2020

retreat guide

REFLECT • BE PRESENT • LOOK AHEAD

52 PLACES TO RELAX, RECONNECT & RESTORE

your year of perfect vision!

36 PAGES OF IDEAS FOR RELAXATION AND RESTORATION



Spirituality & Health

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.
mandalacenter.org 575.278.3002



limited intuitive sessions available
women's
intuitive
wellness
body mind
soul retreat
lake tahoe
2020
INTUITIVELIFESTYLESUCCESS.COM



PHOTO COURTESY MOUNTAIN LODGES OF PERU

MOUNTAIN LODGES OF PERU

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.**



TENAYA LODGE

PHOTO COURTESY TENAYA LODGE

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, artesian-spring-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**



SUNRISE SPRINGS SPA RESORT

PHOTO COURTESY SUNRISE SPRINGS SPA RESORT

SUMMER DREAM & SPIRITUALITY CONFERENCE
MAY 24-29 IN THE BEAUTIFUL NC BLUERIDGE MOUNTAINS
KEYNOTES & WORKSHOPS BY BEST-SELLING AUTHOR
JUDITH ORLOFF, MD
Intuitive Dreaming
Dreams and Sexuality
The Spiritual Empath
Surviving in the World as an Empath
Through keynote lectures and interactive workshops Dr. Orlof will share her knowledge of using intuition and empathy as tools for creating a more open hearted and empowered life. We look forward to exploring all of these topics and more.
See our website for full list of many Presenters and dozens of Workshops! As well as our Spiritual Direction and Dream Work Courses.
Registration & Info: www.HadenInstitute.com
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