

WellnessCalendar

YogaCalendar

NOVEMBER 1–DECEMBER 31

Year-End Cleanse

New to Ananda in the Himalayas is the seven-night Dhyana Programme (throughout **November and December**), which facilitates self-realisation by increasing guests' control over physical and mental states. Located near the birthplace of yoga in Rishikesh, the retreat leads guests through daily meditation sessions including *yoga nidra*, *ajapa-japa*, *Antar Mouna* and *trataka* – all ancient Indian traditions of mental and meditative awareness applicable for modern living. One-on-one hatha sessions are followed by *abhyanga*, an Ayurvedic synchronised full-body massage given by two therapists; while a Kundalini back massages serve to increase energy and spiritual enlightenment, finished by a memory-improving *shirodhara*, *shiatsu* for stress alleviation and an Amethyst Rejuvenation facial to hydrate, cool and balance.

www.anandaspa.com



NOVEMBER 6–13 AND NOVEMBER 13–20

Head to Toe

The seven-day retreat at Sukhavati Ayurvedic Retreat & Spa (**November 6–13 or November 13–20**) begins by assessing guests' ailments or doshas to evaluate their physical, mental and emotional health before determining specific programmes that consist of spa treatments, yoga, specialised Ayurveda diet, meditation, daily health consultations and lifestyle seminars. Aside from their customised schedule, guests can also expect seminars by Ayurvedic doctors, facials and foot massages and Ayurvedic dishes to fully rejuvenate the whole system, detoxify the body and relax the mind.

www.sukhavatibali.com



DECEMBER 30–JANUARY 7

Bali High

Usher in 2017 with Anastasia Williams' Nourish Your Soul retreat featuring naam yoga and meditation, sacred sound, healing treatments and natural surrounds (**December 30–January 7**). Set in luxurious Bagus Jati, within five hectares of glorious hillside gardens amongst lush tropical forests in the mountains of Ubud, the week-long journey will help you plan for the year ahead. You will learn the power of mind-body-life healing, techniques on how to strengthen and redirect the mind, the significance of attitude and how to face challenge gracefully. Immerse yourself in the local culture through Balinese rituals, healing and explore Mother Nature with volcano treks for sunrise meditation with views of the valley and lush tropical flora and fauna.

www.anastasia-williams.com

NOVEMBER 12–18

Magic of Healing

Ambuju Yoga is setting up shop at Sarinbuana Ecolodge in Bali with a week-long Discover the Magic of Bali Yoga and Cultural Immersion retreat (**November 12–18**) where guests can deepen their practice with twice-daily yoga on treetops, asana workshops and group discussions on yogic philosophy. Led by yoga guru Autumn Adams, who's been holding classes locally and around the world, the retreat also invites guests to unwind by diving into Balinese culture with massages, cooking and temple-offering lessons as well as a trek to Batu Karu Temple. www.ambujayoga.com



NOVEMBER 16–22 AND DECEMBER 14–20

Out with the Old

To get health-junkies ready for the New Year, Yoga Barn is flushing out the old with monthly Detox Retreats that include daily yoga classes with colonics, massages, Shamanic Balinese healing ceremonies, meditation, workshops on detox and nutrition as well as optional healing and Ayurvedic treatments. Testament to Yoga Barn's philosophy of mind-body integration, the mental and physical cleanse hopes to achieve balance in all aspects of its guests' lives so their bodies can learn to recharge and heal themselves. Upcoming dates include **November 16–22 and December 14–20**. www.theyogabarn.com

NOVEMBER 26–DECEMBER 4

Headspace

The Bodywize Wellness Retreat Spa in Hong Kong invites guests to explore their mind with fun workshops by meditation expert Shelly Ann Reif (**November 26–December 4**), whose techniques for achieving inner stillness, intuitive inspiration as well as thought-and-emotion adjustment apply to practitioners of all levels, as long as they come with an open heart. The new skills are complemented by an understanding of how meditation works, and how it can create a better life experience. www.bodywize.com.hk

