

## SPIRITUAL JOURNEY

Sedona, Arizona  
visitsedona.com

If you're looking for a destination with healing energy vortices, exquisite scenery and a hippie vibe, then Sedona is calling your name. This laid-back town is nestled within a geologic wonderland of stunning red-rock formations and is a hub of art, nature, culture and spirituality.

### Sporty Specials

#### Hiking and Biking

Devil's Bridge trail offers some of the most awe-inspiring views, as well as a natural sandstone arch, which you can actually walk across for some incredible selfies. For a faster-paced excursion, take a private mountain bike tour through the incredible landscape.

#### Spiritual Spas

- ▶ Mii Amo at the Enchantment Resort offers a full range of luxury treatments, Native American-inspired therapies, aura readings and past-life regression sessions.
- ▶ At the Gateway Cottage Wellness Center, you'll find reiki, shamanic sound healing, intuitive readings, LED light therapy and soul retrieval treatments.

#### Bonus Benefits

- ▶ The ChocolaTree Organic Oasis serves organic, gluten-free, seasonal ayurvedic and live foods, and its master chocolatiers offer an enormous selection of handmade, raw chocolates made from fair-trade ingredients.
- ▶ Gain a fresh perspective with a 15-minute helicopter ride from Guidance Air, where you'll soar past towering red-rock spires and landmarks such as Cathedral Rock and Snoopy Rock.

## LASTING WEIGHT LOSS

Hilton Head Health (H3) Resort, South Carolina  
hhhealth.com

Visit this resort and you'll come home with more than a souvenir — you'll have a comprehensive game plan for a healthier life. Since 1976, H3 has helped thousands of guests lose weight with custom fitness plans, nutritional workshops and gourmet cuisine. Come for as few as three days or as many as 21 plus, depending on your goals.

### Sporty Specials

#### Active Offerings

- ▶ H3 provides bicycles and shuttles to the beach for early-morning and afternoon walks as well as beach yoga classes.
- ▶ The heated pool offers fitness classes for all levels, including hydro circuits, deep-water conditioning and aqua Tabata training.

#### Clean Eating

- ▶ At the 2 Chefs ... 2 Stations cooking demonstration, you'll watch a pair of pros open a box of common ingredients and learn how to create unique and healthy dishes.
- ▶ True restaurant offers multiethnic, locally sourced cuisine that tastes amazing and that can be prepared to suit any individual's dietary needs.

#### Bonus Benefits

- ▶ Your H3 wellness coach continues to guide and support you even after your visit with weekly phone calls, a monthly panel discussion and a private Facebook community.
- ▶ Check the H3 schedule of specialty programs and attend retreats that cater to a specific demographic or goal, such as emotional eating, golf and yoga, or reinventing your life after divorce.

## MASTER MEDITATION

The Chopra Center, Omni La Costa Resort and Spa,  
Carlsbad, California  
chopra.com

Like they say, where the mind goes the body follows, and if your mental health is on track, so will your physical health improve. And what better way to experience mental rejuvenation than to attend a retreat given by the guru himself, Dr. Deepak Chopra. The Chopra Center offers a host of events with an integrative approach to total well-being through self-awareness and the practice of yoga, meditation and ayurveda.

### Spiritual Specials

#### The Weekend Within

This three-day program introduces guests of all levels to primordial sound meditation. Center educators, special guests and Chopra himself walk you through various sessions, where you can explore your dosha (your mind/body type), participate in yoga, attend lectures and, of course, meditate.

#### Sacred Spa

The Chopra Center Spa offers a host of ayurvedic treatments, such as a srota clearing treatment, sound therapy, breast massage and shirodhara — a treatment in which a soothing stream of warm oil is poured over the forehead and onto the sixth chakra, your intuitive energetic center.

#### Bonus Benefits

- ▶ Need a physical break from your mental training? Check out the Omni Resort's fitness classes, tennis lessons and championship golf courses. There's also a kid's club to keep the little ones busy.
- ▶ The Chopra Center serves healthy and balanced meals that meet ayurvedic guidelines, meaning they are vegetarian, include all six tastes (sweet, sour, salty, bitter, pungent and astringent), and include plenty of ancient grains and legumes.

**JUST BECAUSE YOU'RE ON VACATION DOESN'T MEAN YOU HAVE TO GIVE UP YOUR HEALTHY GOALS! CHOOSE A RETREAT OR EXCURSION THAT SUITS YOUR GOALS, PERSONALITY AND LIFESTYLE. THERE'S ONE OUT THERE JUST FOR YOU!**