

WellnessCalendar

YogaCalendar



SEPTEMBER 1-30

Wellness Reboot

The cliff-side paradise of Amankila in East Bali is set to welcome a team of wellness experts, including Camron Walker who specialises in craniosacral balancing, TCM practitioner Zoe Nash, and Reconnective Healing specialist Vijay Laxmi Goyal. This **September**, the healers will be hosting three- and seven-night Alignment and Awareness retreats that focus on both mental and physical well-being. Through bodywork and healing therapies, such as daily yoga, meditation, qigong and specialist sessions, guests' health concerns are addressed and they are guided to kick-start a healthier life. www.aman.com



SEPTEMBER 1-OCTOBER 31

Idyllic Retreat

The Arumdalu Private Beach Resort on Belitung Island, Indonesia launches the Five Senses Imabari Villa project to offer guests a sensorial experience that blends luxury, ecological concerns, wellness and cultural exploration. Throughout **September** and **October**, guests staying at the Imabari Villa will be able to experience Japanese Imabari Island and local Belitung cultures through the five senses, including a special culinary experience that features Japanese techniques and local ingredients such as organic salt and coconut sugar. A series of Arumdalu Life Wellness Workshops are also available to help guests reconnect with nature and develop inner wellness. www.arumdalubelitung.com



OCTOBER 3-19

Thriving Harmony

World-renowned Naam yoga pioneer, Anastasia Williams, will share her knowledge and practice of Harmonyum Healing and her unique yoga style with spa guests at The Landmark Mandarin Oriental, Hong Kong. For more than two weeks (**October 3-19**) guests can take part in private or group yoga and meditation classes and enjoy Harmonyum treatments, which restore harmony to the body and mind. There will also be two weekend retreats on boosting vitality in the modern world and self-love respectively. The retreat packages include morning and afternoon yoga sessions, access to heat and water facilities at The Oriental Spa, lunches and smoothies as well. www.mandarinoriental.com

SEPTEMBER 25-OCTOBER 1

Let it Flow

Hidden in the picturesque foothills of the Serra de Estrela mountain range in Portugal, Vale de Moses offers a space for those who want to immerse themselves in nature and be revitalised through yoga, massage and acupuncture treatments. If you want to take part in a transformative retreat, passionate yoga teacher Yamuna Devi will be leading a weeklong retreat here (**September 25-October 1**). Experienced in dance, healing arts, hatha flow and acroyoga, she will guide you to flow with love, devotion and surrender while letting go of tension. The week will also include guided silent morning walks in the forest, health consultation and a trip to the Rio Zêzere for a mud bath. www.valedemoses.com; www.yamiflow.com



OCTOBER 2-30

The Yogic Path

Take your practice to the next level by joining Desa Seni's third annual yoga teacher training programme called The Collective (**October 2-30**). This 200-hour course will be led by a team of experienced instructors who are skilled in various traditions, including kundalini, ashtanga, vinyasa flow and hatha. Created for devoted practitioners, the programme will also shed light on a wide range of topics, from class theming, mindful sequencing and biomechanical alignment, to the energy body, and sound and vibration. www.desaseni.com

SEPTEMBER 15-20

Caribbean Gem

Famed for its pristine beaches, turquoise waters and tropical greenery, Barbados provides the perfect setting for Tracye Warfield's yoga retreat on **September 15-20**. Taking place at the stunning Elysium Barbados villa, the retreat is suitable for all levels, with daily morning and sunset asana and meditation classes designed to help participants explore their style. The active ones will also enjoy the private island safari excursion, but if you simply want to unwind between practices, the infinity pool overlooking the Caribbean Sea is inviting and the spa day at The Sandbox Tree Spa at Port Ferdinand is something to look forward to. www.bytracye.com

