

## 10 Wellness Retreats to Nourish Your Soul

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The last couple of months of the year can be stressful, between getting ready for the holidays and the beginning of winter weather starting, your routine can get hectic. That is why now is the perfect time to book a wellness retreat for the new year. Choose one of the following retreats to unwind and reset, starting your year off right.

### Dolce Vitality – Le Sirenuse, Positano Italy



*Dolce Vitality*

Through rigorous hikes, yoga, meditation and spa treatments, you will refocus your mind and body at this [weeklong retreat](#). Held at [Le Sirenuse Hotel](#), your retreat will be led by a team made up of a yoga teacher, chef, mountain guide, health coach, fitness coach and spa manager will ensure you have a week that will leave you feeling renewed. Enjoy daily massages, daily low-impact strength training, and access to the hotel's pool, sauna and Turkish bath. Choose from two retreats in 2022, March 22-April 2 or October 30 – November 5.

## BodyHoliday, St. Lucia



BodyHoliday St. Lucia

A more of a choose your own adventure retreat, [BodyHoliday](#) in St. Lucia has a different theme each month to cater to various wellness needs. Past themes include yoga, swimfit, and Wellfit Families. Every stay includes one daily 50-minute session of your choosing, including massage, body wraps, Thalassotherapy, facials and more. This all-inclusive retreat includes three meals a day, beverages by the glass, yoga classes and other fitness activities, sauna, meditation classes, a Complimentary BodyScience Consultation, dance classes, a piano bar, a beach, and so much more.

## Miraval Berkshires Resort and Spa, Lenox, MA



[Miraval Berkshires](#) has an array of workshops, events and themed retreats for your ultimate restorative getaway. Past experiences include Season of Gratitude, Yoga Month and Celestial Summer. Experiences are all-inclusive and include all meals/food, daily complimentary activities, lectures, and wellbeing workshops, resort credits for spa treatments, plus all activities included in the package: guided hikes, workshops like learning how to build a fire, daily yoga, and meditation.

## Molina Center – Molina, CO



*The Molina Center*

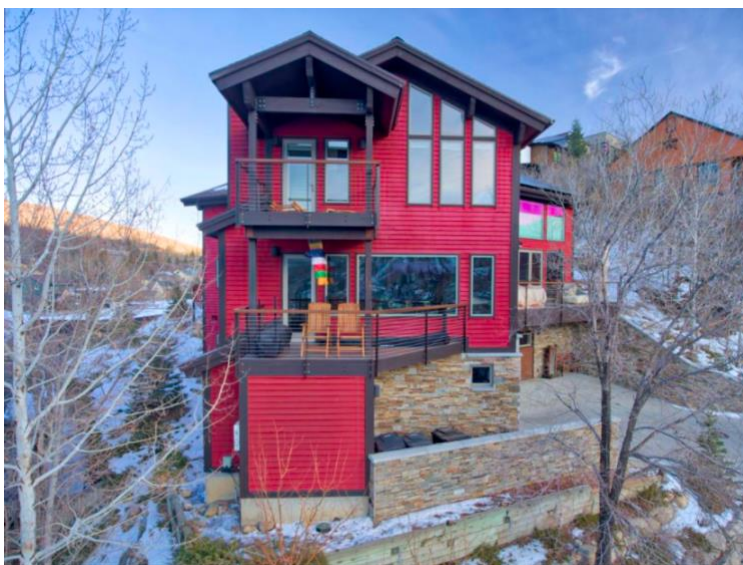
Throughout the year, the [Molina Center](#) hosts a variety of retreats to suit your individual needs and interests. Start the year off with their 7 Day Restorative NYE Retreat, an all-inclusive retreat including yoga, special nights, singing bowls and more. Their other retreats include weekend yoga and meditation retreats, five Day Detox, and five day silent retreats.

## Art Of Living Retreat Center – Boone, NC



The [Art of Living Retreat Center](#) has retreats for everyone, including Meditation for Fidgety Skeptics—the perfect retreat for anyone told to try meditation but don't believe it will work for them. Other retreats include Happiness Retreat, a silent meditation retreat, a Manifest Your Soulmate retreat for single folks, and much, much more. No matter what retreat you are looking for, The Art of Living is sure to have it.

## Red House Wellness – Park City, UT



Red House Wellness

Reset your soul at [Red House Wellness](#). Your week-long stay will not only leave you feeling renewed, but will give you the tools you need to sustain the feeling after leaving. Each stay includes a six-week follow up program with recorded classes, one-on-one sessions, and support to guide you to keep everything you gained during your retreat. Through yoga, plant-based eating, journaling and meditation, you'll reconnect with your true self in ways you didn't know possible.

## Hridaya Yoga – Mazunte, Mexico/Saint-Just-d'Avray, France



Hridaya Yoga

Open your heart with Hridaya's Transformative Yoga and Meditation retreats in [Mexico](#) and [France](#). Choose from three-day all the way up to month-long retreats to immerse yourself in your practice. Both locations offer Dark Room retreats, a forty day retreat where you meditate in [total darkness](#), or silent retreats for true mindfulness. Be sure to check the calendars for each location ([France/Spain](#)) to pick what retreat is right for you.

## Insight Meditation Retreat Center – Barre, MA



*Insight Meditation Society*

For an immersive meditation retreat, try the [Insight Meditation Retreat Center](#), which works on a sliding scale pay rate, perfect for anyone looking for a more affordable retreat than most. Beginners retreats start at three day-long, and you can work yourself up to a three month-long retreat.

## Sonoran Winds Women's Empowerment Center Retreats – Tucson, AZ



Reconnect with yourself at [Sonoran Winds](#). For women only, all [retreats](#) are one-week long, with check-ins on Monday and check out on Sunday. Rebalance yourself with journaling, meditation, yoga, artistic expression, massage, and a one-on-one session with a Spirit Doula.

## Fogo Island Inn – Fogo Island, Newfoundland, Canada



It seems like most adults struggle with sleep at one point (if not all the time)! The [3-day Sleep retreat](#) at [Fogo Island Inn](#) will help you “heal your relationship with sleep.” Through workshops, meditation and reflection, you’ll be given the tools needed to guide you to better sleep. Other retreats include a [Reading Retreat](#), [Pottery Retreat](#), and [Valentine’s Wellness Retreat](#).