

Robb Report
PRESENTS

M U S E

The Unexpected Eco Warriors

Five game-changing
environmentalists

— Plus —

Copenhagen:
a 21st-century utopia

The return of
New York nightlife

SPRING 2020

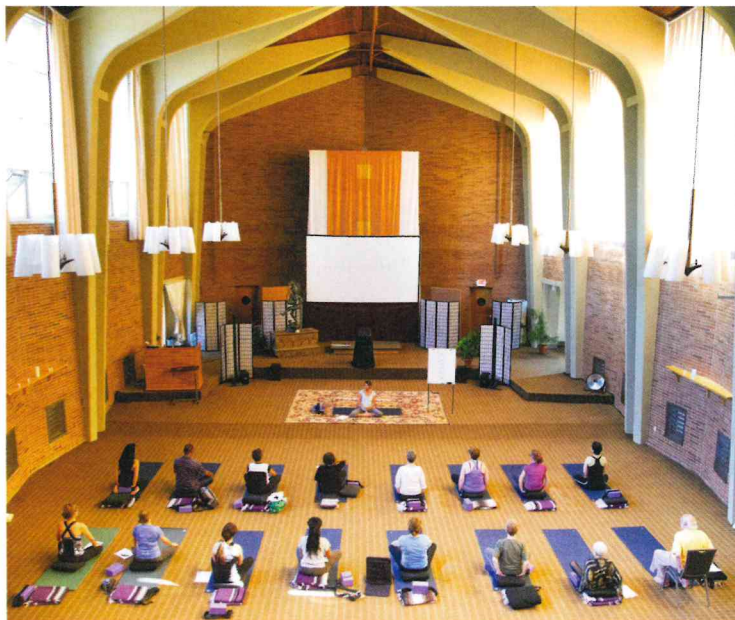
A SPECIAL EDITION OF
ROBB REPORT



to help me let go of distraction and find wisdom.

But by day two I wasn't feeling any wiser. At breakfast, the lack of chitchat made it easier to hear the woman across from me chewing her turkey-bacon frittata. I felt an urge to yell, "Stop!" Instead, I moved my seat. A sense of calm came over me later that day during a hatha yoga session, when Cope encouraged us to connect with our breath. Later, during a two-hour guided meditation, I focused on making oceanlike inhalations and exhalations. Finally, for the first time, I felt myself relax.

On the third day, I was backsliding. I found myself staring at the black screen of my iPhone, obsessing over the unread e-mails that were hiding in my powered-down device's dark abyss. I couldn't take it anymore. But just as I was about to turn it



on, my roommate caught me in this scandalous act of defiance. Head down, I marched shamefully to the front desk and silently handed my phone over to the receptionist—no explanation needed.

The voice inside my head incessantly narrating everything in my life—my thoughts, my fears, my insecurities—had finally quieted down by day four, and "May I be happy" was at last starting to mean something to me. No day got easier, but every day went a little bit deeper, like slowly peeling away the layers of an onion. On our final day, my eyes unexpectedly swelled with tears during morning meditation. Emotions I had long tucked away were bubbling up—and it actually felt good. I left with a realization: I need to fix myself before I can try to fix everyone around me. Months later, I'm no longer silent—far from it—but the calm inside of me has helped me let go of distraction. And even find a little bit of wisdom.

At Kripalu, chakra yoga is among the many meditative practices to help guests find focus.

Quiet Time

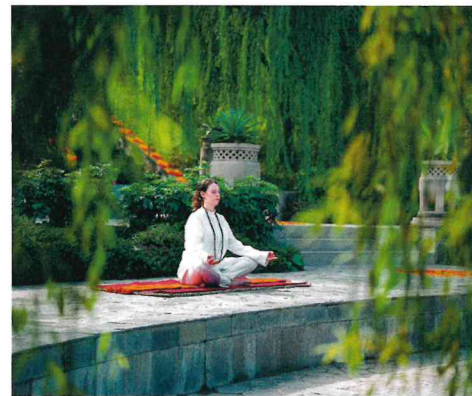
Five new silent retreats to soothe the soul.

Mum's the Word

Set on a maharaja's 100-acre estate in the Himalayan foothills, **Ananda Spa** provides a tranquil backdrop for quieting the mind with its hush-hush Dhyana Meditation retreat. Yoga teachers guide guests through pratyahara (withdrawal of the senses or external influences) and dharana (focusing on mental awareness) and toward dhyana (continued meditative awareness) during seven-, 14- or 21-day retreats. anandaspa.com; prices start at \$1,940 per night

Whisper Friendly

As intense as you want it to be, **Four Seasons Resort Bali at Sayan's** new Guided by Gratitude retreat includes silence rituals, meditation, chakra balancing and hatha yoga. Led by former Buddhist nun Heny Ferawati,



Meditation is at the core of Ananda Spa's quiet retreats.

the program aims to restore inner peace—but embraces the silence in short spurts. fourseasons.com; prices start at about \$775 per night

Food for Thought

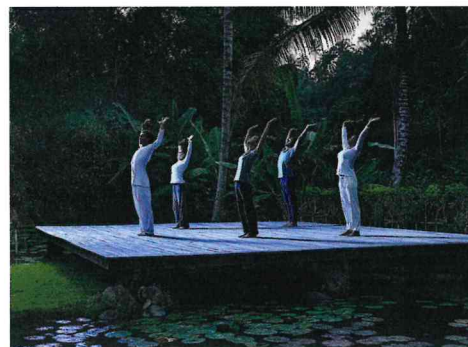
Every Thursday evening, **Rancho La Puerta** in Tecate, Baja California, Mexico, hosts a silent dinner at which guests are encouraged to be more conscious about the food they put in their bodies. The 90-minute five-course meal is enjoyed without conversation and accompanied by inspirational music. rancholapuerta.com; prices start at \$4,200 for the week

Loud and Proud

When **Miraval Berkshires** debuts in the mountains of western Massachusetts this spring, guests will absorb the silence of nature on the resort's trails—then let their emotions loose in soundproof rooms designed for scream therapy. Go ahead, let it all out. miravalberkshires.com; prices start at \$650 per night

Listen Up

Fogo Island Inn's remote location off the coast of Newfoundland lures guests wanting to unplug. Just looking out at the icy Atlantic through floor-to-ceiling windows can put you in a contemplative state. New listening retreats help guests turn inward while tapping into nature through a mix of yoga, meditation and reiki set to a soundtrack of wind and waves. fgoislandinn.ca; prices start at \$1,480 per night J.M.



A former Buddhist nun leads meditation at Four Seasons.

LEFT: JURIAN HUGHES; TOP RIGHT: KRAUSE JOHANSEN; BOTTOM RIGHT: CHRISTIAN HORAN