

affordable wellness retreats near nyc

Affordable Wellness Retreats Near NYC: Escape the City Without Breaking the Bank

Feeling stressed, overwhelmed, and desperately needing a break from the hustle and bustle of New York City? You're not alone. Many New Yorkers crave a wellness retreat, but the price tag often feels prohibitive. This blog post is your guide to finding affordable wellness retreats near NYC, proving that self-care doesn't have to cost a fortune. We'll explore various options, considering different budgets and preferences, so you can find the perfect escape without emptying your bank account. Get ready to discover your oasis of calm, just a short trip away!

Understanding "Affordable": Defining Your Wellness Retreat Budget

Before diving into specific locations, let's clarify what "affordable" means. This is subjective and depends entirely on your individual financial situation. For some, "affordable" might mean under \$500 for a weekend getaway; for others, it could stretch to \$1,500 for a longer, more luxurious experience. Consider what you're willing to spend on accommodation, activities, food, and transportation. Setting a realistic budget is the first step to finding the perfect affordable wellness retreat near NYC. Think about what aspects are most important to you: a luxurious spa experience, stunning natural surroundings, or a focus on a particular wellness modality like yoga or meditation. Prioritizing your needs will help you narrow down your options effectively.

Nature's Embrace: Budget-Friendly Retreats in the Hudson Valley

The Hudson Valley, a picturesque region just north of NYC, offers numerous opportunities for affordable wellness escapes. Numerous charming bed and breakfasts, farm stays, and smaller wellness centers provide serene settings at a fraction of the cost of high-end city spas or resorts. Look for retreats that focus on nature walks, hiking, or simply relaxing by the river. Many smaller guesthouses offer yoga or meditation classes as part of their packages, making it a holistic and cost-effective way to rejuvenate. Check for seasonal deals and off-peak bookings to maximize your savings.

Finding Urban Oasis: Affordable Wellness in the Catskills

The Catskill Mountains, slightly further afield but still relatively accessible from NYC, offer a fantastic blend of natural beauty and affordable wellness options. While some resorts in the Catskills cater to a luxury clientele, many smaller cabins, eco-lodges, and yoga studios

provide excellent wellness experiences at more accessible prices. Look for weekend workshops combining yoga, meditation, and healthy cooking classes. These often offer great value by bundling several activities into a single package. Sharing a cabin with friends can also significantly reduce the overall cost per person.

Beyond the Mountains: Coastal Calm on a Budget

For those seeking a coastal escape, consider exploring the beaches of Long Island or New Jersey. While luxury resorts exist, many smaller guesthouses, charming inns, and even Airbnb rentals near the shore offer a relaxing atmosphere at a budget-friendly price point. Combine your retreat with simple activities like beach walks, yoga on the sand, and fresh seafood dinners for a rejuvenating and affordable experience. Remember to look for off-season deals or mid-week specials to maximize your savings.

Creative Ways to Cut Costs on Your Wellness Retreat

Beyond choosing a more affordable location, there are several smart strategies to keep your wellness retreat costs down. Consider traveling during the off-season or on weekdays to avoid peak pricing. Pack your own snacks and drinks to avoid inflated prices at the retreat itself. Carpooling with friends can significantly reduce transportation costs. Look for retreats that offer all-inclusive packages, as this can often provide better value than booking individual activities separately. And finally, don't be afraid to negotiate! Many smaller retreats are happy to work with guests to create customized packages that fit their budget.

Making the Most of Your Affordable Wellness Retreat

To fully maximize the benefits of your affordable wellness retreat, plan ahead! Research the location thoroughly, considering its accessibility and what activities are available. Pack appropriate clothing and gear for the activities you'll be participating in. Disconnect from technology as much as possible to truly unwind and embrace the restorative power of your break. Set intentions for your retreat. What specific benefits are you hoping to achieve? Whether it's stress reduction, improved sleep, or simply a renewed sense of peace, defining your goals will help you focus on what matters most.

Conclusion

Escaping the pressures of city life for a rejuvenating wellness retreat doesn't require breaking the bank. By strategically choosing your location, considering the timing of your trip, and employing smart budgeting techniques, you can experience the restorative power of a wellness retreat without compromising your financial wellbeing. The Hudson Valley, Catskills, and even the nearby coastline offer diverse options for creating a memorable and affordable wellness escape. Remember to plan, prioritize, and most importantly, enjoy your well-deserved break!

FAQs

1. Are there any free or donation-based wellness activities near NYC? Yes, many parks offer free yoga classes or meditation sessions. Check local community centers and religious organizations for free or low-cost options.

1. What about transportation to these affordable retreats? Driving is often the most cost-effective option, but public transportation (buses or trains) may be available, especially for locations closer to NYC. Consider carpooling with friends to further reduce costs.

1. Can I find affordable retreats suitable for solo travelers? Absolutely! Many retreats cater to both group and solo travelers, offering a supportive and welcoming environment.

1. What kind of wellness activities are typically offered at affordable retreats? Yoga, meditation, hiking, nature walks, healthy cooking classes, and massage are common options.

1. How far in advance should I book an affordable wellness retreat near NYC? Booking in advance, especially during peak seasons, is recommended to secure your spot and potentially benefit from early-bird discounts. However, last-minute deals can sometimes pop up, particularly for smaller, independent retreats.

affordable wellness retreats near nyc: Drunk Yoga Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official

book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

affordable wellness retreats near nyc: Yoga as Medicine Yoga Journal, Timothy McCall, 2007-07-31 The definitive book of yoga therapy, this groundbreaking work comes to you from the medical editor of the country's premier yoga magazine, who is both a practicing yogi and a Western-trained physician. Beginning with an overview of the history and science of yoga, Dr. McCall describes the many different techniques in the yoga tool kit; explains what yoga does and who can benefit from it (virtually everyone!); and provides lavishly illustrated and minutely detailed instructions on starting a yoga practice geared to your fitness level and your health status. Yoga as Medicine offers a wealth of practical information, including how to: •Utilize yogic tools, including postures, breathing techniques, and meditation, for both prevention and healing of illness •Master the art of becoming more in tune with your body •Communicate more effectively with your doctor •Adopt therapeutic yoga practices as either an alternative or a complement to surgery and to expensive, sometimes dangerous medications •Practice safely Find an instructor and a style of yoga that are right for you. With twenty chapters devoted to the work of individual master teachers, including such well-known figures as Patricia Walden, John Friend, and Rodney Yee, Yoga as Medicine shows how these experts have applied the wisdom of this ancient holistic practice to twenty different conditions, ranging from arthritis to chronic fatigue, depression, heart disease, HIV/AIDS, infertility, insomnia, multiple sclerosis, and obesity. Defining yoga as "a systematic technology to improve the body, understand the mind, and free the spirit," Dr. McCall shows the way to a path that can truly alter your life. An indispensable guide for the millions who now practice yoga or would like to begin, as well as for yoga teachers, body workers, doctors, nurses, and other health professionals.

affordable wellness retreats near nyc: The 4 Day Diet Ian K. Smith, M.D., 2010-04-01 Dr. Ian demands big results from his diet plans: whether on VH1's Celebrity Fit Club, State Farm's 50 Million Pound Challenge or his numerous inspirational appearances across the country, his advice has helped countless numbers of dieters lose millions of pounds. With over twenty years of experience watching how and why dieters lose weight—and how they don't—Dr. Ian developed a program that actually retrains the brain to diet naturally. In The 4 Day Diet, Dr. Ian distills that program into the acronym SMARTER: --Sense of where you are: don't fool yourself about your habits and what kind of shape you're in --Make realistic goals: don't sabotage your success by trying to do too much too fast --Activate your motivational engine: learn how to be your own best diet coach --Resist temptation: how to put yourself in an environment that supports your diet and keeps you disciplined --Think thin: why visualization works --Every bite counts: track your intake, but learn how to enjoy what you eat more at the same time --Reward yourself: indulge yourself in small and big ways along the road to permanent weight loss

affordable wellness retreats near nyc: Breakup Bootcamp Amy Chan, 2020-12-01 "A relationship expert whose work is like that of a scientific Carrie Bradshaw." —THE OBSERVER A self-affirming, holistic guide for everyone—single or married, divorced or dating—to transforming heartbreak into healing by the founder of the innovative and revolutionary Renew Breakup Bootcamp Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless women heal their hearts. In Breakup Bootcamp, Amy Chan directs her experience as a relationship columnist and as the creator of Renew Breakup Bootcamp into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed the Chief Heart Hacker, Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping first her bootcamp

attendees and now her readers most effectively heal and reclaim their self-love. Breakup Bootcamp comes at the perfect time, when many are feeling the intensity of being in or out of a relationship, lonely or suffocated, and flirting with old toxic relationships they've outgrown. Relatable, life-changing, and backed by sound scientific research, Breakup Bootcamp can help anyone turn their greatest heartbreak into a powerful tool for growth.

affordable wellness retreats near nyc: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 Health and Wellness Tourism takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

affordable wellness retreats near nyc: Eat to Live Joel Fuhrman, 2011-01-05 Hailed a medical breakthrough by Dr. Mehmet Oz, Eat to Live offers a highly effective, scientifically proven way to lose weight quickly. The key to Dr. Joel Fuhrman's revolutionary six-week plan is simple: health = nutrients / calories. When the ratio of nutrients to calories in the food you eat is high, you lose weight. The more nutrient-dense food you eat, the less you crave fat, sweets, and high-caloric foods. Eat to Live has been revised to include inspiring success stories from people who have used the program to lose shockingly large amounts of weight and recover from life-threatening illnesses; Dr. Fuhrman's nutrient density index; up-to-date scientific research supporting the principles behind Dr. Fuhrman's plan; new recipes and meal ideas; and much more. This easy-to-follow, nutritionally sound diet can help anyone shed pounds quickly-and keep them off. Dr. Fuhrman's formula is simple, safe, and solid. --Body and Soul

affordable wellness retreats near nyc: Soul Silence Peter Amato, 2010-11 The millions of recovering addicts who attend Twelve Step programs around the world each day for issues ranging from alcoholism to overeating, codependence, gambling, and even chronic lateness quickly learn that sobriety and abstinence hinge on a decision to turn over their will and life to a Power greater than themselves. They also learn, through the program's 11th Step, that prayer and meditation are vital tools for making this conscious contact with a Higher Power of their understanding.

affordable wellness retreats near nyc: Fed & Fit Cassy Joy Garcia, 2016-08-16 Fed & Fit offers meal preparation guides and incorporates practical application tools that are centered around the 'Pillars' to ensure complete success and make transitioning to a healthy lifestyle a positive and rewarding experience. Fed & Fit also features expert techniques and fitness recommendations from New York Times Bestselling author and fitness coach Juli Bauer, --

affordable wellness retreats near nyc: The Finger Lakes of New York , 1996

affordable wellness retreats near nyc: The Wakeful Body Willa Blythe Baker, 2021-11-23 Spirituality & Practice Best Books of 2021 Award Winner A highly practical and approachable guide to somatic meditation with easy practices for accessing the body's inherent mindfulness, from an expert in somatic meditation. Tap into the wisdom of the body with down-to-earth practices like Surrendering to the Breath and Befriending Feelings that allow the body to become the source of mindfulness. Willa Blythe Baker introduces meditation practice as the cultivation of a way of being, rather than a way of doing. It is a way of being that is self-aware, self-compassionate, and embodied. This way of being is not limited to practice on the cushion or on the yoga mat--somatic mindfulness is available at any moment, activated by attention to the body's wisdom and its teachings. Discover the three layers of embodiment, from the earth body of flesh and blood, the subtle body of sensory experience and emotion, and the awareness body of consciousness. The three parts of this book explore these layers through turning attention to the physical, energetic, and mental dimensions of human experience. By diving deep into the body, readers will find that they already have what they

need. Concentration, wisdom, compassion, kindness, and joy are waiting there.

affordable wellness retreats near nyc: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. *Investing in The Health and Well-Being of Young Adults* will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

affordable wellness retreats near nyc: *Mr Hudson Explores* Gestalten, Robert Klanten, 2019-04-23 Based on Mr Hudson's identity, the book is featuring destinations for gays, but not necessarily gay destinations. It is about travelling in style for everyone who is looking for something different and special - no matter if men or women, travelling solo or as a couple. *Mr Hudson Explores* shows that every part of a trip is an incredible experience. The core content of the book will consist of 20 cities in the Northern Hemisphere and showcases the very best the destination has to offer. Each guide will give a general introduction to the city and, if applicable, its relevance for the gay community. It showcases various locations on culture and art, the most inspiring museum to visit, traditional and upcoming food places, best shopping experiences, music and nightlife: Where to go out, which bars do have the best drinks, and clubs you can have the most fun at the city's best parties and concerts. Depending on the location, day trips and activities can be included. Luxury accommodations and places to stay complete the range. The book will not just give descriptions of the places but also background information, telling the story of the owner, history or anecdotes.

affordable wellness retreats near nyc: *Wisdom at Work* Chip Conley, 2018-09-18 Experience is making a comeback. Learn how to repurpose your wisdom. At age 52, after selling the company he founded and ran as CEO for 24 years, rebel boutique hotelier Chip Conley was looking at an open horizon in midlife. Then he received a call from the young founders of Airbnb, asking him to help grow their disruptive start-up into a global hospitality giant. He had the industry experience, but Conley was lacking in the digital fluency of his 20-something colleagues. He didn't write code, or have an Uber or Lyft app on his phone, was twice the age of the average Airbnb employee, and would be reporting to a CEO young enough to be his son. Conley quickly discovered that while he'd

been hired as a teacher and mentor, he was also in many ways a student and intern. What emerged is the secret to thriving as a mid-life worker: learning to marry wisdom and experience with curiosity, a beginner's mind, and a willingness to evolve, all hallmarks of the Modern Elder. In a world that venerates the new, bright, and shiny, many of us are left feeling invisible, undervalued, and threatened by the digital natives nipping at our heels. But Conley argues that experience is on the brink of a comeback. Because at a time when power is shifting younger, companies are finally waking up to the value of the humility, emotional intelligence, and wisdom that come with age. And while digital skills might have only the shelf life of the latest fad or gadget, the human skills that mid-career workers possess—like good judgment, specialized knowledge, and the ability to collaborate and coach—never expire. Part manifesto and part playbook, *Wisdom@Work* ignites an urgent conversation about ageism in the workplace, calling on us to treat age as we would other type of diversity. In the process, Conley liberates the term elder from the stigma of elderly, and inspires us to embrace wisdom as a path to growing whole, not old. Whether you've been forced to make a mid-career change, are choosing to work past retirement age, or are struggling to keep up with the millennials rising up the ranks, *Wisdom@Work* will help you write your next chapter.

affordable wellness retreats near nyc: Sampoorna Yoga Yogi Hari, 2004-06-01 Yogi Hari is a Master of Hatha, Raja and Nada Yoga. He is well-known and respected around the world as a competent and inspiring teacher. Yogi Hari comes from the Sivananda lineage. When he met his gurus, Swami Vishnu-Devananda and music master Swami Nads-Brahmananda in 1975, he retired from worldly life and spent seven years in the Sivananda Ashram where he immersed himself fully in Yoga Sadhana.

affordable wellness retreats near nyc: Full Moon Feast Jessica Prentice, 2012-04-05 Full Moon Feast invites us to a table brimming with locally grown foods, radical wisdom, and communal nourishment. In Full Moon Feast, accomplished chef and passionate food activist Jessica Prentice champions locally grown, humanely raised, nutrient-rich foods and traditional cooking methods. The book follows the thirteen lunar cycles of an agrarian year, from the midwinter Hunger Moon and the springtime sweetness of the Sap Moon to the bounty of the Moon When Salmon Return to Earth in autumn. Each chapter includes recipes that display the richly satisfying flavors of foods tied to the ancient rhythm of the seasons. Prentice decries our modern food culture: megafarms and factories, the chemically processed ghosts of real foods in our diets, and the suffering—physical, emotional, cultural, communal, and spiritual—born of a disconnect from our food sources. She laments the system that is poisoning our bodies and our communities. But Full Moon Feast is a celebration, not a dirge. Prentice has emerged from her own early struggles with food to offer health, nourishment, and fulfillment to her readers. She recounts her relationships with local farmers alongside ancient harvest legends and methods of food preparation from indigenous cultures around the world. Combining the radical nutrition of Sally Fallon's Nourishing Traditions, keen agri-political acumen, and a spiritual sensibility that draws from indigenous as well as Western traditions, Full Moon Feast is a call to reconnect to our food, our land, and each other.

affordable wellness retreats near nyc: Conscious Loving Gay Hendricks, Kathlyn Hendricks, 2009-10-21 Here is a powerful new program that can clear away the unconscious agreements patterns that undermine even your best intentions. Through their own marriage and through twenty years' experience counseling more than one thousand couples, therapists Gay and Kathlyn Hendricks have developed precise strategies to help you create a vital partnership and enhance the energy, creativity, and happiness of each individual. You will learn how to: Let go of power struggles and need for control; Balance needs for closeness and separateness; Increase intimacy by telling the microscopic truth; Communicate in a positive way that stops arguments; Make agreements you can keep; Allow more pleasure into your life. Addressed to individuals as well as to couples, Conscious Loving will heal old hurts and deepen your capacity for enjoyment, security, and enduring love.

affordable wellness retreats near nyc: Get Naked Fast!: A Guide to Stripping Away the Foods That Weigh You Down Diana Stobo, 2010 Feel sexier and more energized when you strip away the foods that are weighing you down. Look younger, live longer, and experience the real you!

affordable wellness retreats near nyc: Speaking with Nature Sandra Ingerman, Llyn Roberts, 2015-04-23 Connecting with nature and nature beings to help heal us and the Earth • Provides experiential practices to communicate with nature and access the creative power of the Earth • Shares transformative wisdom teachings from conversations with nature beings, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, exploring the role of each in bringing balance to the planet Nature and the Earth are conscious. They speak to us through our dreams, intuition, and deep longings. By opening our minds, hearts, and senses we can consciously awaken to the magic of the wild, the rhythms of nature, and the profound feminine wisdom of the Earth. We can connect with nature spirits who have deep compassion and love for us, offering their guidance and support as we each make our journey through life. Renowned shamanic teachers Sandra Ingerman and Llyn Roberts explain how anyone can access the spirit of nature whether through animals, plants, trees, or insects, or through other nature beings such as Mist or Sand. They share transformative wisdom teachings from their own conversations with nature spirits, such as Snowy Owl, Snake, Blackberry, Mushroom, and Glacial Silt, revealing powerful lessons about the feminine qualities of nature and about the reader's role in the healing of the Earth. They provide a wealth of experiential practices that allow each of us to connect with the creative power of nature. Full of rich imagery, these approaches can be used in a backyard, in the wilderness, in a city park, or even purely through imagination, allowing anyone to communicate with and seek guidance from nature beings no matter where you live. By communing and musing with nature, we learn how to speak to the spirit that lives in all things, bringing balance to us and the planet. By tapping into the feminine wisdom of the Earth, we evoke a deep sense of belonging with the natural world and cultivate our inner landscape, planting the seeds for harmony and a natural state of joy.

affordable wellness retreats near nyc: Willa's Grove Laura Munson, 2020-03-03 You are invited to the rest of your life. Three women, from coast to coast and in between, open their mailboxes to the same intriguing invitation. Although leading entirely different lives, each has found herself at a similar, jarring crossroads. Right when these women thought they'd be comfortably settling into middle age, their carefully curated futures have turned out to be dead ends. The sender of the invitation is Willa Silvester, who is reeling from the untimely death of her beloved husband and the reality that she must say goodbye to the small mountain town they founded together. Yet as Willa mourns her losses, an impossible question keeps staring her in the face: So now what? Struggling to find the answer alone, fiercely independent Willa eventually calls a childhood friend who happens to be in her own world of hurt—and that's where the idea sparks. They decide to host a weeklong interlude from life, and invite two other friends facing their own quandaries. Soon the four women converge at Willa's Montana homestead, a place where they can learn from nature and one another as they contemplate their second acts together in the rugged wilderness of big sky country.

affordable wellness retreats near nyc: Transformative Language Arts in Action Ruth Farmer, Caryn Mirriam-Goldberg, 2014-11-26 Transformative Language Arts, an emerging field and profession, calls on us to use writing, storytelling, theater, music, expressive and other arts for social change, personal growth, and culture shift. In this landmark anthology, Transformative Language Artists share their stories, scholarship and practices for a more just and peaceful world, from a Hmong storyteller and spoken word artist weaving traditions with contemporary immigrant challenges in Philadelphia, to a playwright raising awareness of AIDS/HIV prevention. Read the stories, consider the questions raised, and find inspiration and tools in using words as a vehicle for transformation through essays on the challenge of dominant stories, public housing women writing for their lives, histories and communities at the margins, singing as political action, the convergence of theology and poetics, women's self-leadership, embodied writing, and healing the self, others, and nature through TLA. The anthology also includes "snapshots," short features on transformative language artists who make their livings and lives working with people of all ages and backgrounds to speak their truths, and change their communities.

affordable wellness retreats near nyc: Positively Unstoppable Diamond Dallas Page, 2019-01-15 World-renowned WWE Hall of Famer turned fitness guru Diamond Dallas Page wants to

transform your life. After decades of helping others make radical transformations in health and fitness, Diamond Dallas knows what is really holding you back from profound life change. He has watched countless people take ownership of their lives, physically, mentally, and emotionally—and he has witnessed, time and again, the precise instant when a real and massive shift occurs in a person's attitude. In *Positively Unstoppable*, he brings his understanding of what really moves people to change and own their lives. It begins when we discover what we really want, and then commit to follow the steps that will turn that goal into a reality. Regardless of where we are at in our lives, it's possible to have a breakthrough. Filled with lessons from Page's life that share his own struggle to find his calling, overcoming one obstacle after another, *Positively Unstoppable* is a bible for anyone who needs to be re-inspired to follow their dreams and take real action towards the things that matter most to them. Page's gift of authenticity has helped him motivate those who may have lost hope, because he truly understands the incredible power of self-belief. Page includes powerful transformation stories, goal-setting guides, as well as a sample workout, eating plans and delicious gluten-free, non-GMO recipes from his wildly popular fitness program, DDPY. *Positively Unstoppable* is your roadmap to getting "unstuck" and taking the steps needed to create a healthy, magnificent life.

affordable wellness retreats near nyc: Wellbeing, Recovery and Mental Health Mike Slade, Lindsay Oades, Aaron Jarden, 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

affordable wellness retreats near nyc: Release & Reflect. Yaslin Roque, 2021-08-04 A perfect journal for the one who wants a safe space to share their thoughts and emotions to God. In a world that is very fast paced, we can sometimes feel overwhelmed by life. That is normal. Here is a journal where you can be raw and authentic with God, without the fear of judgement. I pray this journal encourages you to go deeper in your relationship, regardless of where you are currently in your walk. So, let's begin with your journal, pen, and an open heart sitting in His presence.

affordable wellness retreats near nyc: Hunger of the Pine Teal Swan, 2020-10-13 Aria Abbott has never had a home. Drifting through the foster system for most of her life, she finally finds herself in a situation so unbearable that she has no choice but to run away. Sleeping on the streets pushes Aria beyond any suffering she has felt before; the only thing worse than seeing no escape is the knowledge that no one in the world cares enough to try and find her. Enter Taylor, a homeless young man with a charismatic smile and a dream of fame, fortune, and the sunshine of LA. Swept up in his energy, Aria and Taylor board a greyhound bus and never look back. In this bright new world, Aria will discover a whole community of people living in the shadows, in the margins of society. As Taylor follows his dreams, Aria follows her heart. But she will discover that it isn't always clear who you can trust, that strangers can be kind, or treacherous, or sometimes as familiar as your own reflection, if you're willing to look hard enough.

affordable wellness retreats near nyc: Soul Reset Junius B. Dotson, 2019-09-01 Everything was going fine ... until it wasn't. For Reverend Junius B. Dotson it took an actual breakdown during a funeral for him to realize he needed a reset. As he recalls his own journey through grief, depression, burnout, and emotional breakdown, Dotson is passionate about calling for a Soul Reset for pastors, church leaders, and all disciples of Jesus Christ. This is a 6-week churchwide study for everyone who moves at breakneck speed through their daily lives, often relying only on their own strength to bring

God's kingdom on earth. Jesus shows us a different way, an easier, unforced rhythm of what kingdom work looks like. It's a balance of work, rest, play, worship, exercise, and eating well—spiritual practices that keep our souls hydrated and healthy as we do the work of the church in the world. Soul Reset: Breakdown, Breakthrough, and the Journey to Wholeness includes a book; a DVD; downloadable video segments; age-level discussion guides for children, youth, and adults; sermon starters; and more. Soul Reset is a call for the church and all of Jesus' disciples to reset and reorder their lives around spiritual practices, to learn to walk through our difficult seasons with our souls connected to the source of Living Water so that we don't burn out or break down. And if we do burn out or break down, we learn to lift one another up and point one another back to Jesus. Introduction Chapter 1: Watch How I Do It – Jesus Chapter 2: Knocking on God's Door – David Chapter 3: It's Not All on Me – Mary and Martha Chapter 4: Eat Something – Elijah Chapter 5: Life in Crisis – Job Chapter 6: Living in the Light – Judas and Peter

affordable wellness retreats near nyc: Universal Yoga(R) Andrey Lappa, Suresh Munisamy, 2019-06-04 Universal Yoga(R) is a multi-faceted and cutting-edge of yogic methodology, representing its unique pathway to experience the essential approach to yoga as a means to a spiritual science. Universal Yoga(R) in correspondence with the ancient system of the maya koshas (shells) offers a world-class yoga practice for every individual's wellbeing. Universal Yoga(R) draws a scientific and geometric structural approach which provides and enhances every practitioner to realize the highest Yogic philosophy of life. Mandala is a precise metric structure which has been passed down for centuries to map out one's source of consciousness and shine to its zenith of awareness. Andrey Lappa is a international teacher, founder of Universal Yoga(R), Vajrayana Tantric practitioner, and a yoga master who has travelled extensively to India, Nepal, and Tibet. Andrey's 4 x 4 Universal Yoga(R) Mandala Sequence combines all elements of asana, vinyasa, pranayama, mudra, bandha, and dhyana which together form a yantra structure. This approach allows the practitioner to offer their Yogic practices to the higher source of divine will. Thus, the practitioner reaches a crystal clear yantra form which leaves a residual impact on physical, energetic, mental, and spiritual shells substantially. Unfold the knots of creativity and unravel the mystery of inner self through Universal Yoga(R) by Andrey Lappa and Suresh Munisamy. www.universal-yoga.com

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affordable wellness retreats near nyc: *Flourishing in Uncertain Times* Danny Kyei-Poakwa, 2020-05-28 This book could not be timelier as it neared completion during the worldwide Covid-19 pandemic. Flourishing in Uncertain Times is a work that will inspire in a time when the world needs inspiration. It is a fresh look at the power of prayer and faith in a world that changes from day to day. This innovative book creates synergy and challenges leaders to move beyond the fundamentals and stand on the promises of God. You will enjoy this challenging read as you use these principles to lead and teach others to lead.

affordable wellness retreats near nyc: *Contemplative Retreat* Franz Jalics, 2003 In the depths of their hearts, many people feel a deep longing for God to shape their lives. They are in search of true prayer and personal union with God. In this book, the author offers guidance based on his personal life, spiritual growth, and extensive pastoral experience. Step by step, in ten units, he leads

the participant toward an immediate awareness of the reality of God and of his presence. The book can be used as a practical guide for a closed retreat or for a retreat in everyday life--Publisher's description, back cover.

affordable wellness retreats near nyc: The Gift of Self Love Mary Jelkovsky, 2021-03-23 Build self-esteem and discover true self-love with this inspiring and interactive self-love workbook. Crafted for women of all ages, this interactive and heartfelt guide features exercises that empower you to rewrite limiting beliefs, embrace positive self-talk, and nurture genuine self-worth. Unleash your confidence, foster self-acceptance, and embark on a journey of inner strength and empowerment with this comprehensive workbook. The Gift of Self-Love includes: • A self-esteem and self-confidence quiz to assess how you feel about yourself today and identify areas to give yourself more compassion and love • Writing exercises to help you get in touch with your feelings, rewrite limiting beliefs, and stop pressuring yourself to meet other people's expectations • A positive self-talk guide to help you reframe your thoughts and silence the negative voice in your head • Recommendations for loving your body and embracing healthy living at any size • Stories, research, and meaningful advice to help you build self-worth The Gift of Self-Love workbook is your path to enhanced self-esteem and genuine self-love. Don't miss this opportunity to boost confidence, rewrite limiting beliefs, and embrace a positive mindset. Get your hands on the best self-esteem workbook for women and embark on a life-changing journey today!

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affordable wellness retreats near nyc: Wellness and Medical Tourism in Australia , 2010 The report provides information and outcomes relevant for future development of the wellness and medical tourism industries in Australia. -- Summary.

affordable wellness retreats near nyc: Freeing Jesus Diana Butler Bass, 2021-03-30 The award-winning author of *Grateful* goes beyond the culture wars to offer a refreshing take on the comprehensive, multi-faceted nature of Jesus, keeping his teachings relevant and alive in our daily lives. How can you still be a Christian? This is the most common question Diana Butler Bass is asked today. It is a question that many believers ponder as they wrestle with disappointment and disillusionment in their church and its leadership. But while many Christians have left their churches, they cannot leave their faith behind. In *Freeing Jesus*, Bass challenges the idea that Jesus can only be understood in static, one-dimensional ways and asks us to instead consider a life where Jesus grows with us and helps us through life's challenges in several capacities: as Friend, Teacher, Savior, Lord, Way, and Presence. *Freeing Jesus* is an invitation to leave the religious wars behind and rediscover Jesus in all his many manifestations, to experience Jesus beyond the narrow confines we have built around him. It renews our hope in faith and worship at a time when we need it most.

affordable wellness retreats near nyc: The S Factor Sheila Kelley, 2003-01-01 Introduces an exercise program combining yoga, dance, and erotic movements designed to tone muscles, increase flexibility, and promote weight loss.

affordable wellness retreats near nyc: Inner Engineering Sadhguru, 2016-09-20 NEW YORK TIMES BESTSELLER • Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. "A loving invitation to live our best lives and a profound reassurance of why and how we can."—Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight

branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy.

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affordable wellness retreats near nyc: The Three Minute Meditator David Harp, Nina Smiley, 2008-08 Meditation produces a mental state known as mindfulness, characterized by clarity, insight, and serenity, no matter what's going on in the outside world. Unfortunately, many people feel they're too busy to sit down for a relaxed meal, much less set aside time to meditate. The Three Minute Meditator was written for those harried souls who crave the benefits of mindfulness but who feel they just don't have the time. It offers an easy-to-follow seven-step program that can be put into practice immediately and by anyone. Written in plain, jargon-free English, this simple plan shows that meditation doesn't need to be arcane, difficult, or painful, that it won't take time away from anything else, and that it can be learned and practiced in quick spurts throughout the day. Also included are special sections on how to apply mindfulness techniques to physical pain, relationships, aging, parenting, and other issues.

affordable wellness retreats near nyc: Being Sober and Becoming Happy John A. MacDougall, 2013-09 In this hopeful and useful guide, Dr. John MacDougall explains how to maintain our spiritual condition so that we can remain reliably sober, and come to restore our relationships with God, ourselves, and those we love. By practicing the spiritual principles of the Twelve Step programs, and making a daily commitment to our program of recovery, we reliably become happy. Contents Introduction Chapter 1: Staying Sober Chapter 2: Spirituality and Recovery Chapter 3: Surrender and Trust Chapter 4: Practice What Principles Chapter 5: Spiritual Recovery from Trauma and Abuse Chapter 6: Love and Romance Chapter 7: Hope Chapter 8: Finding Joy in Life Chapter 9: Becoming Happy Advance reviews for Being Sober and Becoming Happy: THIS BOOK IS WRITTEN BY A BRILLIANT MIND WITH A GIFT FOR HUMOR, CLARITY, ORIGINALITY, AND MOST IMPORTANT -SIMPLICITY. IN MY OPINION, NO BETTER BOOK HAS BEEN WRITTEN ON RELAPSE PREVENTION AND THE 12 STEPS SINCE THE BIG BOOK. THE AUTHOR HAS SPENT 30 YEARS IN AL-ANON, NA AND AA AND KNOWS WHAT HELPS - AND WHAT DOESN'T - BACKWARDS AND FORWARDS. OF EQUAL IMPORTANCE, THIS IS A BOOK ABOUT POSITIVE TRANSFORMATION FOR US ALL, ESPECIALLY THOSE IN RECOVERY FROM ANY SORT OF SUFFERING. George E. Vaillant MD Professor of Psychiatry, Harvard Medical School Author of

Spiritual Evolution As we realize we have a God, rather than we are gods, we get to stop trying to control life, and we get to simply live life instead. I've decided that my life is unmanageable only when I am trying to manage it. My life isn't meant to be managed, it is meant to be lived. This quote is one of the hundreds of pithy ideas from John MacDougall's new book, the book you are soon to be engrossed in. His insights, and they materialize with ease on every page, are amazing and I've loved hearing him share them in meetings and on the circuit for years. But having all that wisdom, told with humor at times, but with clarity always, in one place is what makes this book invaluable. John simply gets to the core of any issue with such ease, and he makes himself understood with little work on the reader's part. He writes, or speaks, and we listen and learn with our hearts and minds. John MacDougall has been instrumental in the lives of so many people, those in the fellowship and those who have simply been lucky enough to share a few moments of his time while passing through some stage of life. He doesn't reserve his gift of understanding how life works, life without alcohol or pills but always with a God of one's understanding, for any one group of people. John is simply the whole package, wherever you meet him; on the pages of a book or in a meeting or an auditorium. You get him whole, unfiltered and erupting always with knowledge, wisdom, humor and a loving heart. Every time you are in his presence, you come away knowing more about the 12 Steps and how to live them, and with the backdrop of humor that helps to make the information even more significant. I love this book! Even after 37 years in Alcoholics Anonymous and a few more than that in Al-Anon, I found myself jotting down insights for my own edification, and to share with others. That's what spending any time with John is like. We are never too old to take on a new idea, one that not only benefits us but every single person who is crossing our path quite by divine appointment, today or any tomorrow. John has gotten better with age, with his commitment to the work of helping others, and his passion for passing on that which he has learned. Every one who chooses to gather even an inkling of the wisdom in these pages will bring benefit to the world we all share. Thank you, John. Thank you for helping every one of us make a difference in this life through the application of the principles you so completely embody. Karen Casey, Ph.D., author of *Each Day A New Beginning*. See www.womens-spirituality.com

affordable wellness retreats near nyc: *Practice of Karma Yoga* Swami Sivananda, 1974

affordable wellness retreats near nyc: **Cal-a-Vie Living** Terri Havens, Colleen McLeod, 2007
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