

WellnessCalendar



SEPTEMBER 13 – 20

Soothing Sensations

Surrounded by pine, almond, lemon and olive trees, the Shanti-Som Wellbeing Retreat in Marbella, Spain is the perfect sensory getaway. From **September 13 – 20**, benefit from skilled instructor Maya Fiennes's yoga sessions, which come paired with uplifting music and a sunny smile. Following powerful asanas, healing mantras and calming meditation, guests can indulge in spa treatments and soak up some sun by the pool. The Shanti-Som Wellbeing Retreat is conveniently located a few minutes drive away from the beaches of Costa del Sol for those who fancy a change of pace from the countryside.

www.shantisom.com

OCTOBER 24 – 28

Resort Rejuvenation

Head to the tropical paradise of the Four Seasons Resort Bali at Sayan for a blissful three-day wellness retreat from **October 24 – 28**. Created by yogic healer Denise Leicester, the programme offers a different focus each day, allowing guests to experience a one-of-a-kind journey of self-discovery. The innovative retreat works on the entire body with different spa treatments, beginning with Muladhara (base chakra) on Day 1, Manipura (solar plexus) on Day 2 and

Vishuddha (throat chakra) on Day 3. Guests will experience yoga sessions, including hatha, pranayama and nidra, in addition to meditation, morning walks and a purification and blessing ceremony. The diverse activities paired with the serene, nurturing environment make the experience ideal for anyone from couples looking to re-connect to business executives seeking a moment to recharge. www.fourseasons.com

SEPTEMBER 10 – 24

Holistic Healing

At the award-winning The Mandarin Spa at Mandarin Oriental, Hong Kong, clients can book private sessions with Reiki Master and Craniosacral Therapist Elisa Senese from **September 10 – 24**. With an extensive list of mastered techniques under Senese's belt, including Esalen massage, Avatar energy psychology, Shamanism, Watsu, Healing Dance and Quantum Metamorphosis, every session is a coveted experience. Senese will begin each appointment with a customised consultation to understand guests' individual needs. Visitors can also hear Senese's words of wisdom through two 90-minute workshops held during the week. www.mandarinoriental.com



MeditationCalendar

YogaCalendar

SEPTEMBER 15 – 21

Island In The Sun

Led by UK Soul Mentor Nicky Kassapian, Soul Sanctuaries' self-healing retreat, Embracing the Feminine Self, seamlessly combines seclusion with luxury. Located in the Thousand Islands, just off Jakarta, the private island location is picture perfect, with white sand beaches dotted with Indonesian antique accommodations. From **September 15 – 21**, guests can switch off from the outside world, breathe and re-centre as a team of butlers works to fulfil their every need. This tantalising package includes group sessions, two informative one-on-one consultations and blood-pumping daily yoga, pranayama and meditation. Explore the gorgeous surroundings with free use of water sports equipment and enjoy a fun-filled beach barbecue to cap off this unique experience. www.soul-sanctuaries.com



OCTOBER 14 – 17/21

Lakeside Escape

Experience the mesmerising beauty of the mountains with Lotus Retreats at Lake Como, Italy from **October 14**. The individually-tailored Meditation and Relaxation experience offers multiple components to its schedule, giving guests the opportunity to clear their minds and connect with an inner power. The retreat takes place at the Grand Hotel Britannia Excelsior, offering exquisite views of the Lake to enhance relaxation. Choose from three- or seven-night stays from October 14 and emerge rested and rejuvenated. www.lotus-retreats.com

SEPTEMBER 15 – 21

Tropical Tranquillity

There is no need to stay in an ashram to learn how to meditate. Set against a tropical backdrop just outside Ubud in Bali, the award-winning Fivelements resort melds comfort and luxury with soul-soothing meditation. Held from **September 15 – 21** on the banks of the magnificent Ayung River, the Usadha Meditation Retreat with Merta Ada offers practical teachings and insight into Ada's world-renowned team. Guests are sure to leave this bamboo eco-wonderland with a better grasp on their thoughts, which is the first step to cultivating a harmonious mind.

www.fivelements.org



OCTOBER 17 – 20

Technology Meets Tradition

Retreat, relax and purify. Led by wellness enthusiast Julien Balmer from **October 17 – 20**, the Kamalaya Yoga, Detox & Rejuvenation Retreat is a marriage of old and new, blending yogic purification technology with traditional practices, such as Hatha and Kundalini Yoga. Teachings and talks cover a wide range of wellness topics, including The Energetics of Food, Yin/Yang Balancing and Vegetarianism & Yoga. With a limit of 12 people per group, guests at Kamalaya are sure to receive the individual attention to cleanse and restore both body and mind. www.kamalaya.com



SEPTEMBER 28 – OCTOBER 3

Indulge Your Senses

Experience an uplifting week of yoga and meditation in a stunning mountain environment by booking yourself into The Yoga Barn in Ubud, Bali. From **September 28 – October 3**, the Cleanse, Rejuvenate, Awaken retreat will include yoga and ahimsa classes, plus fulfilling group activities, such as cooking classes, a fire ceremony and film screenings. Participants will also be able to listen to inspiring and informative talks on subjects ranging from nutrition to cleansing to thoughts and emotions. The vegan meals included are both delicious and detoxifying. www.theyogabarn.com



OCTOBER 12 – 19

Marine Wonderland

A sanctuary of serenity with an air of unparalleled adventure, there are few places more magical than the Galapagos islands. Held from **October 12 – 19**, the Flowing in Nature retreat with Angel Lucia gives guests the chance to interact with giant tortoises, kayak in Tortuga Bay, go snorkelling, and learn to star gaze. Enjoy day trips to neighbouring islands and delicious beachside cuisine, while sunrise flow classes and restorative sunset yoga and meditation sessions empower visitors to truly revitalise and engage in all that the natural world has to offer. www.thetravelyogi.com



OCTOBER 15 – 21

Himalayan Magic

Journey to the heart of the Himalayas to relax and unwind during six days of meditation and cultural exploration in Bhutan. Renowned tour guide Cristy Elmendorp offers an insider's perspective to the city from **October 15 – 21**. The Himalayan Yoga and Meditation Retreat in the 'Kingdom of the Thunder Dragon' includes scenic hikes and excursions through the pristine landscapes and beautiful Buddhist temples, leading to the ultimate Himalayan bliss. www.somajourneys.com