

wellness retreat blue ridge mountains

Escape to Tranquility: Your Ultimate Guide to Wellness Retreats in the Blue Ridge Mountains

Are you feeling overwhelmed, stressed, and disconnected from yourself? Longing for a peaceful escape where you can reconnect with nature and rejuvenate your mind, body, and spirit? Then look no further than the breathtaking Blue Ridge Mountains, a haven for wellness retreats offering a unique blend of stunning scenery and transformative experiences. This comprehensive guide will explore everything you need to know about finding the perfect wellness retreat Blue Ridge Mountains experience, ensuring your escape is as restorative as it is unforgettable. We'll cover the diverse types of retreats available, what to expect, and how to choose the ideal destination for your individual needs.

Why Choose a Wellness Retreat in the Blue Ridge Mountains?

The Blue Ridge Mountains offer a captivating backdrop for personal growth and rejuvenation. The majestic peaks, cascading waterfalls, and lush forests create an atmosphere of serenity that fosters introspection and healing. Beyond the stunning visuals, the region boasts a wealth of wellness resources, from experienced yoga instructors and holistic practitioners to gourmet, healthy cuisine and luxurious accommodations designed for ultimate relaxation. Choosing a Blue Ridge Mountains wellness retreat means escaping the hustle and bustle of daily life and immersing yourself in an environment specifically designed to promote well-being.

Types of Wellness Retreats in the Blue Ridge Mountains

The beauty of a Blue Ridge Mountains wellness retreat lies in its versatility. You'll find a wide range of options catering to different needs and preferences:

Yoga & Meditation Retreats: These retreats often combine daily yoga and meditation practices with nature walks and mindful activities, promoting physical and mental clarity. Expect early morning sunrise salutations, guided meditations, and workshops focused on stress reduction and mindfulness techniques.

Fitness & Adventure Retreats: If you prefer a more active approach to wellness, choose a retreat incorporating hiking, rock climbing, kayaking, or

other outdoor adventures. These retreats often combine physical challenges with healthy nutrition and restorative practices.

Spa & Relaxation Retreats: Indulge in ultimate pampering with a spa-focused retreat. Expect luxurious treatments like massages, facials, and body wraps, coupled with peaceful relaxation time in serene settings. These retreats prioritize unwinding and releasing tension.

Mindfulness & Spiritual Retreats: Delve deeper into self-discovery with retreats emphasizing mindfulness, spiritual practices, and personal growth. These often involve workshops, journaling exercises, and guided reflection sessions.

Culinary Wellness Retreats: Discover the joy of healthy eating with retreats that focus on mindful nutrition and cooking classes. Learn to prepare nutritious meals and discover the power of food as fuel for the body and mind.

Finding the Perfect Wellness Retreat for You: Key Considerations

Choosing the right wellness retreat Blue Ridge Mountains requires careful consideration of your personal needs and preferences. Ask yourself the following questions:

What are your primary wellness goals? Are you seeking stress reduction, weight loss, spiritual growth, or simply relaxation?

What type of activity level are you comfortable with? Do you prefer gentle yoga and meditation or more vigorous outdoor adventures?

What is your budget? Retreat costs vary significantly depending on the length of stay, amenities, and level of luxury.

What kind of environment are you seeking? Do you prefer a secluded, rustic setting or a more luxurious, amenity-rich resort?

What kind of dietary restrictions or preferences do you have? Many retreats cater to specific diets, such as vegan, vegetarian, or gluten-free.

What to Expect During Your Blue Ridge Mountains Wellness Retreat

A typical retreat will involve a structured schedule balancing active and passive activities. This might include:

Daily wellness activities: Yoga, meditation, hikes, workshops, spa treatments, etc.

Healthy meals: Nutritious and often locally sourced meals are provided.

Accommodation: Options range from cozy cabins to luxurious resorts.

Downtime: Ample time for relaxation, reflection, and connecting with nature.

Community: An opportunity to connect with like-minded individuals.

Booking Your Blue Ridge Mountains Wellness Retreat: Tips for Success

Book in advance: Popular retreats fill up quickly, especially during peak seasons.

Read reviews: Check online reviews to get a sense of other guests' experiences.

Contact the retreat directly: Ask questions and clarify any uncertainties before booking.

Be clear about your needs and expectations: Ensure the retreat aligns with your wellness goals.

Pack appropriately: Bring comfortable clothing suitable for both activity and relaxation.

Conclusion

A wellness retreat Blue Ridge Mountains offers a transformative escape, providing the perfect environment to rejuvenate your mind, body, and spirit. By considering your individual needs and preferences, and carefully selecting a retreat that aligns with your goals, you can create an unforgettable experience that leaves you feeling refreshed, renewed, and ready to embrace life with renewed vigor. The breathtaking beauty of the Blue Ridge Mountains will provide the perfect backdrop for your journey toward a healthier, happier you.

FAQs

1. Are wellness retreats in the Blue Ridge Mountains suitable for solo travelers?

Absolutely! Many retreats welcome solo travelers and offer opportunities to connect with like-minded individuals.

1. What is the average cost of a wellness retreat in the Blue Ridge Mountains?

Costs vary widely depending on the length of the retreat, type of accommodation, and included amenities. Expect to pay anywhere from a few hundred to several thousand dollars.

1. Do I need to be experienced in yoga or meditation to attend a retreat?

Not at all! Many retreats cater to all levels, from beginners to advanced practitioners.

1. What should I pack for a Blue Ridge Mountains wellness retreat?

Pack comfortable clothing suitable for both indoor and outdoor activities, including hiking boots, swimwear, and layers for varying temperatures. Don't forget sunscreen, insect repellent, and a journal for reflection.

1. Can I bring my pet to a wellness retreat in the Blue Ridge Mountains?

Pet policies vary widely depending on the specific retreat. It's essential to check the retreat's policies before booking if you plan on bringing your pet.

wellness retreat blue ridge mountains: 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.

wellness retreat blue ridge mountains: The Wellness Bucket List Nana Luckham, 2024-10-08 This inspirational volume on wellness showcases ideas for replenishing the mind, body, and soul and is the latest addition to the bestselling Bucket List series. For anyone seeking calming and therapeutic wellness respites, this aspirational guide contains 1,000 travel ideas organized geographically. Every aspect of wellness and self-care is covered: rid yourself of negative energy in a sweat lodge in Mexico; unwind with yoga in a tree house cabin by the Caribbean in Tobago; harness the healing power of seawater in France; practice the art of forest bathing in Japan; go on a wellness cruise down the Mekong in Vietnam; engage in holistic healing therapies in a former Maharaja's

palace in India; learn more about gut health and gastronomy in California; experience holistic healing arts in the Hamptons . . . the possibilities are endless. Entries are broken down into six color-coded categories to help readers personally create the ultimate wellness escape for their needs at any time. The six categories are: renew and recharge; relax and indulge; explore and thrive; reflect and connect; savor and nourish; heal and balance. This is the definitive guide for anyone interested in travel that enriches life physically, emotionally, and spiritually.

wellness retreat blue ridge mountains: DREAMSCAPES TRAVEL & LIFESTYLE Ilona Kauremszky, 2021-05-24 DREAMSCAPES is Canada's premier travel & lifestyle magazine. DREAMSCAPES offers a wide selection of editorial features that will introduce you to destinations around the world, lifestyle topics and products.

wellness retreat blue ridge mountains: ,

wellness retreat blue ridge mountains: Radical Passions Kendall Hale, 2008-11-02 The author takes you right along with her as she protests on the barricades during the tumultuous 1960's, works in a shipyard in the 1970's, builds a health clinic in Nicaragua in the 1980s, turns 50 in Peru in 2000, and searches for inner peace and balance every step of the way. These pages reveal how Kendall did indeed fulfill her destiny as a seeker/warrior-and to the reader's good fortune is now a writer as well. Don't miss it. -Max Elbaum, author, *Revolution in the Air* Brimming with honesty, humor, and zeal, Kendall Hale's memoir shares her remarkable journey from youthful adolescence to thoughtful maturity in *Radical Passions*. Shaped within the context of major historical events from the turbulent 1960s to today, Hale follows her evolution from being the daughter of Mormon parents to becoming a member of the Students for a Democratic Society and achieving spiritual maturity in her later years. Hale's journey is personal, yet universal. She explores her early college years protesting the Vietnam War, her young adulthood struggles in Boston with the new communist, feminist, and labor movements, and her transition to marriage and family. From her search for the socialist dream in Castro's Cuba, Mao's China, and Nicaragua during the Contra War to her role as a wife, mother, and veteran of a fractured marriage, Hale reveals her growing understanding of the world around her. A move to Asheville, North Carolina, spurred the birth and maturation of her spiritual quest. Hale describes how therapy, Buddhism, and spiritual travels in India, South America, and the Pacific led her back to the Blue Ridge mountains in a community replete with rednecks, polygamists, voracious developers, environmentalists, and New Age dreamers. Transitioning into menopause and the second half of life, Hale faces the challenges of aging and its potential flowering of wisdom and integration. A story for all who seek deeper meaning in their lives, *Radical Passions* is the inspiring tale of an ordinary woman's extraordinary life.

wellness retreat blue ridge mountains: Spa , 2010

wellness retreat blue ridge mountains: *The Medium Next Door* Maureen Hancock, 2011-05-02 At just five years old, Maureen Hancock discovered her ability to communicate with the dead. Descended from a long line of legendary Irish mystics, she was no stranger to the spiritual realm, but for fear of being misunderstood by her friends and family she kept the otherworldly messages to herself, eventually suppressing them completely. Maureen wouldn't hear the spirits again until she was in a near-fatal car crash. Soon after, she had hundreds of voices in her head, many of which helped her crack cases and expose fraud in her role as a litigation paralegal at a large Boston law firm. Then, when tragedy struck on 9/11, Maureen was bombarded with messages from the spirit world. As each one made contact with her, she finally came to terms with her calling: to communicate with the deceased, assist the dying, search for missing children, and teach the living about life after death, all the while raising her children in her suburban home. Maureen Hancock is literally the Medium Next Door, and in this book and through her stories of her encounters with the otherworld as well as guided exercises at the conclusion of each chapter, she offers the same comfort and wisdom she shares in her healing encounters and lectures about what is out there waiting for all who are open to its mysteries. . . .

wellness retreat blue ridge mountains: *Yoga Journal* , 2005-12 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday

lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

wellness retreat blue ridge mountains: The complete travel guide for Virginia , At YouGuide™, we are dedicated to bringing you the finest travel guides on the market, meticulously crafted for every type of traveler. Our guides serve as your ultimate companions, helping you make the most of your journeys around the world. Our team of dedicated experts works tirelessly to create comprehensive, up-to-date, and captivating travel guides. Each guide is a treasure trove of essential information, insider insights, and captivating visuals. We go beyond the tourist trail, uncovering hidden treasures and sharing local wisdom that transforms your travels into extraordinary adventures. Countries change, and so do our guides. We take pride in delivering the most current information, ensuring your journey is a success. Whether you're an intrepid solo traveler, an adventurous couple, or a family eager for new horizons, our guides are your trusted companions to every country. For more travel guides and information, please visit www.youguide.com

wellness retreat blue ridge mountains: *Scriptus* Pasarya, 2014 PASARYA, in SCRIPTUS tells all. That is the responsibility of an artist. He sings perfectly of What Is in the Universe. He brings us to the edge of Spring and shows us how to participate in a life we have not known. Shocking our comatose brain, He makes us aware of the Glory of our existence and the tragedy of our falling. There are new myths in every page.

wellness retreat blue ridge mountains: Stand Up That Mountain Jay Erskine Leutze, 2013-07-30 In the tradition of A Civil Action—this true story of a North Carolina outdoorsman who teams up with his Appalachian neighbors to save treasured land from being destroyed will “make you want to head for the mountains” (Raleigh News & Observer). LIVING ALONE IN HIS WOODED MOUNTAIN RETREAT, Jay Leutze gets a call from a whip-smart fourteen-year-old, Ashley Cook, and her aunt, Ollie Cox, who say a local mining company is intent on tearing down Belview Mountain, the towering peak above their house. Ashley and her family, who live in a little spot known locally as Dog Town, are “mountain people,” with a way of life and speech unique to their home high in the Appalachians. They suspect the mining company is violating North Carolina’s mining law, and they want Jay, a nonpracticing attorney, to stop the destruction of the mountain. Jay, a devoted naturalist and fisherman, quickly decides to join their cause. So begins the epic quest of “the Dog Town Bunch,” a battle that involves fiery public hearings, clandestine surveillance of the mine operator’s highly questionable activities, ferocious pressure on public officials, and high-stakes legal brinksmanship in the North Carolina court system. Jay helps assemble a talented group of environmental lawyers to contend with the well-funded attorneys protecting the mining company’s plan to dynamite Belview Mountain, which happens to sit next to the famous Appalachian Trail, the 2,184-mile national park that stretches from Maine to Georgia. As the mining company continues to level the forest and erect the gigantic crushing plant on the site, Jay’s group searches frantically for a way to stop an act of environmental desecration that will destroy a fragile wild place and mar the Appalachian Trail forever.

wellness retreat blue ridge mountains: Yoga Journal , 2005-01 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

wellness retreat blue ridge mountains: Eat for Life Joel Fuhrman, M.D., 2020-03-03 NEW YORK TIMES BESTSELLER As Featured on PBS How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat. Eat for Life delivers a science-backed nutrition-based program that

prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. The truth is: you simply do not have to be sick. Most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, Eat for Life offers everything you need to change the course of your health and put this life-changing program to work for you.

wellness retreat blue ridge mountains: The Rebel's Apothecary Jenny Sansouci, 2020-05-19 Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects Everyday wellness routines Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more The latest research on CBD, THC, medicinal mushrooms and psilocybin Tips for creating a cutting-edge home apothecary of your own

wellness retreat blue ridge mountains: Drives of a Lifetime National Geographic, 2014-10-08 National Geographic presents the great outdoors through the world's best auto trips, for nature lovers, hikers, and adventurers. Pack your suitcase, load up the car, and head for the open road! This lavishly illustrated, hardcover travel planner and gift book gives you every bit of information you'll need to navigate 400 amazing driving routes in some of the world's most fascinating locales. This practical travel planner provides specific, in-depth descriptions of the sights each drive offers. A clear, detailed, easy-to-read map of each route. Useful information on the best time to travel. And insider tips to help you get the most out of every fabulous trip. Abundant sidebars call your attention to standout sights along the drive or entertaining background information on the region and its culture. While handy indeed as a planner, Drives of a Lifetime doubles as a full-color gift book with more than 200 dazzling, large-format photos and crisp, evocative text that will enchant armchair travelers. The book immerses you in the unique appeal and beauty of hundreds of inviting locales. Sample entries include the road to the spectacular ancient ruins in and around Angkor Wat in Cambodia; the Natchez Trace Parkway, along an ancient Native American trail through Mississippi; the scenic old coastal route from Dublin to Wexford in Ireland; an off-road dune drive in Dubai; the famous ocean views along the Cabot Trail in Nova Scotia, Canada; the Winelands Route through South Africa's Western Cape; a drive among the incredible land formations in South Dakota's Badlands; and an archaeological tour through Syria. In addition, you'll find several fun Top Ten lists:

skyscraping drives, Mediterranean island roads, African wildlife excursions, and more. Chapters organized by theme include Ultimate Road Trips, featuring famous drives such as Highway One down the California coast; Over Hill and Mountains; By Sea and Shore; The Road Less Traveled, highlighting unpaved an

wellness retreat blue ridge mountains: Destination Wellness Annie Daly, 2021-05-11 True well-being isn't hard to find. You just have to know where to look. In this insightful, full-color tour of Jamaica, Norway, Hawai'i, Japan, India, and Brazil, wellness and travel journalist Annie Daly shares a diverse array of philosophies, lifestyles, and practices for better living. Fed up with the commercialization of the wellness industry after working in it for years, Annie embarked on an inspiring adventure through some of the world's happiest and healthiest cities and villages to find out what we can learn from them. Whether she's hiking along gorgeous fjords in Norway to see why Norwegians are so dedicated to getting outside, soothing her spirit with Hawaiian salt water cleanses, or learning about the importance Brazilians place on community, Annie combines on-the-ground reporting with heartfelt personal narrative to share the global lessons, philosophies, and customs that prove that wellness is not about the products—it's about the way you live your life. With candid photography, lesser-known history sidebars, and guidance on how to incorporate these often ancient and always timeless practices into your own lifestyle, this culturally-immersive read invites you to view the world through a different lens and decide what being well means to you. Destination Wellness is the perfect book for: • Anyone who has embraced hygge and is looking for new lifestyle inspiration • Armchair travelers and staycationers • Happiness and inspiration seekers • Wellness and travel enthusiasts • History lovers

wellness retreat blue ridge mountains: The Yoga Sūtras of Patañjali Swami Satchidananda, 2012 This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. This new edition of these timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. The classic Sutras (thought-threads), at least 4,000 years old, cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. The Sutras are presented here in the purest form, with the original Sanskrit and with translation, transliteration, and commentary by Sri Swami Satchidananda, one of the most respected and revered contemporary Yoga masters. In this classic context, Sri Swamiji offers practical advice based on his own experience for mastering the mind and achieving physical, mental and emotional harmony.

wellness retreat blue ridge mountains: The Wellness Universe Guide to Complete Self-Care Anna Pereira, 2021-12 25 dedicated Wellness Universe experts. . . . come together to help you live a life of well-being, confidence, balance, and betterment in this powerful collaboration. The collective wisdom, expertise, and passion contained in the pages you're about to read is beyond what you can imagine. With the power of their authentic stories, and the master teaching of their tools, what you have in your hands supports you to live in your unique Goddess energy from a foundational, whole-person approach. This book is a natural extension of the power of The Wellness Universe community, and its mission to help make the world a better place. May all the joys in life you wish for and deserve be yours! Grab it now!

wellness retreat blue ridge mountains: 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

wellness retreat blue ridge mountains: *Explorer's Guide The Shenandoah Valley & Mountains of the Virginias: Includes Virginia's Blue Ridge and Appalachian Mountains & West Virginia's Alleghenies & New River Region* Jim Hargan, 2005-04-19 A lively, comprehensive guide to the southern Appalachians, from Virginia's Blue Ridge Mountains to the Monongahela National Forest of West Virginia. With visitation levels that rival Orlando and New York City, the southern Appalachians draw a huge array of weekenders, adventurers, and long-term visitors. This book offers historical insight, outdoor adventure, and all the information most travelers need to plan and enjoy their journey. This guide also serves as an insider's handbook to the nine national parks, offering active travelers the best access points and trailheads for kayaking, biking, and hiking excursions. In addition, this comprehensive guide to the region includes opinionated listings of inns, B&Bs, hotels, and vacation cabins; hundreds of dining reviews, from barbecue to four-star cuisine; up-to-date maps; an alphabetical What's Where subject guide to aid in trip planning; and handy icons that point out family-friendly establishments, wheelchair access, places of special value, and lodgings that accept pets.

wellness retreat blue ridge mountains: *You Should Leave Now* Brie Doyle, 2021 If you want to live an extraordinary life, one in which your heart, mind, and spirit are in sync, you have to make space for your soul. You have to leave, in order to come back to yourself. It is time to go on retreat. Written as if by a wise and cherished friend, *You Should Leave Now* is a gentle, practical guide to drawing rich benefits--mental, emotional, and spiritual--from a personal retreat. Life coach, meditation teacher, and founder of She Glows Retreats, Brie Doyle helps us discover the ideal focus, setting, and approach to transformative retreating. In plain-spoken prose that is rich with ideas, solid research, gentle suggestions, and compelling stories, Doyle covers the benefits of retreating, reminding us that our well-being is about more than a daily dose of kombucha or a fitness class. She then details the logistics of going on retreat, what to expect while there, and how to make the most of what you've gained upon returning home. Doyle's extraordinary work opens the doors to rediscovering rest and rekindling your inner spark. Inner transformation awaits. You should leave now.

wellness retreat blue ridge mountains: *Forget-Her-Nots* Amy Brecount White, 2010-03-02 Something—some power—is blooming inside Laurel. She can use flowers to do things. Like bringing back lost memories. Or helping her friends ace tests. Or making people fall in love. Laurel suspects her newfound ability has something to do with an ancient family secret, one that her mother meant to share with Laurel when the time was right. But then time ran out. Clues and signs and secret messages seem to be all around Laurel at Avondale School, where her mother had also boarded as a student. Can Laurel piece everything together quickly enough to control her power, which is growing more potent every day? Or will she set the stage for the most lovestruck, infamous prom in the history of the school?

wellness retreat blue ridge mountains: *WildWood Magic* Collin Chambers, 2021-02-10 Are you ready to feel empowered, lose weight, or find real magic in everyday life? Collin Chambers' book, *WildWood Magic: A Guide to Walking as a Sacred Path*, is a complete step-by-step guide to finding peace, happiness, and purpose through the simple act of taking a walk. Collin offers personal insight and practical strategies to our increasing need to be outside in nature and move our bodies. By integrating walking as a spiritual discipline with all the details of adding a daily movement practice, this comprehensive guide is a solid blueprint for joy and good health. This easy-to-follow book covers all essential information about how walking impacts the whole self-- physically, mentally, emotionally, and spiritually. By outlining simple steps to take, Collin invites the reader to go on an enchanted adventure, even in your own neighborhood. What is unique about this book on such an ordinary subject such as taking a walk, is the invitation to perceive such tasks with renewed eyes. With plenty of humor and personal stories to keep it fun and exciting, this extensive guide is an essential self-care tool. *WildWood Magic: A Guide to Walking as a Sacred Path* is the perfect pick for

nature-lovers looking for inspiration and encouragement on the path to self-transformation.

wellness retreat blue ridge mountains: *Nurturing the Soul of Your Family* Renée Peterson Trudeau, 2013 What would it feel like to experience more ease, harmony, and flow in the midst of navigating homework squabbles, mealtimes, commutes, and the other challenges of everyday life? 'Nurturing the Soul of Your Family' is a guidebook for personal and spiritual renewal from the award-winning author of 'The Mother's Guide to Self-Renewal'. It offers nurturing support and practical ideas to guide you toward a new way of being. Enjoyable, down-to-earth, and empowering, Renee Peterson Trudeau's ten paths to peace will help you learn how to: * find your center and move through chaos and uncertainty with renewed strength and ease * live every day aligned with your values and what matters most * slow down, tap the wisdom of your wise self, and know what's best for you and your family * release old habits, fears, and anxieties as you explore a new way of being * access more joy by living in the present moment (the best antidote to stress!) * experience more freedom and unscheduled time

wellness retreat blue ridge mountains: *Yoga Journal* , 2003-03 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

wellness retreat blue ridge mountains: *The Mother's Guide to Self-Renewal* Renee Peterson Trudeau, 2008 Nurturing, supportive, and empowering, this year-long guide featuring monthly themes, inspirational stories, and soul-searching exercises, focuses on enhancing balance and emotional well-being in mothers' lives.

wellness retreat blue ridge mountains: *Sacred Earth, Sacred Soul* John Philip Newell, 2021-07-06 A leading spiritual teacher reveals how Celtic spirituality—listening to the sacred around us and inside of us—can help us heal the earth, overcome our conflicts, and reconnect with ourselves. John Philip Newell shares the long, hidden tradition of Celtic Christianity, explaining how this earth-based spirituality can help us rediscover the natural rhythms of life and deepen our spiritual connection with God, with each other, and with the earth. Newell introduces some of Celtic Christianity's leading practitioners, both saints and pioneers of faith, whose timeless wisdom is more necessary than ever, including: Pelagius, who shows us how to look beyond sin to affirm our sacredness as part of all God's creation, and courageously stand up for our principles in the face of oppression. Brigid of Kildare, who illuminates the interrelationship of all things and reminds us of the power of the sacred feminine to overcome those seeking to control us. John Muir, who encourages us to see the holiness and beauty of wilderness and what we must do to protect these gifts. Teilhard de Chardin, who inspires us to see how science, faith, and our future tell one universal story that begins with sacredness. By embracing the wisdom of Celtic Christianity, we can learn how to listen to the sacred and see the divine in all of creation and within each of us. Human beings are inherently spiritual creatures who intuitively see the sacred in nature and within one another, but our cultures—and at times even our faiths—have made us forget what each of us already know deep in our souls but have learned to suppress. *Sacred Earth, Sacred Soul* offers a new spiritual foundation for our lives, once centered on encouragement, guidance, and hope for creating a better world.

wellness retreat blue ridge mountains: *Awake in the Wild* Mark Coleman, 2010-10-18 "Nature deficit disorder" has become an increasingly challenging problem in our hypermodern world. In *Awake in the Wild*, Mark Coleman shows seekers how to remedy this widespread malady by reconnecting with nature through Buddhism. Each short (two to three pages) chapter includes a concrete nature meditation relating to such topics as Attuning to the Natural World, Reflecting the Rhythms of Nature, Walking with Compassion, Releasing the Inner Noise, Freeing the Animal Within, Coming into the Peace of Wild Things, Weathering the Storms of Life, and more. Incorporating anecdotes from the author's many nature retreats, Buddhist wisdom and teachings, important nature writings by others, and nature itself, the book invites readers to participate in, not

just observe, nature; develop a loving connection with the earth as a form of environmental activism; decrease urban alienation through experiencing nature; embody nature's peaceful presence; and connect with ancient spiritual wisdom through nature meditations.

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