

affordable wellness retreats east coast

Affordable Wellness Retreats East Coast: Recharge Your Soul Without Breaking the Bank

Feeling burnt out? Stressed to the max? Longing for a rejuvenating escape but worried about the cost? You're not alone! Many people crave a wellness retreat but believe they're an unattainable luxury. This post is here to prove you wrong. We'll delve into the world of affordable wellness retreats East Coast, uncovering hidden gems and practical tips to help you find the perfect revitalizing getaway without emptying your bank account. We'll explore different retreat types, locations, and budgeting strategies, ensuring you can prioritize your well-being without sacrificing your financial stability.

Understanding the Appeal of East Coast Wellness Retreats

The East Coast of the United States boasts a diverse landscape, from the serene beaches of the Carolinas to the majestic mountains of Vermont and the charming coastlines of Maine. This variety translates into a wide range of retreat experiences catering to various preferences and budgets. Whether you dream of yoga by the ocean, hiking through lush forests, or indulging in spa treatments amidst rolling hills, the East Coast offers something for everyone. The charm of smaller, independent retreats often allows for more personalized experiences and surprisingly affordable pricing compared to larger, more established resorts.

Finding Affordable Wellness Retreats: Strategies & Tips

The key to finding affordable wellness retreats East Coast lies in strategic planning and research. Here's a breakdown of effective strategies:

1. Consider Off-Season Travel: Prices plummet during the shoulder seasons (spring and fall) and off-peak times. You'll still experience the beauty of the location with fewer crowds and lower prices.
1. Opt for Shorter Retreats: A long weekend retreat can be just as effective as a week-long one, especially if you're on a tighter budget. Focus on intensive sessions and choose a location easily accessible to minimize travel costs.

1. **Look Beyond Luxurious Resorts:** Boutique hotels, charming bed and breakfasts, and even eco-lodges often offer incredible wellness packages at significantly lower prices than large resorts. Consider the experience over the extravagance of facilities.

1. **Embrace Group Discounts:** Many retreats offer discounts for groups. Traveling with friends or family can substantially reduce the individual cost.

1. **Utilize Online Resources:** Websites specializing in wellness travel often feature budget-friendly options. Compare prices and read reviews before booking. Explore sites like Groupon and LivingSocial for occasional deals on retreat packages.

Types of Affordable East Coast Wellness Retreats:

The East Coast provides diverse experiences tailored to different preferences:

Yoga Retreats: Many affordable yoga retreats are nestled in scenic locations, offering daily yoga sessions, meditation practices, and healthy meals.

Hiking and Nature Retreats: Embrace the outdoors with retreats focusing on hiking, nature walks, and mindful exploration of natural beauty. These often involve shared accommodation, keeping costs down.

Spa and Relaxation Retreats: While luxurious spa retreats can be costly, you can find affordable options by choosing smaller spas or opting for shorter packages focusing on specific treatments.

Spiritual and Mindfulness Retreats: Find inner peace with retreats centered on meditation, mindfulness practices, and spiritual growth. These often take place in quiet, serene settings, contributing to lower costs.

Creative Retreats: Unleash your inner artist with retreats focused on painting, writing, or other creative pursuits. These retreats often have a more intimate setting, keeping costs reasonable.

Location Specific Affordable Retreat Options:

While generalizations are difficult, certain East Coast areas tend to offer more affordable options:

The Catskills, New York: Offers a blend of nature, relaxation, and affordability, particularly during the off-

season.

The Berkshires, Massachusetts: Beautiful scenery with charming inns and smaller wellness centers offering competitive prices.

Asheville, North Carolina: A growing hub for wellness, but with options for various budgets depending on your choices.

The Hudson Valley, New York: A picturesque region with a mix of affordable bed and breakfasts and smaller retreat centers.

Coastal Maine: While Maine can be expensive, you can find budget-friendly options by opting for smaller guesthouses and exploring less touristy areas.

Budgeting for Your Affordable East Coast Wellness Retreat:

Creating a detailed budget is crucial. Consider:

Travel Costs: Flights or driving expenses.

Accommodation: The type of lodging (hotel, B&B, shared accommodation).

Retreat Fees: The cost of the retreat package itself, including activities and meals.

Food & Drinks: Budget for meals outside the retreat or additional snacks.

Activities: Any additional activities or excursions beyond the retreat program.

Finding the Right Retreat for You:

Take time to research and compare different retreats based on your budget, desired activities, and personal preferences. Read reviews, check testimonials, and contact retreat organizers directly if you have questions. Don't be afraid to negotiate or ask about discounts.

Conclusion:

Finding affordable wellness retreats East Coast is entirely possible with careful planning and research. Prioritizing your well-being doesn't have to break the bank. By utilizing the tips and strategies outlined in this post, you can embark on a rejuvenating journey that leaves you feeling refreshed, revitalized, and ready to tackle life's challenges. Start planning your escape today!

FAQs:

1. Are meals usually included in affordable wellness retreats? It varies. Some include all meals, some

offer a few, and others require you to arrange meals independently. Always clarify this in advance.

1. What's the best time of year to find deals on East Coast wellness retreats? Shoulder seasons (spring and fall) and weekdays tend to offer the best deals.

1. How do I find hidden gems and lesser-known retreats? Explore smaller websites specializing in wellness travel, read blogs, and utilize social media to find recommendations and reviews.

1. Can I bring my pet to an affordable wellness retreat? Pet-friendly options exist, but they are less common. Always confirm pet policies with the retreat organizer before booking.

1. What if I need to cancel my retreat? Carefully review the cancellation policy of the retreat before booking to understand the terms and conditions.

affordable wellness retreats east coast: 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 east coast: 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 east coast: The Shooting Star Shivya Nath, 2018-09-14 Shivya Nath quit her corporate job at age twenty-three to travel the world. She gave up her home and the need for a permanent address, sold most of her possessions and embarked on a nomadic journey that has taken her everywhere from remote Himalayan villages to the Amazon rainforests of Ecuador. Along the way, she lived with an indigenous Mayan community in Guatemala, hiked alone in the Ecuadorian Andes, got mugged in Costa Rica, swam across the border from Costa Rica to Panama, slept under a meteor shower in the cracked salt desert of Gujarat and learnt to conquer her deepest fears. With its vivid descriptions, cinematic landscapes, moving encounters and uplifting adventures, *The Shooting Star* is a travel memoir that maps not just the world but the human spirit.

affordable wellness retreats east coast: Bikini Bootcamp Melissa Perlman, Erica Gragg, 2009-04-22 Get in shape for beach season! This super-slimming, body-sculpting makeover takes off ten pounds and gets you bikini-ready—in just two weeks. Bikini Boot Camp creators Melissa Perlman and Erica Gragg know that the secret to losing weight and getting fit is not another diet or endless hours at the gym. Instead, it's a highly targeted exercise plan combined with healthy, delicious, all-natural foods that jump-start your metabolism and melt away the pounds. At the elite Amansala Eco-Chic Resort and Spa in Mexico, their Bikini Boot Camp program has become the destination of choice for celebrities and women everywhere who want to change their bodies and their lives. Now, this book gives you everything you need to recreate the Bikini Boot Camp experience at home—from the signature workouts to the low-cal, Latin-flavored dishes—and achieve the same incredible results. Capturing the spirit of the spa and Mexico's sunny shores, each day of Bikini Boot Camp provides you with: A total-body workout that combines walking, circuit training, core strengthening, and yoga to target trouble spots and sculpt you head to toe Energy-enhancing meal plans with slimming, easy-to-follow recipes—a mouthwatering mix of Mexican, Yucatán, and Asian cuisines—straight out of Amansala's kitchen and available here for the first time Mindfulness exercises to relax and restore you, and to help you stay focused on your fitness goals Do-it-yourself spa treats, from easy facials to herbal baths With more than 75 mix-and-match recipes, and a lifestyle plan to keep you going after the first two weeks are up, Bikini Boot Camp is the fastest way to whip your body into shape—and have fun doing it! So don't panic now that summer is here. No matter how long you've been putting it off, this book gives you everything you need to achieve a bikini body all year round.

affordable wellness retreats east coast: 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. Furhman's formula is simple, safe, and solid. --Body and Soul

affordable wellness retreats east coast: 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.

affordable wellness retreats east coast: 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 east coast: 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 east coast: Sanatoriums of New Mexico Richard Melzer, 2014 Tuberculosis, also known as consumption, the White Plague, or simply TB, was the number-one killer in the United States in the late 19th and early 20th centuries. Many physicians of the era advised their patients to chase the cure for tuberculosis in the Southwest, where the regions clean, dry, fresh air, high altitude, and sunshine offered relief for most and recovery for some. New Mexico, called the well country, was particularly eager to promote itself as a mecca for lungers with the coming of the railroad to the territory in 1880 and the creation of many new hospitals, known as sanitariums or sanatoriums (sans), which specialized in the treatment of TB. This is a brief history of New Mexico sans, their patients, and the doctors, nurses, and staff who served them during the golden age of the TB industry, from the turn of the 20th century to the eve of World War II.--

affordable wellness retreats east coast: 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 east coast: Travel Therapy Karen Schaler, 2009-03-24 Highlights more than 100 vacation options that help people pick the right trip, whether they are going through a breakup, are stressed out, are looking for inspiration or romance, want to give back to the community, reconnect with family, etc.

affordable wellness retreats east coast: Your Healthiest Healthy Samantha Harris, 2018 This book will change your life! --Kris Jenner What a great read! . . . This is such an incredible resource for all-around healthy living. --Brooke Burke From celebrity TV host and cancer survivor Samantha Harris comes a comprehensive action plan for helping to prevent and fight cancer and living your best, healthiest life. Millions watched Samantha Harris share the story of her breast cancer diagnosis and double mastectomy at age 40. Now she offers an easy, eight-step plan for overcoming adversity, helping to fight cancer, and living a healthier, happier life. Your Healthiest Healthy combines her inspiring journey with research-backed advice, recipe and menu guides, workout charts, milestone logs, relationship activities, cheat sheets, checklists, and other must-have tools and resources.

affordable wellness retreats east coast: 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 east coast: 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 east coast: *Jivamukti Yoga* Sharon Gannon, David Life,

2011-04-06 The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures "In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw inspiration from the classical texts of Yoga and timeless scriptural sources. "—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga's ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means "soul liberation," guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA—The Way of Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA—The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA—The Way of Action: creating good karma, giving thanks NADAM—The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION—The Way of the Witness: how to sit still and move inward BHAKTI—The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. "If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I'm grateful for their work and teaching."—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute

affordable wellness retreats east coast: *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 east coast: *Tracking Wonder* Jeffrey Davis, 2021-11-16

Discover how the lost art of wonder can help you cultivate greater creativity, resilience, meaning, and joy as you bring your greatest contributions to life. Beyond grit, focus, and 10,000 hours lies a surprising advantage that all creatives have—wonder. Far from child's play, wonder is the one radical quality that has led exemplary people from all walks of life to move toward the fruition of their deepest dreams and wildest endeavors—and it can do so for you, too. "Wonder is a quiet disruptor of unseen biases," writes Jeffrey Davis. "It dissolves our habitual ways of seeing and thinking so that we may glimpse anew the beauty of what is real, true, and possible." Rich with wisdom, inspiring stories, and practical tools, *Tracking Wonder* invites us to explore how the lost art of wonder can inspire a life of greater joy, possibility, and purpose. You'll discover: The six facets of wonder—key qualities to help you cultivate the art of wonder in your work, relationships, and life How wonder can help us fertilize creativity, sustain the motivation to pursue big ideas, navigate

uncertainty and crises, deepen our relationships, and moreThe biases against wonder—moving beyond societal and internalized resistance to our inherent giftsWhy experiencing wonder isn't really about achieving goals—though that happens—but about how we live each dayInspiring stories of people whose experiences of wonder helped them move through the unthinkable to create extraordinary livesPractical exercises, tools, and reflections to help you begin your own practice of tracking wonder A refreshing counter-voice to the exhausting narrative hyper-productivity, Tracking Wonder is a welcome guide for experiencing more meaning and joy in the present moment as you bring your greatest contributions to life.

affordable wellness retreats east coast: *Manresa* Saint Ignatius (of Loyola), 1881

affordable wellness retreats east coast: *The Placebo Diet* Janet Thomson, MSc, 2016-02-02 Fed up with endless fad diets that never deliver the results you want, and leave you lunging for the chocolate with a guilty conscience? It's time to stop looking to crazy regimes for weight-loss solutions, and to start recognizing that the solutions are actually within you - in your own mind. In *The Placebo Diet*, life coach and nutritionist Janet Thomson explains that the key to losing weight is not calorie-counting but identifying and re-shaping your attitudes towards your body. This book will help you do just that, by utilizing the most powerful mind-tool we have - the placebo effect. This occurs when we have an absolute belief that something will work, which generates a feeling so powerful that it changes our physiology, often spontaneously. Using this tool *The Placebo Diet* incorporates a range of psychological techniques that will change the structure of your thoughts towards food, generating brand new beliefs and habits. Combined with a simple-to-follow nutrition plan that will maximize fat loss and increase energy levels, you will change not only your body, but also your entire outlook on life. Ditch the fad diets, deprivation, and guilt, and prepare to fall back in love with food and your own body, once and for all! This is an updated edition of *Think More, Eat Less* with all-new material focusing on the placebo effect.

affordable wellness retreats east coast: *The Art of Vinyasa* Richard Freeman, Mary Taylor, 2016-12-20 A radical presentation of the most rigorous form of contemporary yoga as meditation in motion In *The Art of Vinyasa*, two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative form. They reveal that doing the practice—and particularly the vinyasa, or the breath-synchronized movements—in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath and seamlessly merges yoga philosophy with practical technique. Unlike other books on Ashtanga, *The Art of Vinyasa* does not follow the linear pattern of the sequences of postures that are the hallmark of Ashtanga yoga. Instead, it interlinks the eight limbs: yama and niyama (ethical practices), asana (postures), pranayama (breathing), pratyahara (nongrasping of the senses), dharana (concentration), dhyana (meditation), samadhi (harmony, insight)—and shows how to establish an internally rooted yoga practice.

affordable wellness retreats east coast: *Your Trip Aboard* United States. Bureau of Consular Affairs, 1978

affordable wellness retreats east coast: *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 east coast: Gorgeous for Good Sophie Uliano, 2015-04-07 Do you ever look at yourself in the mirror and see someone you barely recognize? Do you delete nearly every selfie you take because . . . well . . . you're not glowing as you should be these days? Have you tried and failed to change something about your physical appearance? Do you sometimes feel as if you are fighting a losing battle in your quest to look more radiant? If you've answered yes to at least one of these questions, then join the club! Clean beauty guru and New York Times best-selling author, Sophie Uliano offers a solution to a never-ending beauty dilemma: how can you look rested and radiant without hours of painful and expensive surgery? How can your skin glow throughout your life, without using harmful chemicals or spending more than you can afford in the dermatologist's office? In her new book, *Gorgeous for Good*, Sophie puts forth a revolutionary, holistic program that covers everything from nutrition to self-care to spiritual connection. She reveals which beauty options work the best, and provides well-researched, myth-busting information about commercial and natural beauty products. In her fun, girl-next-door voice, Sophie brings all of this together in an innovative 30-day *Gorgeous for Good* program, offering readers tools for a body-and-soul beauty regimen that will help them stay gorgeous - not for six months or a year - but for good! *Gorgeous for Good* also features: • Simple guidelines for buying the best skin care products • Easy beauty treatments you can make at home - for a fraction of the cost! • Healthy, delicious recipes to kick start the new you • Different forms of exercise to get spiritually connected *Gorgeous for Good* doesn't just look at the outside - it takes you inside - where true beauty begins.

affordable wellness retreats east coast: 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 east coast: 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 east coast: Tokyo Like a Local DK Eyewitness, Lucy Dayman, Kaila Imada, 2021-10-05 Experience authentic Tokyo with this insider's e-guide Home to glimmering skyscrapers, timeless traditions, and one of the world's most exciting art scenes, this trendy city is endlessly enticing. But beyond the monumental Tokyo Tower and lavish Imperial Palace lies the real

Tokyo: a whole other realm waiting to be explored. We've spoken to the city's locals to unearth the coolest hangout spots, hidden gems, and personal favorites to ensure you travel like a local. Join the after-work crowd in the ultimate karaoke sing-along, eat and drink into the night at a tiny Japanese tavern, and get your geek on shopping at treasure troves of anime merch. Whether you're a local looking to uncover your city's secrets or seeking an authentic experience beyond the tourist track, this stylish e-guide makes sure you experience Tokyo beneath the surface.

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could use improvement-and make adjustments from that information. In *Rescue Your Health*, Dr. Marvin Singh explains and explores the best that science and technology have to offer us today to better understand our unique health profile. This then allows us to make the best decisions possible for ourselves, or our loved ones. In its pages, Dr. Singh teaches you what tests are available (including his Top Five) so that you can feel empowered to take charge of your health right now. Each chapter presents the material in easy-to-understand terminology, as Dr. Singh shares his experience using the Precision Medicine approach with his own patients. From looking at your risk factors for certain diseases (such as breast cancer, heart disease, or Alzheimer's), to assessing the best exercises for your genes, there is something for everyone in *Rescue Your Health*. If Precision Medicine is our ticket to creating better health for longer, *Rescue Your Health* is an integral first step on that journey.

affordable wellness retreats east coast: The Brain Boosting Diet Norene Gilletz, Edward Wein, 2020-01-03 This book is designed to help people cope with memory loss through diet. Packed with over 200 recipes provided by well-respected Canadian cookbook author Norene Gilletz, each of which receives a solid commentary from Dr Edward Wein, *Brain Boosting Diet* provides both solid health and nutritional advice for people with memory loss, possible dementia, and even Alzheimer's Disease (AD).--

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affordable wellness retreats east coast: Surf Tribe Stephan Vanfleteren, Cultureel Centrum Scharpoord (Knokke, Belgium), 2018 - An incomparable new photo book about the international surf culture by Stephan Vanfleteren- Showcases captivating portraits of some of the world's surf icons With *Surf Tribe*, photographer Stephan Vanfleteren shows that there is far more to surf culture than just sport and competition. Surfing is also about a deep admiration and respect for the ocean, as well as the feeling of insignificance when confronted with the forces of nature. Surfers use the waves for fun, but also to forget and to battle, both with others and with themselves. Vanfleteren

looks beyond the traditional borders of the United States and Australia and searches the globe for people who live in places where sea and land meet. He documents a fluid community, with nature as its sole leader. He has sought out young talent, living icons, and old legends, both competitive and free surfers. The photographs here are serene black and white portraits in Vanfleteren's well-known, haunting style; as always, he reaches below the surface and goes to the core of his subjects. Included, amongst many others, are Kelly Slater, Gerry Lopez, John Florence, Mickey Munoz, Filipe Toledo and Stephanie Gilmore. Surfer, journalist, and actor Gerry Lopez has contributed the Foreword. Surf Tribe has been exhibited in Knokke-Heist (Belgium), Kunsthal Rotterdam (Netherlands), Gallery Kahmann Amsterdam (Netherlands). The next exhibition will be in June 2019 in France. If you are interested in the stories behind the book, go to: www.surftribe.be

affordable wellness retreats east coast: Stay on Route 6 Malerie D. Yolen-Cohen, 2012-05-10 US Route 6, also known as The Grand Army of the Republic Highway, is the longest contiguous transcontinental route in the USA. Running from Provincetown, MA to Bishop, CA (and before 1964 to Long Beach, CA), US Route 6 remains for the most part, a two-lane highway on its way through fourteen states. This is your guide along all of its original 3,652 miles. From Revolutionary War sites to pioneer settlements and western mining towns, Route 6 offers an in-depth lesson in US History, charms of yesteryear and comforts of modern times. Compiled and written by magazine and newspaper travel writer, Malerie Yolen-Cohen, Stay on Route 6 highlights the best attractions, restaurants, hotels and oddities along America's long-ignored highway.

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