



## TRANQUIL SPACES IN WHICH TO NURTURE YOUR MENTAL, EMOTIONAL, AND SPIRITUAL WELL-BEING

*The world's most idyllic retreats in remote places—spaces for reconnecting with nature and, ultimately, yourself*

When we dream about the perfect vacation destination, many of us are thinking beyond simply taking time off work. We are looking for a retreat that offers a deeper, longer-lasting impact, be it spiritual, physical, or creative. We seek to nourish our minds and bodies with soulful meditation and healthful foods. And we want to return home well rested and rejuvenated—changed. All across the globe are vacation places dedicated solely to our physical and mental health—resorts and retreats in peaceful, natural surroundings that encourage us to slow down, to take a breath, and to indulge in a little personal introspection. Their bucolic settings allow us to reconnect with nature and to spend quality time with like-minded people, participating in activities known for their positive effects on our well-being. That could be taking a communal yoga class, relaxing in a hydrotherapy tank, learning an artisanal craft, or harvesting locally grown ingredients for a wholesome meal.

What counts as an ideal retreat varies widely from one person to the next. For some, it might be a few days at a wholesome yoga school; for others, a program of therapeutic massages might be the answer. But what they all have in common, is the opportunity to engage in an transformative experience that promotes deep self-reflection—a period without distraction that allows us to de-stress, reenergize, and return home feeling totally at one with ourselves.

Key to all the retreats that feature in this book is the beauty of their location. Though found in every corner of the world, from the cacti-strewn Baja California desert in Mexico to the foothills of the Franschhoek mountains in South Africa to the Balinese

OPPOSITE At the Kisawa Sanctuary, guests can swim or simply spend a tranquil moment next to the idyllic organically shaped pool.