



## Yoga and Wellness Vacation

**Rest, recharge, rejuvenate and reconnect with what matters. Spend your vacation recuperating from the daily stresses of work and home life. Try wellness travel and open your mind to a new kind of vacationing experience, it encourages spontaneity and self discovery. Whether you're going with friends, yoga groups or solo. You can also bring your family together by promoting wellness. It's never too soon to expose your children to healthy lifestyle choices.**



**A unified goal: the state of pure bliss and oneness with the universe. Taking a wellness vacation focused on your health will also inspire you to try new things. Some of the most personal and spiritual transformations occur far away from home.**



**Mexico, Costa Rica, Jamaica, St. Lucia, Hawaii, Turks and Caicos, Bahamas.**

**TULUM MEXICO**

- I. HARAMARA RETREAT 2. BOUTIQUE HOTEL AZULIK 3. AMANSALA 4. AHAU  
TULUM  
5. UTOPIA GUEST HOUSE 6. AVENTURA MEXICANA 7. HOTEL LAS PALAPAS 8. EL  
TAJ

**COSTA RICA**

- I. SAMSATI NATURE RETREAT 2. ANAMAYA YOGA RETREAT 3. PRANAMAR  
VILLAS AND YOGA RETREAT 4. HARMONY HOTEL 5. BLUE SPIRIT YOGA  
AND HEALING SPACE

**TURKS AND CAICOS**

- PARROT CAY COMO SHAMBHALA

**ST.LUCIA**

- I. ANSE CHASTANET RESORT 2. BODY HOLIDAY 3. JADE MOUNTAIN RESORT

**JAMAICA**

- I. ASHTANGA YOGA RETREAT 2. JEWEL PARADISE COVE BEACH RESORT AND  
SPA 3. ALAMANDA VILLA

**BAHAMAS**

- I. SMALL HOPE BAY LODGE

**HAWAII**

- I. SAMANA WELLNESS HAWAII YOGA RETREAT 2. LUMERIA MAUI

**BRITISH VIRGIN ISLANDS**

- ROSEWOOD LITTLE DIX BAY

We do offer other resort and destinations retreats from moderate to luxury. Or if you're interested in bringing your own group and have a particular destination in mind. Please call to get a quote or check availability

**Rest & Recharge** spend your vacation recuperating from the daily stresses of your work and home life. At most our daily routine only allows us limited time off. The only recharge and relaxation method we can hope for is a massage during the weekend or an extra hour or 2 of sleep.

So for the majority, we spend all day sitting at desks or sitting at home, living a sedentary lifestyle. So why would you need to take a vacation to just sit around some more? Instead, try wellness travel, and open your mind to a new kind of alternative vacationing experience. Many wellness travelers choose to rest and recharge with massage or spa treatments or enrolling in a yoga class.



**Reconnect with what matters.** Destinations with spectacular landscapes including oceans, mountains and other scenic beauties reinforce the human need to explore and relax outdoors. Reconnect with the nature around you. Become disconnected when you simply turn off your phone, stop checking your email and just be consumed with your surroundings.



**Wellness travel encourages spontaneity, self-discovery and balance. Try something new on your vacation for a little more adventure. Whether it be snorkeling, hiking, or zip-lining through the jungle, taking a wellness vacation focused on your health will also inspire you to try new things you don't typically get to do back home.**

#### **Expose yourself to new cultures and perspectives**

**Whether you are traveling a hundred miles away or plan to take a worldly adventure to another country, wellness travel exposes you to different cultures and perspectives. In Europe and the US, wellness tourism thrives, but even in Japan, wellness tourism is picking up speed. Latin America, Africa, and the Middle East also are experiencing a steady rise in travel focused on health and wellness.**



**You can also bring your family together by promoting wellness. While Disneyworld is a top destination for families with children, why not switch it up a bit by taking a wellness trip to promote healthy habits even away from home with your kids. Roller coasters and top-notch resorts may sound fun, but an outdoor adventure with your children will leave a long lasting memory of true family bonding. And it is never too soon to expose your children to healthy lifestyle choices. Or if you don't have kids, some choose to take wellness retreats at a more exotic and strictly based on wellness, mind and body journey.**

**A unified goal: the state of pure bliss and oneness with the universe. Studies show that some of the most personal and spiritual transformations occur far away from home. Being away from your daily stress gives you the opportunity to relax and focus on what truly matters to you, while living beyond your daily schedule and routines. An entirely different way of vacation experience: for solo, couples or groups.**