

THE MANDALA CENTER

in beautiful northeastern New Mexico

Facility Rentals

Perfect for groups seeking a quiet, peaceful retreat experience in a beautiful remote setting.

Self-Guided Retreats

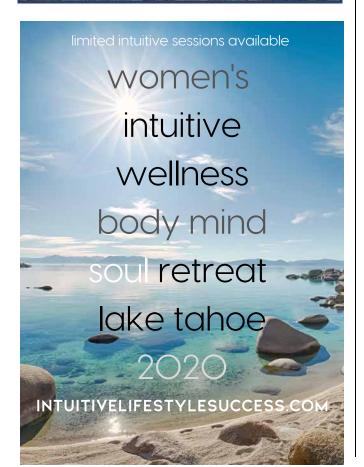
Spend time on the slopes of Sierra Grande mountain where you will find space to rest, relax, and rejuvenate.



Inspiring Workshops and Presenters

Events and workshops scheduled throughout the year. Please check our website often for updates.



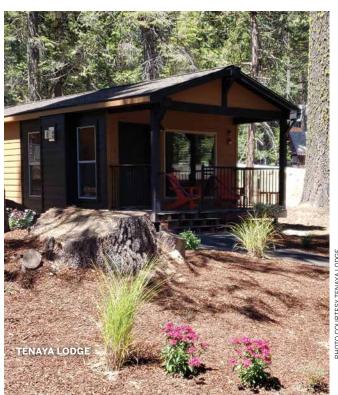




the years, the owners have created a 3,000-acre nature preserve that includes hiking trails, 32 acres of gardens, a six-acre organic farm, and an exemplary cooking school. Start your day with a hike up the mystical mountain, followed by a labyrinth walk, art classes, and much more. This is an ideal place to get back in sync with your own natural cycles. rancholapuerta.com

Travel Back in Time with MOUNTAIN LODGES OF PERU

This adventure company has a strong commitment to the communities and environmental resources of Peru, and has just launched a new Archaeoastronomy Journey to Machu Picchu. Travel back in time during the seven-day journey. You'll study ancient Andean civilizations and the primordial connection to the cosmos that shaped their history, belief systems, and architectural legacy. Trips during the upcoming spring (March 14) or autumn equinox (September 17) are slated for 2020. mountainlodgesofperu.com.



Soak at

SUNRISE SPRINGS SPA RESORT, New Mexico

"Tranquil" pretty much sums up Santa Fe's only destination spa, which is spread out over 70 serene acres. There are lots of ways to slow down and go within here. One of the simplest and most effective is to immerse yourself in the healing waters of one of the new Repose Pools. These gently heated, natural, artesianspring-fed pools are located at the edge of the Tranquil Pond and surrounded by cottonwoods. Access to the Repose Pools are complimentary for overnight guests of Sunrise Springs Spa Resort and \$30-\$45 for day guests. Of special note: 20 acres of intentionally designed gardens, paths, and walking trails. sunrisesprings.com

Retreat to a Cabin by the Creek at **TENAYA LODGE, California**

A cabin of your own can be an ideal place to hide away and do some soul-searching. Tenaya Lodge at Yosemite recently added 50 cabins that are nestled within a forest of sugar pines and incense cedars and surrounded by a creek, nature trails. and meadows. Just outside the cabin door are miles of serene forest trails and wildlife, making Tenaya Lodge an ideal place to get away from it all and perfect your forest bathing technique. tenayalodge.com.

Enrich Your Emotional Wellbeing at KAMALAYA KOH SAMUI, Thailand

With the introduction of the Embracing Change program, this award-winning wellness sanctuary and holistic spa resort—centered around a cave that once served Buddhist monks as a place of spiritual retreat—invites guests to address their emotional health and delve deep. The focus is on exploring your inner life and emotional disposition, with helpful take-home tools. kamalaya.com



