

PLAN YOUR RETREAT! 75 GREAT GETAWAYS

# Spirituality & Health

THE SOUL | BODY CONNECTION

TOP 3  
SUPPLEMENTS  
TO BOOST  
YOUR MOOD

## Break Free!

*Pastor Nadia Bolz-Weber  
on Dumping Shame*

HOW TO  
COMFORT A  
BREAKING  
HEART

REWIRE YOUR  
BRAIN IN THE  
CHURCH OF  
THE WOODS

JANUARY/FEBRUARY 2019  
SpiritualityHealth.com

\$6.99US/CAN





2019

# retreat guide

75

PLACES TO  
RELAX,  
RECONNECT  
& RESTORE

SIMPLICITY

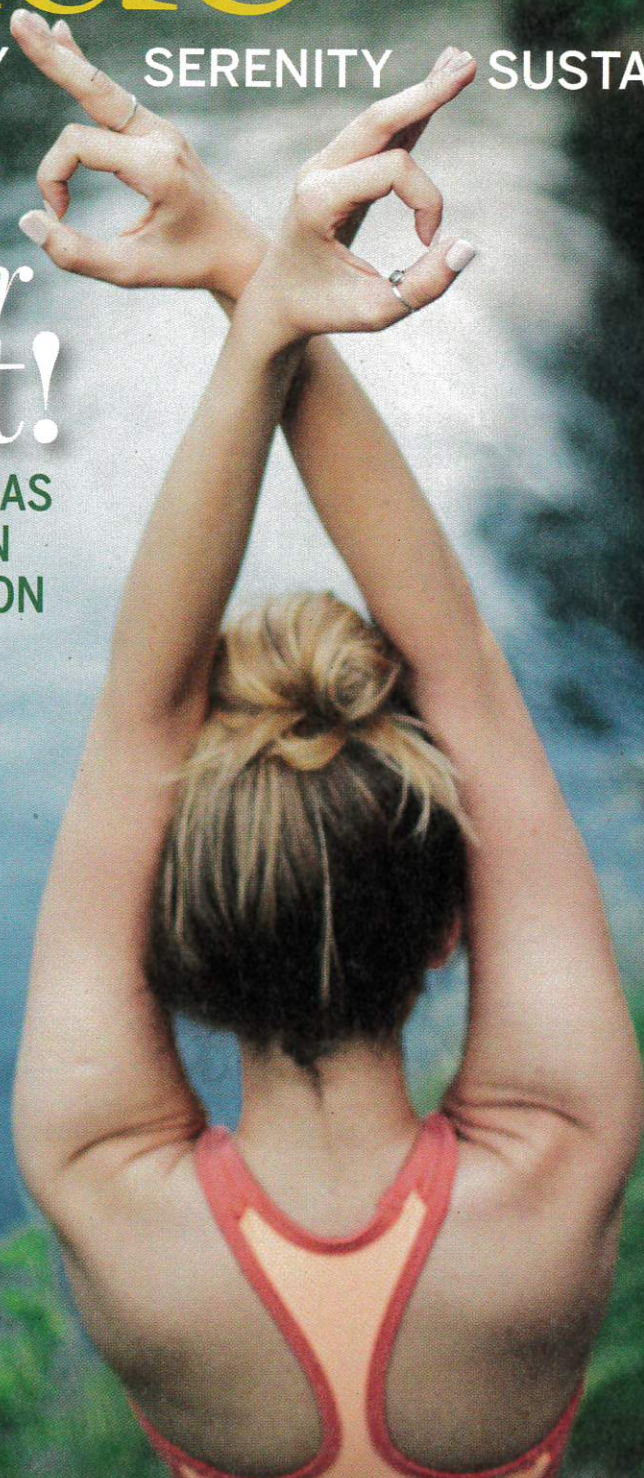
SERENITY

SUSTAINABILITY

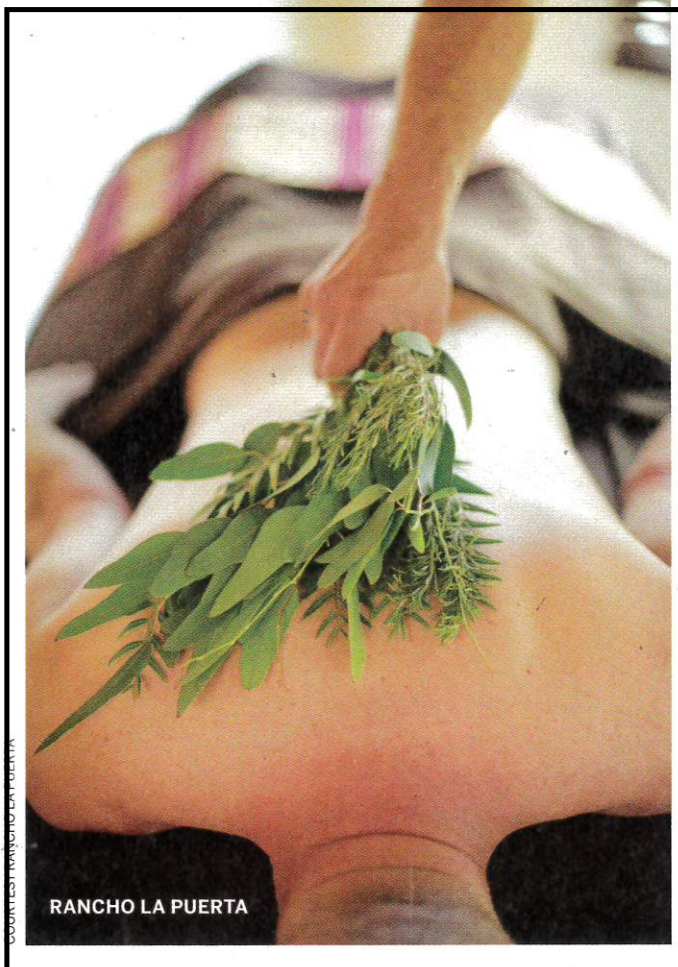
plan *your*  
retreat!

36 PAGES OF IDEAS  
FOR RELAXATION  
AND RESTORATION

Spirituality  
& Health







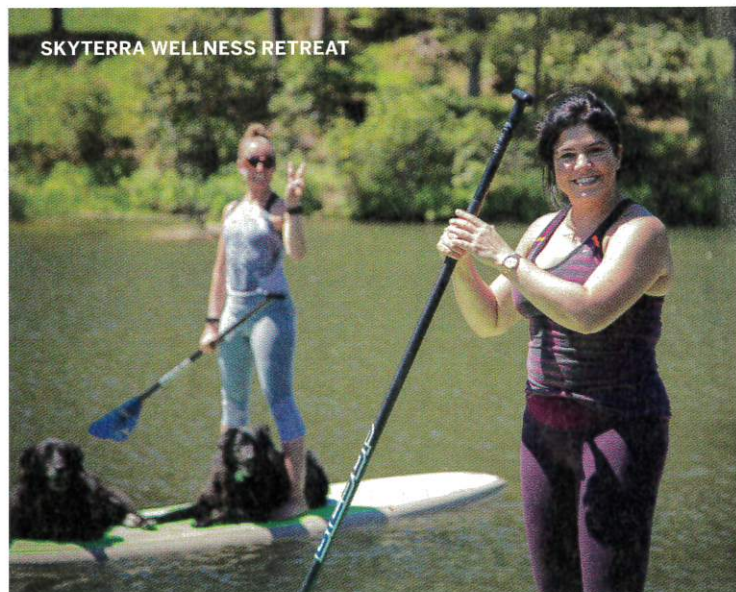
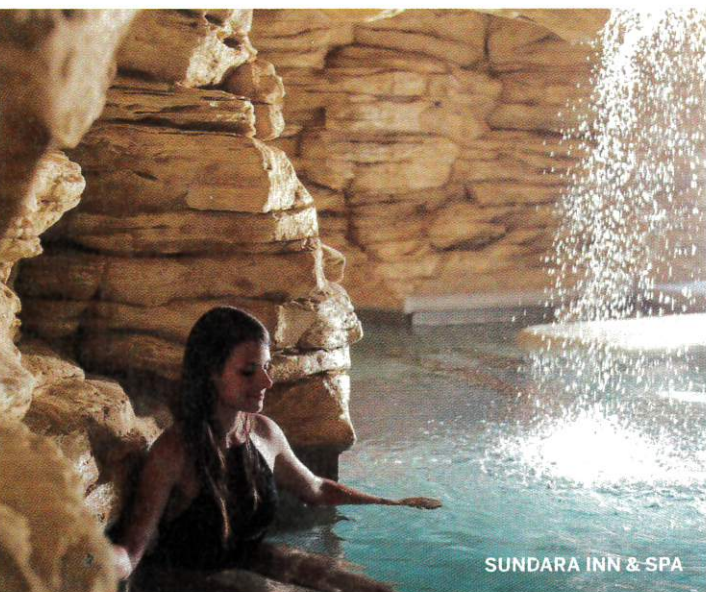
#### **RANCHO LA PUERTA, TECATE, MEXICO**

Going strong for 75-plus years, this beloved health and wellness haven sits at the juncture of the Laguna and Sierra Juarez mountain ranges and boasts a 3,000-acre nature preserve bursting with beauty. A typical stay is a week, and it truly is the best way to experience all that Rancho La Puerta has to offer—it's also a fine way to get back in sync with your own natural cycles. Holistic therapies abound and include acupuncture, craniosacral, Feldenkrais, and Watsu. There's also an organic farm and renowned cooking school, miles and miles of hiking trails for all levels, top-notch fitness and movement classes, an art studio, and lots more to make this a destination you'll want to return to again and again. Of note: The increasingly popular 14-day Detox and Cleansing Retreats for 2019 are scheduled for March 16 to 30 and September 14 to 28. They are led by Michael Finkelstein MD, author of the book *Slow Medicine*. [rancholapuerta.com](http://rancholapuerta.com)

#### **SUNDARA INN & SPA, WISCONSIN DELLS, WISCONSIN**

One of the first destination spas in the U.S. to have a no-electronics policy in common areas, this eco-friendly respite, nestled in a pine forest on the picturesque outskirts of Wisconsin Dells, is a great place to unplug, unwind, and work on your wellness. Sundara launched in 2003 and expanded its wellness offerings significantly in the fall of 2018 with a 40,000-square-foot addition. With the expansion you'll find, among other things, a second outdoor pool that's a seasonal saltwater pool, a new indoor/outdoor soaking pool oasis, new quiet spaces, and a retreat space and a woodland reflection room for meditation and wildlife watching. Wellness enthusiasts will appreciate the new activities on hand that include: new hiking trails; sunrise and sunset meditation cruises on Lake Delton; kayak and stand-up paddleboard tours on Mirror Lake and the Wisconsin River, and more. The property is Travel Green Wisconsin certified. [sundaraspa.com](http://sundaraspa.com)

complete, and there is a minimum stay of one week. An interesting note: "Centers of Excellence" is a new program that launched last October. It's an exclusive certification for leading concierge medical practices and other providers, including endocrinologists, ophthalmologists, and cardiologists, which is "designed to offer concierge patients pioneering health services and exclusive rates to concierge partners." [pritiakin.com](http://pritiakin.com)



LEFT: COURTESY SUNDARA INN & SPA; ABOVE: COURTESY SKYTERRA WELLNESS RETREAT