

WellnessCalendar

YogaCalendar

SEPTEMBER 13 – 19 AND OCTOBER 10 – 16

Healthful Retreat

Designed especially for women who are determined to get fit and healthy, the Bali Goddess Retreat offers a seven-day transformative experience at the beautiful Bali Goddess Sanctuary (September 13 – 19 and October 10 – 16). In addition to daily yoga and fitness sessions, guests can customise their holiday by including up to three wellness and cultural activities, such as bicycle and market tours, stand-up paddle boarding, snorkelling and a traditional culinary experience. Indulge in seven hours of spa treatments that include massages, facials and mani-pedis to balance your active vacation and enjoy tasty meals made with organic ingredients to enhance the salubrious retreat. Guests will even go home with a copy of the *Bali Goddess Retreats Gourmet Cook Book*, so they can learn to make the healthy treats themselves. www.baligoddessretreats.com



OCTOBER 9 – 12

Say No to Stress

If you want to learn how to deal with excessive stress and refresh your mind and body at a serene haven, visit the Monnaber Nou Eco Hotel & Spa from October 9 – 12 for the Stress & Burnout Rejuvenation Retreat in Mallorca by Jevon Dängeli. Offering participants the essential tools to develop a stress-free lifestyle, the retreat features daily stress control and burnout prevention seminars as well as guided healing meditation and mindfulness training. Make use of the wellness and fitness facilities like saunas, spa baths and swimming pools to help your body relax, and opt for extra yoga, spa treatments or personal Authentic Self Empowerment sessions with Dängeli to get inspired for positive change. www.jevondangeli.com



SEPTEMBER 26 – OCTOBER 2 AND OCTOBER 3 – 9

Croatian Bliss

From September 26 – October 2 and October 3 – 9, holistic health coach Alexia Kulterer and yogi Nives Gobo will take guests to a stunning paradise in Istria, Croatia for a relaxing retreat for the senses. Combining yoga, gourmet cuisine and wine tasting, this retreat allows you to truly take your mind off the daily grind. Deepen your yoga practice as you take part in the energising flow and restorative yoga classes, or immerse in the calm atmosphere while meditating by the sea. Your palate will be delighted with the local vegetarian cuisine as well as olive oil and wine by farmers from the region. The retreat also includes a chocolate workshop – don't miss that if you want to know why eating chocolate makes you happy! www.yogalexia.at



SEPTEMBER 13 – 20

Sicilian Gem

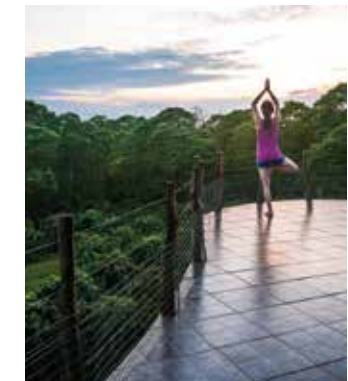
A yoga getaway that blends elements of cultural exploration, culinary experience and of course, yoga, this Yoga and Culinary Sicilian Journey by Yala Collective from September 13 – 20 is perfect for those who intend to deepen their yoga and meditation practices in a pristine environment while gaining meaningful travel experience. Suitable for all levels of yogis, the programme offers daily yoga sessions that focus on pranayama, hatha, vinyasa and shavasana, complemented with authentic Italian cooking classes as well as massage and natural cosmetic workshops. Excursions to a number of historical and cultural sites complete the retreat as you leave with new knowledge of the Sicilian approach to well-being and the island's rich heritage. www.yalacollective.com



OCTOBER 20 – 27

Whimsical Fest

A week of yoga, Pilates and tango awaits you at the idyllic town of Fethiye in Turkey as Pilates Retreat Asia celebrates its 4th anniversary and 10th retreat with a unique retreat called 'Pilates Connect' (October 20 – 27). Led by Natasja Barnard and Anja Kursawe, the retreat includes daily Pilates and yoga classes, tango workshops and one-on-one sessions. You'll also get to enjoy healthy meals and massages, explore the colourful Turkish culture and go on a boat trip excursion. The special anniversary party held on the 25th will make this joyful getaway a most unforgettable one. www.pilatesretreatasia.com



SEPTEMBER 20 – 27

Discover Kundalini

Experience the power of kundalini yoga from September 20 – 27 with two kundalini gurus, Maestro Kartar and Devi Dyal Kaur, who will share their inspiring experience with participants at the Villa Azul retreat in Fuerteventura, Spain. An invigorating and dynamic practice, kundalini is said to balance the glandular system and strengthen the nervous system by combining breath, mudra, eye-focus, mantra, body locks and different postures. Aside from daily yoga sessions, you'll also attend a spiritual healing class and workshops on topics like stress relief and balancing the body. The week-long retreat has a wellness focus, so an hour of body massage is also included to make sure you leave feeling rested and revived. www.azulfit.com

SEPTEMBER 13 – 20

Island Adventures

Known as a 'living museum and showcase of evolution', the Galápagos Islands are home to an abundance of animal life and incredible landscapes. From September 13 – 20, escape to this nature's paradise with One Yoga Collective's founder Laura Forsyth and yoga teacher Jenn Wooten for a unique vacation. Expect eventful days filled with activities like yoga, kayaking, snorkelling and hiking, and go on exciting adventures with your guides: you'll visit the Santa Cruz highlands to explore the lava tunnels, the Garrapatero Beach for a bit of beach yoga and time in the sea, and numerous islands, including the Bartolome Island, North Seymour Island, Tortuga Bay and South Plaza Islands, where wildlife sightings are guaranteed. www.oneyogacollective.com

MeditationCalendar

OCTOBER 12 – 18

Silent Wisdom

Find out how to heal yourself and achieve a harmonious mind from **October 12 – 18** with meditation master Merta Ada at The Bali Usada Silent Meditation Retreat. Held at the eco-conscious wellness retreat Fivelements, the seven-day mindful escape is designed to help guests train their minds to deal with negative thought patterns and emotions through an intensive health meditation and physical awareness programme, which emphasises 'loving kindness', concentration and mindfulness. Guests will practise the Tapa Brata meditation technique throughout the retreat and experience silence for several days to enhance their concentration and spiritual awareness. Expect to go home with your tension released and your balance restored, as well as a strengthened immune system and greater clarity of mind. www.fivelements.org



OCTOBER 25 – 31

Beachside Escape

As part of the Pearl Wisdom Trilogy, Pearl Wisdom Revealed is the first retreat of the series held at The Villas on Troncones Beach in Mexico led by Annie Schellenberg, an experienced coach in personal growth and meditation (**October 25 – 31**). Allowing you to take time away from work, the retreat will revive the connection between your body, mind and spirit, and direct your focus back to yourself and the innate wisdom that will transform your life. On top of daily sessions with Schellenberg and sunset meditations, you'll have the option to practise yoga by the beach and participate in a humanitarian project and baby turtle release. To complete the relaxing journey, enjoy an hour of massage and soak in the gorgeous infinity pool at The Villas. www.pearlwisdomretreats.com

OCTOBER 22 – 31

Himalayan Quietude

There is no better place to get away from it all and regain your inner peace than the Himalayan region in Nepal. For ten days from **October 22 – 31**, immerse yourself in the Himalayas' tranquillity and beauty with Ashima Journeys as you explore the cultural landscape and the magnificent mountains around the area. Beginning in Kathmandu, the retreat will introduce you to the city's ancient temples and palaces, before moving onto the Himalayan foothills, where you'll stay in the village of Nagarkot for a series of workshops and daily meditation and yoga. You'll also take part in a scenic hike, learn to give a Tibetan-style massage and use the singing bowls for healing and meditation.

www.ashimajourneys.com

