

Let's GO!

Floating in glittering turquoise water by lush greenery? Dreamy!

FIND YOUR WHY

-  TO GET BACK IN TOUCH WITH YOURSELF (OR YOUR PARTNER)
-  TO CHASE THAT FEELING OF AWE
-  TO LEAVE THE WORLD A BETTER PLACE
-  TO LEVEL UP YOUR FITNESS PERFORMANCE



FYI: It's Okay to Book a Good Cry

When you think of wellness retreats, you may conjure up images of unlimited green juice and 24/7 yoga. Those are fine, but a collective yearning for deeper connection is leading to a shift in vacation offerings, according to travel industry expert Leah Howe, chief experience officer at Dharma, a company that works with brands and individuals to create experiences. “Superficial relationships have fallen by the wayside, which made us understand the importance of being present in key ones—say, repairing a relationship with a sibling or finding common ground with a friend after disharmony,” Howe says. Many people also crave a new kind of me-time that allows for authentic self-reflection. (And yes, sometimes tears are involved.) Organized retreats are an ideal way to do any and all of the above. The details are managed for you, you’re on neutral territory, and you have time to talk (if you’re with someone else) and to think—in short, “it’s the perfect setting to be present,” says Howe. The only requirement? Some kind of growth along the way. A few options to check out, from playful retreats to full-on self-help sojourns...



Doing internal work is extra rewarding in a stunning environment.

CIVANA WELLNESS RESORT & SPA'S JOYFUL JOURNEY

This “playground of well-being” in the Sonoran Desert offers a few retreat-style itineraries, including the Joyful Journey, which includes mood-boosting fitness classes, science-backed talks, and interactive workshops designed to help you discover daily rituals and practices for living life more joyfully. **VISIT:** civanacarefree.com

THE GREAT INSCAPE

Created by Mona Lisa Godfrey, a Lululemon and Wanderlust Ambassador, this yoga and meditation retreat is “specifically built to allow people and partners to reconnect,” says Howe. Paging a marriage jolt! **VISIT:** monalisagodfrey.com/thegreatinscape

RENEW BREAKUP BOOTCAMP

When it comes to mending a broken heart, there’s one strategy that really works: adopting “adaptive” behaviors. That can include talking it out, learning to interrupt the rumination cycle, and more. At this upstate New York retreat, a team of experts—including a power-dynamics educator, a therapeutic-movement instructor, and multiple psychologists—help you apply methods like this while soaking up 100 acres of nature and nutritious meals. **VISIT:** renewbreakupbootcamp.com

THE HOFFMAN QUADRINITY PROCESS

This weeklong personal-growth retreat helps participants identify negative actions, moods, and ways of thinking. Note: It’s not meant to be a substitute for psychotherapy, but an experiential learning process during which you get to know yourself better emotionally, spiritually, and intellectually. Sounds great! **VISIT:** hoffmaninstitute.org —CAITLIN CARLSON

6 WEEKS

That’s how long the immediate health improvements from a weeklong wellness retreat (one that includes educational, therapeutic, and leisure activities) can last.

Source: *Journal of Alternative and Complementary Medicine*