

TRAVELING TO A HIGHER PLANE

“Life is more about the journey than about suffering from stress and anxiety and always looking for something more,” says Jacqui Lewis, co-founder of The Broad Place—“A School For Clarity, Consciousness and Creativity” in Sydney, Australia, that partners with the hospitality industry to run courses and retreats in Singapore, London, India, and Los Angeles. With more and more people searching for new ways of living, the concept of mindfulness is increasingly guiding the hospitality industry’s approach. Traveling can help us to go beyond our comfort zones to tap into uncharted parts of ourselves, and many travelers are looking for precisely this experience.

Lewis established The Broad Place together with her husband, Arran Russell, as a modern-day school to “focus more on being better human beings, and less on the doing.” They teach serenity and well-being, a concept they refer to as “high-grade living,” which they explain as helping people ask the question, “How do I move from my lower self into my higher self at all times?” With everything in our lives, there’s a higher-grade response and then a lower-grade response,” Lewis says, adding, “We want to help people live at their fullest potential and give them the tools to do so.”

On a similar mission to bring mindfulness to the people is Ilaria Sgaravato, a Paris-based former Prada executive-turned-yoga teacher who founded wellbeing company Happy Healthy Ila. She leads retreats at the green hotel Coucoo Grands Chênes, which is situated outside of the city. “Mindfulness is a way to acknowledge our fast-paced lives, our scattered thoughts, our way of being repeatedly ‘out of focus,’ triggered by projections, judgments, and emotions,” explains Sgaravato. “Mindfulness makes us think about the present moment. What if we could be ourselves for once, and take the time to get out of the crunch?” Sgaravato’s Happy Retreats are “thematic alternative holidays around yoga, happiness, and nature,” that offer precisely this experience.

Responding to this shift toward meaningful exchange, many hotels and resorts are putting an emphasis on knowledge and creativity to offer guests a new kind of experience. Traveling with an intended purpose has become the new standard. In Andalusia, Spain, La Donaira is a unique farm retreat modeled on the belief that permaculture is the way forward. Guests are invited to learn about new ways to cultivate and take part in the land, and to share knowledge. At dinner, people from all walks