

WellnessCalendar

YogaCalendar



MAY 15 – 28 Holistic Detox

Located on the northern side of the Turkish peninsula with magnificent views of the Aegean Sea, Mandarin Oriental, Bodrum is an ideal sanctuary for those seeking to escape from their everyday stress. From **May 15 – 28**, the hotel will offer three-day and seven-day holistic wellness retreats – Healthy Living with Jennifer Thompson. Thompson, who is a world-renowned detox specialist, iridologist and health coach, will lead guests through a journey of yoga and meditation, spa treatments, as well as detox treatments, which include daily servings of detox juices, skin and body analysis and heat and water experiences. Guests also have the option to take part in private iridology sessions as well as daily nutrition talks. www.mandarinoriental.com



JUNE 6 – 12 Fitness Boost

This summer, Pilates Retreat Asia is taking guests to the award-winning Kamalaya Koh Samui in Thailand for a week of healthy food, fun exercise classes and pampering (**June 6 – 12**). The six-night Fit & Well Luxury Retreat brings together experienced personal trainer Andrew Cox and devoted Pilates instructor Mareile Paley to guide you through the active retreat. Inclusive of a wellness orientation and health assessment session, daily Pilates and fitness classes, a spa credit of THB 10,000 as well as health-giving meals, the retreat encourages guests to deepen their movement practice while taking the time to relax. You can also take part in Kamalaya's Holistic Activity Schedule, which includes a range of activities, such as yoga, meditation, tai chi and beach walk. www.pilatesretreatasia.com

MAY 12 A Night of Empowerment

Join MAYYA + Movement founder Nealy Fischer, international adventurer and activist Annabelle Bond, as well as other like-minded individuals who wish to lead healthy and balanced lives on **May 12** for an evening of transformation. Taking place at The Oriental Spa at The Landmark Mandarin Oriental, Hong Kong, The Urban Wellscape will offer MAYYA's signature well-being programme, including yoga stretch and meditation with live music. Work your muscles with the Physique 57 signature workout experience, and enjoy full bento dinner and drinks created by Fischer and the hotel's chefs. Bond, who has climbed the summit of Mount Everest, will also share her stories and insights. So in addition to the special gifts, you'll take home a revitalised mind and body, as well as a sense of empowerment. www.mayyamovement.com



MAY 15 – 27 Idyllic Retreat

The serene haven of Maya Villa sits near the rural village of Aranwella in Sri Lanka – a perfect setting for anyone seeking tranquillity and inner reflection. The five-suite Villa launches an exclusive Ashtanga Yoga Retreat (**May 15 – 27**), featuring actress turned yogi and Ashtanga expert Dorion Davis, who has spent two years at the Ashtanga Yoga Institute in Mysore, India. Ashtanga involves a series of six pre-existing yoga posture sequences; as your strength, stamina, breathing, flexibility and focus progress, postures from the sequence are gradually added. It's said to help improve physical and emotional awareness as well as concentration, reduce toxins and unlock energetic pathways, which also facilitates spiritual awareness. www.mayatangallesrilanka.com



JUNE 5 – 7 Yogic Celebration

Wanderlust, one of the world's largest yoga and music festivals, will finally make its way to the Snowshoe Mountain for the first time ever from **June 5 – 7**. Taking place at the Snowshoe Mountain Resort in West Virginia, the three-day celebration will feature yoga classes by world-renowned teachers, including Janet Stone and Gina Caputo, in addition to Wanderlust's biggest stand-up paddleboard yoga programme. Musicians and performing artists, such as The High and Mighty Brass Band, Kevin Paris and MC Yogi, are also invited to bring a promising and transformative experience to the top of the mountain. Other activities include hiking, nature runs, biking and wine tasting, as well as a series of inspirational talks. www.wanderlust.com

PHOTO BY CHRIS MCLENNAN FOR WANDERLUST FESTIVAL

MAY 30 – JUNE 7 Healthful Escape

Combining yoga, meditation and nutritious food, Chaya Yoga Retreats' Yin, Yang & Alkaline retreat from **May 30 – June 7** is created for those looking to relax, detox and get toned from the inside out. Participants will be spending the week at the tranquil Valle Da Vida in Andalucia, Spain, while enjoying twice daily yoga and meditation classes with yogi Aquila Rose, as well as tasty and alkaline-forming therapeutic foods, from which our bodies can take the maximum amount of nutrition. Included is also a two-hour raw and well-being food workshop with Chaya's founder Lucy Hill to ensure guests can continue to live and eat the healthy way when they go home. www.chayayogaretreats.com



MindfulCalendar



JUNE 21–27

Inner Journey

From **June 21 – 27**, follow Yoga Holidays Portugal on this Deep Slow Yoga Retreat where you can heal, rest and nurture your body and mind. Led by Blanche Mulholland, the retreat takes a therapeutic and mindful approach to yoga, featuring asana and vinyasa in the morning sessions to help participants move from external alignment to awareness of the internal space. The evening Mindfulness Meditation sessions challenge guests to slow down, relax and get quiet with themselves to develop a deep inner listening. A Partner Yoga workshop and a Shiatsu Introductory workshop are also included during the six-day retreat to help you learn to release stress and connect with each other. www.yogaholidaysportugal.com

JUNE 27 – JULY 4

Natural Connection

Regain the clarity of your mind and reconnect with nature at Yoga Healing Nature's Elemental Yoga Retreat in the heart of the Garfagnana forest in Tuscany from **June 27 – July 4**. Based on Hatha yoga and enriched with the five elements – earth, water, fire, air and space – from traditional Chinese philosophy, Elemental Yoga is a therapeutic system that helps develop a profound connection between the mind, body and spirit. During the week, you'll explore the five elements and focus on stimulating one of them each day. On top of twice daily yoga sessions with meditation and vegetarian meals, the retreat includes two workshops on Elemental Yoga and holistic nutrition, as well as an acupuncture massage to help you relax.

www.yoga-healing-nature.com



JUNE 7 – 13

Mindful Transformation

Learn how to calm your mind and bring peace to your daily life from **June 7 – 13** – led by tai chi instructor Rick Attix and Yogalates and meditation teacher Tammie Day, the Tai Chi, Meditation and Yogalates Spa Retreat by Vibrant Women will take you away from your hectic life to the ThaiLife Homestay Resort & Spa in Khao Lak, Thailand. Inclusive of three spa treatments, tai chi, meditation and Yogalates sessions, as well as a Thai cooking class, the retreat is designed to offer you tools that will help you feel grounded and balanced, while enhancing your knowledge of breathing techniques and meditation in a relaxing setting. www.vibrantwomen.com.au

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