

2023

retreat guide

FIND
TRANQUILITY
AND RETREAT
WITH INTENT

Spirituality
& Health



EUPHORIA RETREAT | SPARTA, GREECE

COURTESY EUPHORIA RETREAT

23 NATURE | BATHING BEAUTIES | ON A MISSION Great Places

TO PAUSE, REFLECT, AND RENEW

BY MARY BEMIS

One of my favorite times of the year is when I get to compile this annual Retreat Guide. In the eight years since it first launched, there's one constant that has remained true: Our quest to be one with our natural surroundings, to meld into Mother Nature, and to come out of that experience with a lighter way of looking at and being in the world around us. As Colleen Inman, Wellness Guide at Castle Hot Springs, once shared with me, "A well-timed retreat is a right move to restore energy to persevere." I couldn't agree more.

In the big wide world of retreats, nature beckons like never before. We're all craving more time and space in the great outdoors—and retreats, both here and abroad, are heeding the call. We've rounded up topnotch experiences that celebrate nature in all her glory. There's something here for everyone, from those seeking solitude and silence to those who want the camaraderie of community. Fair warning: lots of sunshine, water, and mountain views ahead.



RESET | TELLURIDE, COLORADO

COURTESY RESET

5 **RESET** TELLURIDE, COLORADO

If you've been saving up for a special experience and love trekking, this ultra-luxurious retreat has your name on it. RESET Telluride debuted last May and offers a six-night, six-day wellness and trekking retreat surrounded by the spectacular San Juan Mountains. The retreat is designed to empower you with daily half-day treks in the rugged mountains, clean plant-based cuisine, meditation and yoga, and a plethora of holistic wellness therapies. There's unlimited access to RESET's state-of-the-art wellness center and lots to choose from for a complete physical and mental experience. Think acupuncture, oxygen enrichment, IV therapies, hyperbaric chamber therapy, and nutritional coaching, for starters.
resettelluride.com, 970-239-6090

6 **RED MOUNTAIN RESORT** IVINS, UTAH

Sometimes you just need to get out of your head and move your body—and this is the perfect place to do just that. Long revered as an adventure resort, Red Mountain has trails right outside its door and is at the heart of some of the most spectacular hiking in North America.

7 **SAGECLIFFE RESORT AND SPA** QUINCY, WASHINGTON

This is a secret gem a couple of hours from Seattle set in a high-desert vineyard overlooking the spectacular Columbia Gorge. The property is adjacent to the famed Gorge Amphitheatre where concerts hold as many as 27,000 guests. But don't be alarmed! In the shoulder seasons, Sagecliffe is deliciously quiet and a great getaway. You can book a Desert Yurt, a Cliffhouse, or a Cavern Room and savor not only nature, but fine local wines. There's a delightful spa on property, as well as a very good farm-to-table restaurant, and lots of outdoor options including mountain biking and hiking trails.

sagecliffesortandspa.com, 509-787-8000

8 **THE RETREAT COSTA RICA** ATENAS, COSTA RICA

If you take Mother Nature in all her glory and combine her with artistic sensitivity and loving kindness, you create a benchmark experience—welcome to The Retreat Costa Rica. Part yoga retreat, part world-class destination spa, and part boutique hotel, The Retreat pretty much has it all. Situated amidst the rainforest at the base of a 50-acre crystal-quartz mountain outside the colorful town of Atenas in Costa Rica, The Retreat offers vast and painterly views of the Nicoya Peninsula, the Pacific Ocean, and the lush Costa Rican rainforest valley. The onsite spa is the first Ayurvedic healing center in the country with a meditation deck you'll never want to leave. In addition to yoga retreats, there are excellent programs like Emotional Healing & Recovery and Art of Resting. Of special note is the five-day Immersive Wellness program.

theretreatcostarica.com, +506 2106 3900