



NOVEMBER 23 – 29

Retreat to Success

In today's fast-paced world, achieving the work-life balance is easier said than done; but Inge van Zon, one of the Netherlands' top 100 female entrepreneurs, believes that a fulfilling career and maximising life's potential can go hand in hand. From **November 23 – 29**, join her and Cecile van Loon, a renowned Dutch Executive Coach, at the tranquil resort of Villa Flow in Bali for their Success by Balance, a Corporate Wellness Retreat. Designed for corporate executives and business professionals, the retreat will help guests to reconnect with themselves by combining successful coaching theories with a deeply restorative approach to holistic well-being. The goal of the programme isn't just short-term relaxation and inspiration, but a long-term impact on the participants' workplace and personal life. www.villaflowbali.com

DECEMBER 18 – 24 AND JANUARY 3 – 9

Healing Needles

As part of the Four Seasons Resorts Bali's Masters in Residence programme, Nichole Dreyer, an experienced healer in acupuncture, will be staying at the Four Seasons Resort Bali at Jimbaran from **December 18 – 24**. Dreyer's holistic approach to wellness marries modern science and ancient techniques of acupuncture, incorporating Traditional Chinese Medicine and other methods to restore and rebalance chi. Guests will be able to meet with the healer during the 60-minute private sessions to experience her unique techniques. If you can't make it this December, Dreyer will continue at the Four Seasons Resort Bali at Sayan from **January 3 – 9** in 2015. www.fourseasons.com



NOVEMBER 30 – DECEMBER 7

Fitness Fanatic

Are you a fitness enthusiast who always enjoys a challenge? Belmond La Résidence d'Angkor in Siem Reap, Cambodia has launched a week-long fitness retreat that offers guests unique opportunities to train among ancient temples and more. Taking place from **November 30 – December 7**, the luxury escape includes yoga, one-on-one sessions and morning boot camp-style sessions in the Angkor complex. Post workout you can head to the Kong Kea Spa for a daily treatment, or explore the temples using the one-week pass and join excursions like the sunset cruise on Tonle Sap Lake. All these are complemented by healthy cuisine and an exclusive Mystery Dine-Around experience. And on the last day, you'll get to take part in the Angkor Wat International Half Marathon, running either the 21km or 10km course through the ruins. www.belmond.com



NOVEMBER 4 – 9

Moroccan Adventure

Experience the best of Marrakech and deepen your yoga practice this November at the Soulshine Moroccan Yoga Adventure (**November 4 – 9**). The six-day journey is set to take place at the tranquil Riad Porte Royale in the heart of the city, which makes for a great location to explore the area and relax after an eventful day. You will enjoy five vinyasa flow and four evening lunar yoga classes with devoted yogi Soulla Demetriou, as well as an invigorating treatment at a local hammam. Included are also a traditional Moroccan cooking class and three wholesome meals at the riad. Don't miss the day trip to the Atlas Mountains and guided walking tours of the souks and the medina if you want to fully experience the richness of North Africa.

www.soulshineretreats.com



NOVEMBER 19 – 23

Beachside Escape

Escape to the stunning Las Mareas de Tamarindo and Pangas Beach Club in Costa Rica from **November 19 – 23** to join Tracye Warfield at her five-day yoga and food retreat. Combining morning and sunset oceanside yoga for all levels and delectable meals made with locally sourced, farm-fresh ingredients, the retreat is created to awaken your taste buds and revive you from the inside out. Visit the farmer's market to choose your favourite ingredients and learn how to prepare health-giving food – you'll go home not only with a re-energised body and mind, but also new knowledge and inspiration to live a fuller, healthier life.

www.bytracye.com



NOVEMBER 11 – 25

Transformative Connection

Mixing yoga, sustainable travel and natural discovery, Eco-Yoga Retreats' 15-day expeditions allow you to explore the mystical lands of Costa Rica and Nicaragua, as well as the inner realms of spirit. Taking place from **November 11 – 25**, the Creating Heaven retreat will take guests to multiple destinations, such as San Juan del Sur and the sacred island of Ometepe, where you can reconnect with nature through a range of activities, including whale watching, daily hatha yoga and guided meditation in nature. Prepare to be awed by Mother Nature as you hike through the pristine mountains, while the transformative power of yoga helps you achieve a whole new level of awareness.

www.ecoyogaretreats.com



NOVEMBER 25 – 30

Holistic Renewal

Yébo Holistic Health Center launches a series of wellness retreats on four different continents that brings together yoga, meditation, massage and energetic bodywork to clear burdening memories and blockages. Its Asia retreat will be held at the Puri Santrian hotel in Bali from **November 25 – 30**, during which guests will discover their own power in living a full and rich life. The retreat includes meditation, 15 hours of kundalini yoga and two individual consultations that focus on the mental, emotional, physical and spiritual levels. Guests are also encouraged to make use of the hotel's facilities, which include two outdoor pools, a spa and a library. www.yebo.be

MeditationCalendar



NOVEMBER 7 – 9

Mindful Detox

Preparing your body for the cold season is essential in preventing common winter illnesses, and doing that through a yoga and detox retreat can also help you achieve a more focused mental state. From **November 7 – 9**, join husband and wife team Warren Conolly and Andrea Balázs at Hotel Villa Volgy in Eger, Hungary for their Fall Cleanse & Yoga Retreat. On top of use of the hotel's fitness and wellness facilities and daily yoga classes that promise to leave you fit and flexible, you'll enjoy tasty cleansing vegetarian meals five times a day. The silent meditation walks in the morning and the group coaching session with Conolly will also help you learn about yourself on a deeper level and attain a clearer mind. www.andreabalazs.com

NOVEMBER 2 – 9

Finding Strength

Fusion Maia Da Nang has created eight wellness retreats for the season to promote mind, body and spirit development, as well as yoga, fitness and life strategy. One of such programmes is the Discovering Meditation/Strength in Stillness retreat held from **November 2 – 9**. Led by Dr Nadine Cameron of Body Map and Meditation Projects, the retreat is designed to unveil the bliss, purpose and benefits of meditation. Guests will be introduced to a range of engaging meditation techniques and learn how to craft a personalised, sustainable meditation programme. By incorporating mindfulness into everyday life, you'll realise that stress can actually be turned into strength. maidanang.fusion-resorts.com



NOVEMBER 1 – 9

Empowering Journey

Immerse yourself in the sacred air of Bagus Jati in Ubud, Bali from **November 1 – 9** at the Immersive NAAM Yoga & Meditation Retreat with Anastasia Williams by Magnify Your Light Retreats. Daily morning meditation and evening restorative healing meditation will guide you to inspect and uplift your inner world, while therapeutic Shakti Naam yoga will invigorate the body and awaken the intelligence of the mind and soul. You'll also benefit from the organic food, a Balinese Purification Ritual, a rejuvenating Balinese treatment and workshops that will equip you with creative and self-exploration tools. Designed to empower and inspire, the retreat will give you a new sense of clarity and strength in your soul. www.magnifyyourlightretreats.com