spectacular mountain setting is a plus. On offer as well: a new yoga program that incorporates sleep-guided meditation. [sanctuaryaz.com](http://sanctuaryaz.com)



COURTESY READING RETREAT

**THE READING RETREAT**

If your idea of serenity is to tuck yourself away with a stack of good books and no distractions—this unusual, U.K.-based retreat is for you. Cofounded by Cressida Downing and Sara Noel, these three-day reading retreats are held seaside or countryside in thoughtful and unique accommodations (a restored half-timbered barn in Herefordshire, a charming beachfront house in Suffolk). There's one rule: Silence at all times in the reading room. [readingretreat.co.uk](http://readingretreat.co.uk)

—MARY BEMIS

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MOHONK MOUNTAIN HOUSE

COURTESY MOHONK MOUNTAIN HOUSE

# Practicing Mindfulness at Mohonk

SINCE ITS VERY BEGINNING in 1869 in New York’s Hudson River Valley, Mohonk Mountain House has been inviting guests to be inspired by spectacular scenery that creates a sense of spaciousness—inside and out. In the earliest days, Mohonk’s founder, Albert Smiley, led guests on walks around a pristine mountain lake surrounded by timeless cliffs and, five generations later, this practice continues. We reached out to Nina Smiley PhD, Director of Mindfulness Programming at Mohonk Mountain House and author of *Mindfulness in Nature*, about the art of the quiet retreat.

**How have retreats changed over the years? You’ve had mindfulness retreats for decades.**

With change now constant in today’s world, people are

**GATHERING THE SOUL**  
*in the Wilderness!*

a retreat for women...  
**7 DAYS & 6 NIGHTS**  
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Dive deep into your own vast potential as you connect with the perspective of SOUL.

**February 4-10 | HEALING INTO ACTION | Tampa, FL**  
(with Cherie Brown)

**May 13-19 | DEALING WITH ADVERSITY | Lake Delton, WI**  
(with Rabbi Diane Elliot)

**August 12-18 | Cultivating Spiritual Maturity | Jemez Springs, NM**

*"Reb Shefa takes us into the House of Study of the Heart and Soul and in this way engages the sacred creativity of the spirit."*  
- Reb Zalman Schachter-Shalomi



NINA SMILEY

increasingly interested in learning life skills for resilience, stress reduction, and well-being. Mindfulness is now recognized in medical literature and in public awareness as a powerful resource for healing. Over years of offering mindfulness programs

at Mohonk, we've seen people come to embrace an understanding that mindfulness is meant to be used in real time, in real life. We see a wider interest in exploring meditation, and a recognition that being on vacation is a good time to try something new! Our Spa at Mohonk Mountain House offers mindfulness and meditation classes to overnight guests throughout the week, as well as full weekend programs four times a year. We're thrilled to plant a seed on vacation that guests can take home and nurture in an ongoing practice.

**Do people do their practice in a class, or just walking in the woods?**

We hope that people will practice in class sessions, walking in the woods, and in the moment-to-moment awareness of being present in "real life." Understanding that mindfulness is simply a way of being fully and gently present in the moment expands the opportunities for practice. You don't have to close your eyes to meditate. You don't have to sit still to meditate. My new book, *Mindfulness in Nature*, offers thoughts in this arena from philosophers, authors, and naturalists across the centuries, as it also suggests many different ways to be present mindfully in nature. When mindfulness enhances the joy of in being in nature, a sense of grace can touch the moment.

**What has the practice done for you, in the evolution of Mohonk?**

Mindfulness in nature has been practiced at Mohonk since the earliest days of guests' walking in the woods for re-creation and renewal. Although the word *mindfulness* wasn't used back then, our inspirational setting has always nurtured the ability to clear the mind and calm the body. In a way, we feel that the world has caught up with us.

We hope our guests will be as active or relaxed as they want to be. We hope they'll take time to nurture body, mind, and spirit in our inspirational setting, while enjoying 80 miles of hiking trails, creative farm-to-table dining, and an acclaimed spa.

The sign at our entrance reads "Slowly and Quietly, Please." We hope visitors will take the opportunity to let go of stress as they drive through the woods to our Victorian castle resort.

—MB

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Adam Miller is a retired professional ice skater, with a powerful and unforgettable story.

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This healing work and teachings are based on vast knowledge of the strict and absolute Universal laws, and countless years of witnessing the undeniable results.



Adam Miller

founder of International A. Miller Healing Institute and author of upcoming book "The Least Likely Healer"

**GROUP & PRIVATE RETREATS  
INTENSIVES  
PRIVATE SESSIONS  
ONLINE COURSES**

**INTERNATIONAL A. MILLER  
HEALING INSTITUTE  
520-249-9332  
DiscoverWholeness.com**

# TIME TO RETREAT

A GUIDE TO RETREATS AND RETREAT CENTERS FOR **BALANCE, SELF-CARE, AND GROWTH**

## 1440 MULTIVERSITY <sup>1</sup>

800 Bethany Drive  
Scotts Valley, CA 95056  
(844) 544-1440  
1440.org/contact-us/  
1440.org

1440 Multiversity features a wide array of immersive learning programs focused on contemplative practices, creativity, relationships, and yoga.

## ART OF LIVING RETREAT CENTER <sup>2</sup>

639 Whispering Hills Road  
Boone, NC 28607  
(828) 385-5166  
info@artoflivingretreatcenter.org  
artoflivingretreatcenter.org

Vibrant programs, beautiful mountain views, and nurturing silence make this retreat seem like a second home.

## BLAZING MOUNTAIN RETREAT CENTER <sup>3</sup>

2541 Carefree Way  
Crestone, CO 81131  
(303) 955-2574  
info@dharmaocean.org  
blazingmountain.org

Ideal for longer retreats or workshops supporting deep inner work in a pristine environment and sustainable menu. Holds 40-100 comfortably.

## C-DEEP: CENTER FOR DEVOTIONAL ENERGY AND ECSTATIC PRACTICE

Retreats with Rabbi Shefa Gold and Cherie Brown

### Soulift: Healing Into Action <sup>4</sup>

February 4-10, 2019  
Tampa, FL 33603

### Soulift: Cultivating Spiritual Maturity <sup>5</sup>

August 12-18, 2019  
Jemez Springs, NM 87025

### Soulift: Dealing with Adversity <sup>6</sup>

May 13-19, 2019  
Lake Delton, WI 53940  
(215) 247-9700  
stephanie@aleph.org  
aleph.org/soulift

Transform the mind, heal the spirit, and deepen love. Weeklong immersions in ecstatic, contemplative practice. Rooted in Jewish wisdom, open to all faiths.

## CENTER FOR SOUL ARTS <sup>7</sup>

703 Tico Road  
Ojai, CA 93023  
(805) 746-1657  
ronda@rondalarue.com  
centerforsoularts.com  
rondalarue.com

Breakthrough at a crossroads! Solo and couples private, all-inclusive intensives for awakening wisdom.

## CENTER OF RENEWAL RETREAT AND CONFERENCE CENTER <sup>8</sup>

4421 Lower River Road at Pletcher Road  
Stella Niagara, NY 14144  
(716) 754-7376  
centerofrenewal@stellaosf.org  
stellaniagararetreats.org

Come enjoy our interfaith hospitality on 100+ tranquil acres only 10 miles from majestic Niagara Falls via the Niagara Scenic Parkway. Revitalize, rejuvenate, and renew!

## THE CHOPRA CENTER <sup>9</sup>

2013 Costa Del Mar  
Carlsbad, CA 92009  
(760) 494-1600  
support@chopra.com  
chopra.com

Meditation and mind-body health retreats led by Deepak Chopra and other world-renowned thought leaders. Discover balance, healing, and transformation.

## FESTIVAL OF FAITHS <sup>10</sup>

Sacred Cosmos: Faith and Science  
April 25-27, 2019

501 West Main Street  
Louisville, KY 40202  
(502) 583-3100  
info@interfaithrelations.org  
festivaloffaiths.org

Multi-faith festival examining intersection of faith and science, big questions at heart of human existence.

## FOOTSTEPS RETREATS <sup>11</sup>

In the Footsteps of the Bodhisattvas  
June 23-30, 2019

2934½ Beverly Glen Circle, #395  
Los Angeles, CA 90077  
sylviabercovici@gmail.com  
footstepsretreats.com

A seven-day compassion retreat in Assisi, Italy, based on Shantideva and St. Francis of Assisi.

## GARRISON INSTITUTE <sup>12</sup>

14 Mary's Way, Route 9D  
Garrison, NY 10524  
(845) 424-4800  
retreats@garrisoninstitute.org  
garrisoninstitute.org

Timeless wisdom, timely action. Meditation retreats and contemplative workshops in the Hudson River Valley.

## GATHERING THE SOUL IN THE WILDERNESS <sup>13</sup>

A Retreat for Women  
August 11-17, 2019  
Blacktail Ranch

Wolf Creek, MT 59648  
(406) 582-7450  
mtlionlady@gmail.com  
gatheringthesoul.com

Meditation, dreamwork, journaling and journeying. Inner/outer wilderness, and horses! Non-riders welcome.

## THE GUESTHOUSE <sup>14</sup>

The 12 Archetypes of the Heart and Soul

April 19-24, 2019

318 Main Street  
Chester, CT 06412  
(520) 299-2170  
heart@iamheart.org  
iamheart.org/retreats/archetypes

Learn to recognize yourself among the 12 ideals and recognize the same archetypes in others. We will surprise you by drawing upon more of yourself than you know about.

## INTERNATIONAL A. MILLER HEALING INSTITUTE <sup>15</sup>

4862 E. Tanque Verde Road  
Tucson, AZ 85750  
And other cities nationwide  
(520) 249-9332  
discoverwholeness.com/retreats

Personal and group spiritual retreats with healer and teacher Adam Miller. Available in multiple cities.

## INTERNATIONAL YOGA FESTIVAL <sup>16</sup>

March 1-9, 2019

Parmarth Niketan Ashram  
Rishikesh, Uttarakhand  
India  
iyf@internationalyogafestival.com  
internationalyogafestival.org

The birthplace of yoga! World-renowned yoga experts, spiritual leaders, yoga teachers, artists, and musicians.

## KARMÉ CHÖLING <sup>17</sup>

369 Patneau Lane  
Barnet, VT 05821  
(802) 633-2384  
info@karmecholing.org  
karmecholing.org

Offering meditation retreats and contemplative programs in the beautiful green mountains of Vermont's Northeast Kingdom.

## KRIPALU CENTER FOR YOGA & HEALTH <sup>18</sup>

57 Interlaken Road  
Stockbridge, MA 01262  
(800) 741-7353  
contact@kripalu.org  
kripalu.org

Kripalu is the premier destination for those seeking a compassionate environment for wellness and learning.

## THE MANDALA CENTER <sup>19</sup>

96 Mandala Road  
Des Moines, NM 88418  
(575) 278-3002  
information@mandalacenter.org  
mandalacenter.org

Providing space for individuals and groups seeking retreat experiences in a beautiful remote setting.

## THE MARIANDALE CENTER <sup>20</sup>

299 North Highland Avenue  
Ossining, NY 10562  
(914) 941-4455  
mariandale@ophope.org  
mariandale.org

Offering programs in contemplation, personal development, and spirituality at our beautiful 61-acre Hudson Valley center.

## THE MARSH <sup>21</sup>

A Center for Balance and Fitness

15000 Minnetonka Boulevard  
Minnetonka, MN 55345  
(952) 935-2202  
rstricker@themarsh.com  
themarsh.com

Located in suburban Minneapolis, programs and personal retreats in a warm, caring culture with Midwestern values.

## LE MONASTÈRE DES AUGUSTINES <sup>22</sup>

77, rue des Remparts  
Québec, QC G1ROC3  
Canada  
(844) 694-1639  
info@monastere.ca  
monastere.ca

A historical retreat, a location dedicated to healing, serenity, and inwardness for nearly four centuries.

## MOUNTAIN TREK <sup>23</sup>

3800 North Street  
Ainsworth Hot Springs, BC V0G1A0  
Canada  
(800) 661-5161  
info@mountaintrek.com  
mountaintrek.com

Mountain Trek is a wellness retreat specializing in personalization, hiking, yoga, massage therapy, detox, and more.

## NEW LIFE HIKING SPA AND WELLNESS RETREAT <sup>24</sup>

2617 Killington Road  
Killington, VT 05751  
(802) 353-2954  
spalesage@gmail.com  
newlifehikingspa.com

New Life Hiking Spa in Vermont has been providing wellness retreats for more than 40 years.

## THE OMEGA INSTITUTE FOR HOLISTIC STUDIES <sup>25</sup>

150 Lake Drive  
Rhinebeck, NY 12572  
(877) 944-1001  
registration@eomega.org  
eomega.org

Awakening the best in human spirit for more than 40 years. Programs are in-person and online.

### PRITIKIN LONGEVITY CENTER AND SPA <sup>26</sup>

8755 NW 36th Street  
Miami, FL 33178  
(305) 935-7131  
info@pritikin.com  
pritikin.com

*The only medically supervised, all-inclusive structured residential program to provide scientifically proven results to guests.*

### THE RAJ AYURVEDA HEALTH CENTER <sup>27</sup>

1734 Jasmine Avenue  
Maharishi Vedic City, IA 52556  
(800) 248-9050  
frontdesk@theraj.com  
theraj.com

*Authentic, effective Panchakarma treatments. Eliminate harmful toxins, enliven inner healing intelligence, spiritual and physical rejuvenation.*

### RANCHO LA PUERTA FITNESS RESORT AND SPA <sup>28</sup>

Carretera a Tijuana Km 5  
Tecate 92046-3057  
Mexico  
(800) 443-7565  
reservations@rancholapuerta.com  
rancholapuerta.com

*All-inclusive fitness resort and spa with more than 4,000 acres of mountains, meadows, and more.*

### RANKEMA WORLD SUMMIT <sup>29</sup>

**1440 Multiversity**  
**July 11-14, 2019**  
Scotts Valley, CA 95066  
(775) 588-7076  
info@rankemaworldsummit.com  
rankemaworldsummit.com

*Ayurvedic Dr. Jayanath Abeywickrama of Sri Lanka shares ancient healing wisdom and transformative meditation practices.*

### READING RETREAT <sup>30</sup>

Cambridge, UK  
+44 1223 862978  
info@readingretreat.co.uk  
readingretreat.co.uk

*A fully pampered getaway in the country, giving you space and time to read.*

### SEDONA MAGO RETREAT <sup>31</sup>

**December 28, 2018-January 2, 2019**  
3500 Bill Gray Road  
Sedona, AZ 86336  
(520) 299-2170  
heart@iamheart.org  
iamheart.org/Sedona-retreat-2018

*A meditation retreat in Sedona, Arizona. Learn how to make decisions with intuition and divine guidance.*



Find these listings and more at  
[spiritualityhealth.com/retreat-guide](http://spiritualityhealth.com/retreat-guide)

### SINGING JOURNEY RETREATS WITH VIRGINIA SCHENCK <sup>32</sup>

**Airborne Ecstasy**  
P.O. Box 8835  
Atlanta, GA 31106  
(404) 281-2697  
virginia@airborneecstasy.com  
virginiaschenck.com

*Listen, explore, and sing yourself in spiritual, mystical, music-filled parts of our world.*

### SUNRISE SPRINGS SPA RESORT <sup>35</sup>

242 Los Pinos Road  
Santa Fe, NM 87507  
(877) 977-8212  
reservations@sunriseprings.com  
sunriseprings.com

*Santa Fe's award-winning tranquil oasis. Unplug. Recharge. Reconnect. Experiences here are uniquely your own.*

### TERGAR MEDITATION COMMUNITY <sup>37</sup>

1621 East Hennepin Avenue  
Minneapolis, MN 55403  
(952) 232-0633  
info@tergar.org  
tergar.org

*Under direction of Yongey Mingyur Rinpoche, Tergar offers secular and Buddhist meditation programs, courses, and retreats.*

### SKYTERRA WELLNESS RETREAT <sup>33</sup>

1 Indian Creek Drive  
Lake Toxaway, NC 28747  
(888) 282-1657  
info@skyterrawellness.com  
skyterrawellness.com

*A beautiful mountain retreat where you can set aside life's obligations and focus on your own well-being.*

### THE SUN VALLEY WELLNESS FESTIVAL <sup>34</sup>

**June 28-July 1, 2019**  
Sun Valley, ID 83340  
(208) 720-4535  
info@sunvalleyevents.com  
sunvalleywellness.com

*Features speakers, movement classes, and an experience hall.*

### SUNDARA INN AND SPA <sup>35</sup>

920 Canyon Road  
Wisconsin Dells, WI 53965  
(608) 253-9200 or (888) 735-8181  
reservations@sundaraspa.com  
sundaraspa.com

*A destination wellness spa tucked into a fragrant pine forest in the scenic Wisconsin Dells.*

## Online Training and Travel

### ALEPH Alliance for Jewish Renewal Tikshoret-Connections Online Learning Initiative

Can be accessed from anywhere with an Internet or phone connection.  
(215) 247-9700  
tikshoret@aleph.org  
aleph.org/tikshoret-connections

*Discover online learning opportunities in a classroom-style setting. Variety of topics; each week offers new experiences. Rooted in Jewish wisdom, open to all faiths.*

### THE FOUR WINDS SOCIETY Become an Energy Medicine Practitioner and Health Coach

P.O. Box 330397  
Miami, FL 33233  
(877) 494-4118  
fourwinds@thefourwinds.com  
thefourwinds.com

*At the Light Body School we bridge ancient wisdom with cutting-edge neuroscience to teach you how to bring about the life you have dreamed of.*

### ILLUMINATED JOURNEYS

8273 E Davies Avenue  
Centennial, CO 80112  
(720) 489-8073, (877) 489-8500  
brad@illuminatedjourneys.com  
illuminatedjourneys.com

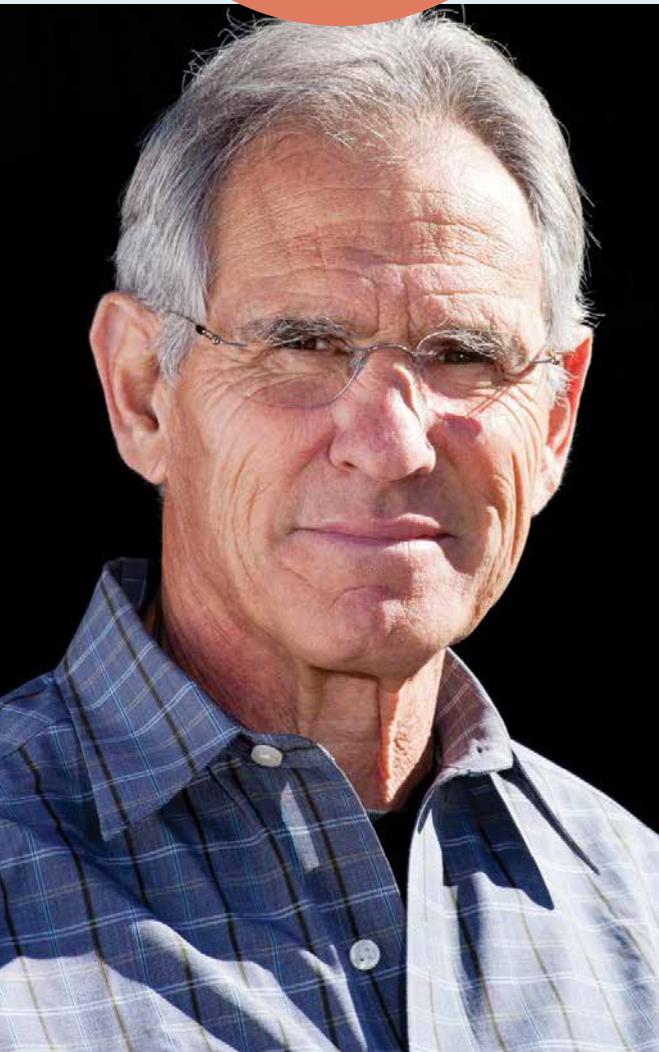
*Offering meaningful travel to evocative landscapes. Outer action, inner meaning.*

### THE WOMEN'S TRAVEL GROUP

116 East 63rd Street, Suite 4A  
New York, NY 10065  
(646) 309-5607  
phyllis@thewomenstravelgroup.com  
thewomenstravelgroup.com

*We organize small-group tours for women to spas and hand-picked destinations.*

# 5 Questions with Jon Kabat-Zinn



Renowned mindfulness scientist and teacher Jon Kabat-Zinn will be leading a retreat called “The Way of Awareness” at the Omega Institute in Rhinebeck, New York, from May 5 to 10, 2019. For more information, go to [Eomega.org](http://Eomega.org).

**1. You’ve said that your whole-mindfulness program came from a 10-second “vision” on a meditation retreat in the woods 80 miles west of Boston. Do you still take retreats?**

Yes, I do. That 10 seconds unfolded on retreat at the Insight Meditation Society in Barre, Massachusetts, in the spring of 1979. It is still my favorite place to sit retreats, along with the Forest Refuge and the Barre Center for Buddhist Studies.

**2. As someone who has become synonymous with mindfulness and calm, is there a place that represents that for you?**

Many places in nature certainly do that for me. Retreat centers do, as well, depending on the tradition they represent. Certain people do, too. But in terms of a place that “represents mindfulness,” that place would be wherever you find yourself in the present moment, noisy or quiet, pleasing to the senses or challenging.

As for calm, that can come and go, depending on how equanimous you are with what is actually unfolding in this moment, which can often be far from what we might have hoped for. Life itself becomes one long retreat, if you are open to seeing it that way. I love looking at life that way. Whatever unfolds is the “curriculum” of the retreat, and the challenge always is: How are you going to be in wise relationship with whatever arises, be that wanted or unwanted?

**3. And when you go to that place, what do you bring?**

Awareness. And intentionality.

**4. Does going on a retreat help solve real problems, like global warming?**

A rigorous silent meditation retreat is a refuge that offers a priceless opportunity to fine-tune our instrument, and then let it play its true calling, moment by moment. So, there can be an unlimited number of ways in which a silent mindfulness retreat can influence global warming to one extent or another, depending on who is sitting the retreat and what emerges from it. That is a koan of sorts. Mindfulness practice can profoundly influence how we humans conduct ourselves on this planet, both individually and collectively. This moment in the arc of humanity unfolding has never been readier and more in need for us to bring greater wakefulness, compassion, and clear-sightedness to the body politic, and how we treat our one divine abode—that is, planet earth.

**5. Any advice for bringing the wisdom of a retreat home?**

The same as the advice for getting to Carnegie Hall: practice, practice, practice. You brought some wisdom to the retreat, just by virtue of choosing to attend and practice. Wisdom is portable, and it is not “yours.” Each and every one of us needs to listen deeply for our own unique calling and appreciate our profound ability as humans to work with others for the greater good of the world, while attending to whatever is most salient and relevant inwardly and outwardly until there is no fundamental separation between inner and outer.

—MARY BEMIS