

wellness retreats in colorado

Wellness Retreats in Colorado: Find Your Mountaintop Renewal

Are you craving a getaway that rejuvenates your mind, body, and spirit? Imagine waking up to breathtaking mountain views, breathing crisp alpine air, and indulging in activities that nurture your well-being. This isn't a fantasy; it's the reality awaiting you at one of Colorado's many exceptional wellness retreats. This comprehensive guide explores the best wellness retreats in Colorado, helping you find the perfect escape tailored to your needs and desires. We'll delve into diverse offerings, location options, and what to expect from a Colorado wellness retreat, ensuring you make an informed decision for your next transformative journey.

Discovering Colorado's Diverse Wellness Retreat Landscape

Colorado, with its majestic Rocky Mountains and abundant natural beauty, offers a unique setting for wellness retreats. Beyond the stunning scenery, the state boasts a thriving wellness community, attracting professionals dedicated to holistic healing and mindful living. This translates to a wide range of retreat options, catering to various preferences and budgets. From luxurious spa resorts nestled in secluded valleys to intimate yoga retreats nestled amidst towering pines, there's a perfect fit for everyone.

Types of Wellness Retreats in Colorado: Finding Your Perfect Match

Choosing the right retreat depends on your specific wellness goals. Colorado caters to a diverse range of needs:

1. **Yoga & Meditation Retreats:** Numerous retreats focus on yoga and meditation practices, offering a chance to deepen your connection to yourself and find inner peace. These often incorporate mindful movement, breathwork, and guided meditation sessions within stunning natural settings. Expect daily yoga classes, workshops on mindfulness techniques, and opportunities for quiet reflection.
1. **Spa & Detox Retreats:** For those seeking pampering and purification, luxurious spa retreats provide a sanctuary for relaxation and rejuvenation. Think indulgent massages, facials, body wraps, and healthy, detoxifying cuisine designed to cleanse and revitalize. These retreats often incorporate hydrotherapy, aromatherapy, and

other spa treatments.

1. **Adventure & Wellness Retreats:** Combining physical activity with mindful practices, these retreats offer a unique blend of adventure and relaxation. Expect activities like hiking, rock climbing, whitewater rafting, or mountain biking, balanced with yoga, meditation, and healthy eating. This is ideal for those seeking a dynamic and invigorating experience.
1. **Health & Fitness Retreats:** These retreats prioritize fitness and healthy lifestyle choices. Expect intense workout sessions, nutritional guidance, and workshops on fitness and nutrition. They are perfect for individuals looking to improve their physical fitness and adopt healthier habits.
1. **Mindfulness & Personal Growth Retreats:** For those seeking introspection and self-discovery, these retreats offer a supportive environment for personal growth. Expect workshops on mindfulness, journaling, and self-reflection, coupled with opportunities for individual and group coaching.

Location, Location, Location: Choosing Your Colorado Retreat Setting

The location of your Colorado wellness retreat significantly impacts the overall experience. Consider these popular areas:

Aspen: Known for its luxurious amenities and stunning mountain scenery, Aspen offers high-end retreats with world-class spas and exceptional service.

Estes Park: Situated at the entrance to Rocky Mountain National Park, Estes Park provides a tranquil setting with access to breathtaking hiking trails and abundant natural beauty.

Vail: This renowned ski resort town transforms into a wellness haven during the off-season, offering luxurious spa experiences and access to numerous outdoor activities.

Glenwood Springs: Famous for its hot springs, Glenwood Springs offers retreats that combine relaxation and rejuvenation with the therapeutic benefits of natural mineral waters.

Ouray: Known as the "Switzerland of America," Ouray is a charming mountain town offering stunning scenery and opportunities for outdoor adventures, often incorporated into wellness retreats.

What to Expect from a Colorado Wellness Retreat

Beyond the specific activities, you can generally anticipate:

Healthy, nutritious meals: Most retreats focus on providing fresh, organic, and locally sourced cuisine designed to support your well-being.

Comfortable accommodations: From rustic cabins to luxurious hotel rooms, accommodations vary depending on the retreat and its price point.

Experienced instructors and facilitators: Expect knowledgeable and experienced professionals leading workshops, classes, and individual sessions.

Opportunities for connection: Many retreats provide opportunities for socializing and connecting with fellow participants, fostering a sense of community.

Time for relaxation and self-reflection: A key component of most retreats is dedicated time for relaxation, reflection, and personal growth.

Finding the Perfect Retreat for You: Tips and Considerations

Before booking, consider these factors:

Your budget: Retreats range significantly in price, so determine your budget upfront.

Your wellness goals: Identify your specific needs and objectives to find a retreat that aligns with your goals.

The retreat's length: Decide how long you want to commit to the retreat.

The retreat's location and accessibility: Consider your preferred setting and whether the location is easily accessible.

Read reviews: Check online reviews to get an idea of other participants' experiences.

Conclusion

Choosing a wellness retreat in Colorado promises an unforgettable journey of self-discovery and rejuvenation. With its diverse offerings and breathtaking natural beauty, Colorado offers the perfect backdrop for nurturing your mind, body, and soul. By carefully considering your preferences and researching different retreat options, you can find the ideal escape to revitalize and re-energize your life. Start planning your transformative mountain adventure today!

FAQs

1. What's the best time of year to visit a Colorado wellness retreat? The best time depends on your preferences. Summer offers warm weather for outdoor activities, while autumn provides stunning fall foliage. Winter is ideal for skiing and snowboarding enthusiasts, and spring offers pleasant weather and fewer crowds.

1. How much does a Colorado wellness retreat typically cost? Prices vary widely depending on the retreat's length, location, amenities, and level of luxury. Expect to

pay anywhere from a few hundred to several thousand dollars.

1. Do I need any prior experience for a wellness retreat? Most retreats cater to all levels, from beginners to experienced practitioners. However, it's always a good idea to check the specific requirements of the retreat you're interested in.
1. What should I pack for a Colorado wellness retreat? Pack comfortable clothing suitable for both indoor and outdoor activities, layers for changing weather conditions, comfortable walking shoes, swimwear (if applicable), and any personal items you need for relaxation and self-care.
1. How do I choose the right wellness retreat for me? Consider your specific wellness goals, budget, preferred location, and the type of activities you're looking for. Reading reviews and comparing different retreat options will help you make an informed decision.

wellness retreats in colorado: 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.

wellness retreats in colorado: 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 retreats in colorado: *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 retreats in colorado: *Stillness and Wilderness* Elisabeth Lava, 2021-05-25 A brutal journey from ego stripping to transformation. Our society's recent dark night of the soul during the pandemic and other world crises left many of us longing to continue awakening to find a new purpose, meaning, and coming together. Elisabeth's tale of spiritual emergency shows us how to heal, grow, search for truth, find a greater purpose, and arrive at wholeness. She shares tips and resources for others who may experience such a rapid awakening. Repeated lost love combined with new trauma plunged Elisabeth's soul into the dark depths of depression. As she dove deeper within herself and practiced being fully present to stop suffering, she unleashed a bright light and resulting power from within, a power that resides in every human. Her adventures through cycling, yoga, dance, and van life through the red deserts of Utah, majestic mountains of Colorado and Canada, to oceanside areas of California and Baja provided seemingly chance encounters and guidance that morphed into a quest to find answers to why this emerged . . . into a radical transformation. Ride along with Elisabeth's spirit through a wild midlife journey to explore the inner landscape of the soul as well as the outer bike trail landscape. Elisabeth takes you from a frantic-paced mind, body, and life to stillness, bliss, transformation, and the ultimate, unconditional love.

wellness retreats in colorado: *The Soul-Sourced Entrepreneur* Christine Kane, 2020-11-17 Can you succeed in business when your strength is more about sensitivity than swagger? If you're moved by meaning, more than manipulation? In other words: Can you succeed while still being you? Christine Kane is living proof that the answer is yes. Far too many of us have swallowed the notion that business owners have to be a certain way to be successful—strategy-obsessed, data-driven, and relentlessly aggressive. Bookstore shelves are lined with guides for entrepreneurs that urge them to Crush it! 10X It! or Unf**k it! Those who aren't crushers or unf**kers of anything are left wondering if something's wrong with them. Like, maybe they're just not cut out for business. A former songwriter and performer, and then founder of Uplevel YOU—a multi-million-dollar business coaching company—Christine Kane shows a new class of entrepreneurs another way. It's time to connect, not crush. In *The Soul-Sourced Entrepreneur*, Kane shares the insights that have helped thousands find success without losing themselves. In these pages, readers will find a practical plan to:

- Toss out ineffective, old-school goal-setting models.
- Reframe your intuition and sensitivity as valuable assets, not as flaws to hide.
- Examine old patterns for clues as to what's been holding you

back. • Clean up the spaces and distractions draining your energy and power. • Learn to confidently trust in your own wisdom. • Break free from fear-based decision-making that plagues most businesses. Throughout the book, you'll hear stories from other soul-sourced entrepreneurs, who employ their own reliable, unique set of best practices based as much in intuition and self-awareness as on specific skills and strategies. Forget business as usual. Your business is personal, and in this new era, authenticity, creativity, and sensitivity are what set businesses apart. The Soul-Sourced Entrepreneur is your unconventional plan to build the business of your dreams, and being wildly successful by being you.

wellness retreats in colorado: 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.

wellness retreats in colorado: 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.

wellness retreats in colorado: The Hoffman Process Tim Laurence, 2007-12-18 For more than 35 years, the Hoffman Process has been recognized as one of the most potent transformational processes; however, the 8-day residential program is out of reach for most people. Now, Tim Laurence reveals this powerful methodology with warmth and clarity. Using practical exercises, personal stories, case histories, and insightful commentary, Laurence skillfully teaches how to identify and resolve the inherited patterns of behavior that cause emotional and spiritual pain. In this book readers will learn powerful ways to: Break the compulsive patterns that run your life, exercise your own free will, and regain control of your thoughts and behavior Free up energy by releasing your pent-up resentments and directly experience your own spirituality Identify what you really want in life, and finally make the changes you have been putting off for years The Hoffman Process is endorsed by an extraordinary array of experts and leaders from all walks of life, and it includes the results of a grant research study proving the long-term effectiveness of the Process.

wellness retreats in colorado: Refuge Recovery Noah Levine, 2014-06-10 Bestselling author and renowned Buddhist teacher Noah Levine adapts the Buddha's Four Noble Truths and Eight Fold Path into a proven and systematic approach to recovery from alcohol and drug addiction—an indispensable alternative to the 12-step program. While many desperately need the help of the 12-step recovery program, the traditional AA model's focus on an external higher power can alienate

people who don't connect with its religious tenets. Refuge Recovery is a systematic method based on Buddhist principles, which integrates scientific, non-theistic, and psychological insight. Viewing addiction as cravings in the mind and body, Levine shows how a path of meditative awareness can alleviate those desires and ease suffering. Refuge Recovery includes daily meditation practices, written investigations that explore the causes and conditions of our addictions, and advice and inspiration for finding or creating a community to help you heal and awaken. Practical yet compassionate, Levine's successful Refuge Recovery system is designed for anyone interested in a non-theistic approach to recovery and requires no previous experience or knowledge of Buddhism or meditation.

wellness retreats in colorado: Mindfulness with Breathing Ngūam, 1997 Here is a clear explanation of the meditation technique of anapanasati, or mindfulness with in-breaths & out-breaths. If you have yet to sit down & watch your breath, this book will point out why you should & how to do it.

wellness retreats in colorado: ChiWalking Danny Dreyer, Katherine Dreyer, 2009-11-24 From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches, teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

wellness retreats in colorado: Be Healed Bob Schuchts, 2014-04-07 "Somewhere deep inside each one of us is a burning desire to finally become the person God created us to be." Do you suffer from spiritual or emotional wounds that are keeping you from reaching that goal? The bestselling book *Be Healed* is based on retired Catholic therapist Bob Schuchts's popular program for spiritual, emotional, and physical healing. Incorporating elements of charismatic spirituality and steeped in scripture and the wisdom of the Church, this book offers hope in the healing power of God through the Holy Spirit and the sacraments. Schuchts, founder of the John Paul II Healing Center, sensitively shares his own journey of healing after enduring a series of betrayals in high school—his father's infidelity, his parents' divorce, his older brother's drug addiction—and his subsequent periods of struggle with God and faith. *Be Healed* includes helpful tools such as charts, tables, lists, reflection questions, and personal challenges to guide you on your journey of healing. Schuchts's trusted process for finding inner peace and healing is boldly Christ-centered, maintaining focus on the person of Jesus as "the life-giving and ever-present physician of our souls." Schuchts will help you recognize your brokenness and find your hope and healing in the risen Christ.

wellness retreats in colorado: 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 retreats in colorado: The MELT Method Sue Hitzmann, 2015-01-20 The New York Times–bestselling guide to at-home exercises you can do to live a life free of pain, stress and tension. In this enhanced digital edition of The MELT Method, Sue Hitzmann shows you how to live without pain, illustrating her MELT techniques with 20 instructional videos plus 10 audio clips, so you can listen hands-free while you start your journey toward a pain-free body. In The MELT Method, therapist Sue Hitzmann offers a breakthrough self-treatment system to combat chronic pain and erase the effects of aging and active living—in as little as ten minutes a day. With a focus on the body's connective tissues and the role they play in pain, stress, weight gain, and overall health, Hitzmann's life-changing program features techniques that can be done in your own home. A nationally known manual therapist and educator, Hitzmann helps her clients find relief from pain and suffering by taking advantage of the body's natural restorative properties. The MELT Method shows you how to eliminate pain, no matter what the cause, and embrace a happier, healthier lifestyle.

wellness retreats in colorado: 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

wellness retreats in colorado: Choose Again Diederik J. Wolsak, 2018-05 Diederik Wolsak's Choose Again Six-Step Process has been quietly transforming lives for more than 20 years. His clients have begged him to write a book so that his life-changing technique can be widely shared, and now here it is CHOOSE AGAIN tells the inspiring story of Diederik's journey from childhood in a Japanese concentration camp to his healing center in Costa Rica. As he transformed himself from a self-destructive, self-loathing bully to an extraordinary healer, he devised the Process that turned his life around—and which can dramatically increase the joy and peace in your life. By mastering the Choose Again Six-Step process, you can expect to decrease stress, increase joy, improve all your relationships, and transform your life for good. This deceptively simple method is now yours, to

enable you to discover greater happiness than you ever thought possible. It is with great enthusiasm that we recommend this book to you. Treat it with utmost respect, for it has the power and the potential to truly change your life. - from the Foreword by Gerald Jampolsky, M.D., Founder of Attitudinal Healing, Author of *Love is Letting Go of Fear* From his early sorrows, and from the later suffering he engendered for himself as a result, Diederik Wolsak has fashioned a practical, six-step program to self-liberation. He transmits his teaching directly and eloquently, and with unsparing honesty. He has already helped many fellow humans; with this book he can help many more. - Gabor Mat M.D., Author, *When The Body Says No: The Cost of Hidden Stress*

wellness retreats in colorado: *The Resilient C.O.* Ph. D. Fleet Maull, 2021-06-04 *The Resilient CO* illuminates the neuro-physiological, psychological, emotional, and spiritual impact of corrections work on correctional officers, administrators, clinical staff, and their families. Author Fleet W. Maull, PhD-CMT-P, a mindfulness professional and corrections trainer and researcher, distills and integrates several decades of correctional officer health and wellness research along with current neuroscience research on mindfulness, wellbeing, and resilience into practical strategies for corrections professionals and their families struggling with the effects of traumatic stress and burnout. *The Resilient CO* supports our highly skilled and innately resilient and courageous corrections professionals with strengths-based guidance and skill-building strategies to help them navigate the many complex and often difficult impacts and health risks of correctional work and service.

wellness retreats in colorado: *Colorado's Hot Springs* Deborah Frazier, 2014-10-01 *COLORADO'S HOT SPRINGS* is an entertaining, comprehensive guide to the state's sweet soaking sites and their histories. The photographs capture each spring's unique character and beauty. Each chapter blends descriptions of the warm water wonders with stories about the unique characters, events, and ancient use by Native Americans. The springs are Colorado's warm water ocean and Debbie visited each one. This all new, up-to-date guide profiles forty-four hot springs, providing descriptions, contact information, directions, maps, photographs, and historical notes.

wellness retreats in colorado: *How We Choose to Be Happy* Rick Foster, Greg Hicks, 2004-06-01 Now featuring new research and the most current information on the science of happiness, this book presents an outline of the nine choices happy people consistently make. Also included are tools for self-assessment to allow readers to measure happiness-and to find out what might be holding them back from having more of it. Insightful, intimate, and inspiring, *How We Choose to Be Happy* lets readers learn by example, and take substantial steps toward joining the ranks of the extremely happy.

wellness retreats in colorado: *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 retreats in colorado: *Pranic Healing* Choa Kok Sui, 1990 *Pranic Healing* presents a unique holistic approach used to treat a variety of ailments, from fever to heart conditions to cancer. By tapping into pranic or ki (chi) energy - the universal force which is our life force - the author presents techniques for beginning, intermediate and advanced healing.

wellness retreats in colorado: *The Journey of Soul Initiation* Bill Plotkin, PhD, 2021-01-12

Soul initiation is an essential spiritual adventure that most of the world has forgotten — or not yet discovered. Here, visionary ecopsychologist Bill Plotkin maps this journey, one that has not been previously illuminated in the contemporary Western world and yet is vital for the future of our species and our planet. Based on the experiences of thousands of people, this book provides phase-by-phase guidance for the descent to soul — the dissolution of current identity; the encounter with the mythopoetic mysteries of soul; and the metamorphosis of the ego into a cocreator of life-enhancing culture. Plotkin illustrates each phase of this riveting and sometimes hazardous odyssey with fascinating stories from many people, including those he has guided. Throughout he weaves an in-depth exploration of Carl Jung's Red Book — and an innovative framework for understanding it.

wellness retreats in colorado: *Contemplative Science* B. Alan Wallace, 2007 Science has long treated religion as a set of personal beliefs that have little to do with a rational understanding of the mind and the universe. This work attempts to bridge this gap by launching an unbiased investigation into the history and practices of science and Buddhist contemplative disciplines.

wellness retreats in colorado: *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.

wellness retreats in colorado: *Running with the Mind of Meditation* Sakyong Mipham, 2013-04-09 A unique fitness program from a highly respected spiritual leader that blends physical and spiritual practice for everyone - regardless of age, spiritual background, or ability - to great benefits for both body and soul. As a Tibetan lama and leader of Shambhala (an international community of 165 meditation centers), Sakyong Mipham has found physical activity to be essential for spiritual well-being. He's been trained in horsemanship and martial arts but has a special love for running. Here he incorporates his spiritual practice with running, presenting basic meditation instruction and fundamental principles he has developed. Even though both activities can be complicated, the lessons here are simple and designed to show how the melding of internal practice with physical movement can be used by anyone - regardless of age, spiritual background, or ability - to benefit body and soul.

wellness retreats in colorado: *The New Secrets of CEOs* Steve Tappin, Andrew Cave, 2010-12-07 Steve Tappin and Andrew Cave interview more than two hundred of the world's top CEOs to discover what matters to them, how they run their businesses today, and how they expect their leadership to change in the future. Tappin and Cave offer a glimpse into the business worlds and personal lives of some of the most influential people today.

wellness retreats in colorado: *Wanderlust* Jeff Krasno, Sarah Herrington, Nicole Lindstrom, 2015-05-12 Like the wildly popular festivals that have taken the yoga world by storm, *Wanderlust* is a road map for the millions of people engaged in cultivating their best selves. For the 20 million people who grab their yoga mats in the United States every week, this book gives a completely unique way to understand yoga--not just as something to do in practice, but as a broader principle for living. *Wanderlust* helps readers navigate their personal path and find their own true north, curating principles that embody the brand and lifestyle--authentic yoga practices, provocative thinking, music, art, good food, eco-friendly activities, and more. Each chapter includes expert yoga instruction by renowned teachers; inspiring music playlists to motivate readers to practice;

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