

wellness retreat poconos pa

Wellness Retreat Poconos PA: Escape, Rejuvenate, Rediscover Yourself

Are you feeling burned out? Overwhelmed? Longing for a break from the relentless pace of modern life? Imagine escaping to the serene beauty of the Pocono Mountains, breathing in crisp mountain air, and surrendering to a transformative wellness experience. This comprehensive guide explores the best wellness retreats in the Poconos, Pennsylvania, helping you find the perfect escape to rejuvenate your mind, body, and spirit. We'll delve into what to expect, what to look for, and how to choose the ideal Pocono wellness retreat to suit your specific needs. Get ready to discover your path to tranquility in the heart of the Pocono Mountains.

Finding Your Perfect Wellness Retreat in the Poconos PA:

The Pocono Mountains offer a stunning backdrop for a wellness retreat, boasting breathtaking natural scenery, cascading waterfalls, and tranquil lakes. But with so many options, choosing the right retreat can feel overwhelming. To help you navigate this, let's break down the key factors to consider:

1. Type of Retreat: Defining Your Wellness Goals

Before diving into specific locations, consider what you hope to achieve during your retreat. Are you seeking:

Stress Reduction & Mindfulness: Many Pocono retreats specialize in mindfulness practices like meditation, yoga, and breathwork to help reduce stress and promote relaxation.

Physical Fitness & Detox: Some retreats focus on fitness activities like hiking, kayaking, or group fitness classes, combined with healthy eating plans for a physical detox.

Spiritual Growth & Self-Discovery: Retreats may incorporate spiritual practices, journaling exercises, and workshops designed for self-reflection and personal growth.

Couples Retreats: Several locations cater specifically to couples, offering romantic getaways with shared wellness activities and private time.

Yoga & Nature Immersion: Many retreats combine the power of yoga with the beauty of the natural surroundings, offering outdoor yoga sessions and nature walks.

Identifying your primary goals will help you narrow down your search and find a retreat that aligns with your expectations.

2. Amenities and Activities: What to Expect at a Pocono Wellness Retreat

Pocono wellness retreats offer a diverse range of amenities and activities. Consider what features are most important to you:

Accommodation: From cozy cabins to luxurious spa resorts, the accommodation options vary significantly. Consider your budget and desired level of comfort.

Spa Treatments: Many retreats offer a range of spa treatments, including massages, facials, and body wraps, to enhance relaxation and rejuvenation.

Healthy Cuisine: Expect nutritious and delicious meals prepared with fresh, local ingredients. Many retreats offer customized meal plans to cater to dietary restrictions.

Fitness Classes: Yoga, Pilates, and other fitness classes are common features, catering to different fitness levels.

Workshops & Seminars: Some retreats offer workshops and seminars on topics such as stress management, mindfulness, or personal development.

Nature Activities: Hiking, kayaking, and other nature-based activities are popular in the Poconos, providing opportunities for connection with nature.

Carefully reviewing the amenities and activities offered by different retreats will help you choose one that perfectly matches your preferences.

3. Location and Accessibility: Reaching Your Peaceful Sanctuary

The Poconos offer a variety of locations, each with its unique charm. Consider:

Proximity to attractions: Do you want to be nestled deep in the mountains for complete seclusion, or closer to other attractions for occasional exploration?

Accessibility: Ensure the location is easily accessible by car or public transport, depending on your mode of travel.

Scenery: Choose a location with stunning views, whether it's a mountain vista, a serene lake, or a lush forest.

Research the specific location of each retreat to ensure it aligns with your preferences for accessibility and surroundings.

4. Budget and Duration: Planning Your Wellness Escape

Wellness retreats vary significantly in price and duration. Be sure to:

Set a budget: Consider the cost of accommodation, meals, activities, and spa treatments.

Choose a duration: Short weekend retreats are perfect for a quick escape, while longer retreats provide ample time for deeper relaxation and transformation.

Planning your budget and duration will help you find a retreat that fits comfortably within your financial and time constraints.

Choosing the Right Wellness Retreat Poconos PA for You: A Practical Guide

Once you've considered the factors above, it's time to start researching specific retreats. Look for:

Reviews and Testimonials: Check online reviews and testimonials from previous guests to get an idea of their experiences.

Website and Contact Information: Ensure the retreat has a professional website with clear information about their offerings and contact details.

Inquire Directly: Contact the retreat directly to ask any questions you may have and clarify details.

Compare Options: Compare different retreats based on your priorities and budget to find the best fit.

Conclusion: Your Pocono Mountain Wellness Awaits

Escaping to a wellness retreat in the Poconos offers a powerful opportunity for rejuvenation, self-discovery, and connection with nature. By carefully considering your wellness goals, desired amenities, location preferences, and budget, you can select the perfect retreat to revitalize your mind, body, and soul. Embrace the tranquility of the Pocono Mountains and embark on a transformative journey towards a healthier and happier you.

Frequently Asked Questions (FAQs)

1. Are wellness retreats in the Poconos PA suitable for solo travelers?

Absolutely! Many retreats welcome solo travelers and offer opportunities to connect with like-minded individuals while enjoying the benefits of a peaceful escape.

1. What kind of clothing should I pack for a Pocono wellness retreat?

Comfortable, loose-fitting clothing suitable for both relaxation and light physical activities is ideal. Pack layers as the weather in the Poconos can be unpredictable. Don't forget swimwear if the retreat offers a pool or spa facilities.

1. Are meals included in the cost of a Pocono wellness retreat?

Most retreats include meals as part of their package, but it's always best to check the details on the specific retreat's website or by contacting them directly.

1. Do I need to have prior experience with yoga or meditation to attend a retreat?

Not at all! Many retreats cater to all levels, from beginners to experienced practitioners. Instructors will guide you through the activities, ensuring a comfortable and enjoyable experience for everyone.

1. How far in advance should I book a wellness retreat in the Poconos PA?

Popular retreats can book up quickly, especially during peak seasons. It's recommended to book at least 2-3 months in advance, or even earlier if you have specific dates in mind.

wellness retreat poconos pa: *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.

wellness retreat poconos pa: *Vishoka Meditation* Rajmani Tigunait, 2020-07-07 Imagine a life free from pain, sorrow, and negativity and infused with joy and tranquility. The ancient yogis called this state vishoka and insisted that we all can achieve it. The key is a precise set of meditative techniques designed to unite mind and breath and turn them inward, allowing us to heal and rejuvenate ourselves on every level of our being. In *Vishoka Meditation: The Yoga of Inner Radiance*, Pandit Tigunait makes meditation as practiced by the ancient yoga masters accessible to a modern audience, offering step-by-step instructions to guide us to this illumined state of consciousness. Grounded in the authentic wisdom of a living tradition, the simple--yet profound-- practice of Vishoka Meditation is the perfect complement to your existing yoga practice, as well as a powerful stand-alone meditation practice.

wellness retreat poconos pa: *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 retreat poconos pa: *Yoga* Sandra Anderson, Rolf Sovik, 2000 An intelligently prepared presentation for beginners as well as readers with some yoga experience who want to enhance their practice. With a good balance of clear black & white photos and useful, informative text, the two authors (both affiliated with the Himalayan Institute) provide a beginning seq.

wellness retreat poconos pa: *The Pocono Plateau* Henry S. Cattell, 1912

wellness retreat poconos pa: *Swami Rama of the Himalayas* Pandit Rajmani Tigunait, 1998 The biography of Swami Rama complete with over 300 photographs.

wellness retreat poconos pa: *Having What Matters* Monique Greenwood, 2002-12-17 Now is the time to take your joy off layaway! In this practical and informative guide, Monique Greenwood offers easy-to-follow, down-to-earth advice and anecdotes for creating the life you really want. From financial freedom to finding or enjoying a healthy relationship, Greenwood covers all the bases. She charts her own incredible journey from anonymity to the top of the Essence masthead, from an unfit size-eighteen body to a shapely size twelve, from a cramped rental apartment to a mansion of her own, from countless bad relationships to a sweet union. Her bootstrapping strategies work! *Having What Matters* offers: Inspiration for defining success on your own terms Methods for identifying the illusions that hold you back Steps for putting yourself at the top of your-to-do list Guidance on how to say no to what drains you and yes to what drives you Techniques for accumulating and sustaining wealth Tips for finding or appreciating your sexy soul mate ... and more

wellness retreat poconos pa: *Cozy Cottage & Cabin Designs* Design America Inc., 2020-11-01 Ever dreamed of having your own cozy cabin nestled in the woods? This book will help you find the perfect efficient small home! With over 200 functional floor plans for cabins, cottages, a-frames, vacation homes, and apartment garages, select and order these expertly prepared plans

that also include construction blueprints and CAD packages!

wellness retreat poconos pa: The Healing Consciousness Beth Baughman DuPree, 2008-10-01 Beth Baughman DuPree MD shares the story of her journey from the world of Western medicine as the single best cure for breast disease, to the understanding that the wisdom and intelligence of Eastern medicine is a equal and important partner in the healing process. With her on this journey of discovery are many of her patients, and her friends who have shared in the path of true healing.

wellness retreat poconos pa: You've GOT to Read This Book! Jack Canfield, Gay Hendricks, 2009-10-13 There's nothing better than a book you can't put down—or better yet, a book you'll never forget. This book puts the power of transformational reading into your hands. Jack Canfield, cocreator of the bestselling Chicken Soup for the Soul® series, and self-actualization pioneer Gay Hendricks have invited notable people to share personal stories of books that changed their lives. What book shaped their outlook and habits? Helped them navigate rough seas? Spurred them to satisfaction and success? The contributors include Dave Barry, Stephen Covey, Malachy McCourt, Jacquelyn Mitchard, Mark Victor Hansen, John Gray, Christiane Northrup, Bernie Siegel, Craig Newmark, Michael E. Gerber, Lou Holtz, and Pat Williams, to name just a few. Their richly varied stories are poignant, energizing, and entertaining. Author and actor Malachy McCourt tells how a tattered biography of Gandhi, stumbled on in his youth, offered a shining example of true humility—and planted the seeds that would help support his sobriety decades later. Bestselling author and physician Bernie Siegel, M.D., tells how William Saroyan's *The Human Comedy* helped him realize that, in order to successfully treat his patients with life-threatening illnesses, I had to help them live—not just prevent them from dying. Actress Catherine Oxenberg reveals how, at a life crossroads and struggling with bulimia, a book taught her the transforming difference one person could make in the life of another—and why that person for her was Richard Burton. Rafe Esquith, the award-winning teacher whose inner-city students have performed Shakespeare all over the world, recounts his deep self-doubt in the midst of his success—and how reading *To Kill a Mockingbird* strengthened him to continue teaching. Beloved librarian and bestselling author Nancy Pearl writes how, at age ten, Robert Heinlein's science fiction book *Space Cadet* impressed on her the meaning of personal integrity and gave her a vision of world peace she'd never imagined possible. Two years later, she marched in her first civil rights demonstration and learned that there's always a way to make a small contribution to intergalactic harmony. If you're looking for insight and illumination—or simply for that next great book to read—*You've Got to Read This Book!* has treasures in store for you.

wellness retreat poconos pa: Songs in Ursa Major Emma Brodie, 2021-06-22 A transporting love story of music, stardom, heartbreak, and a gifted young singer-songwriter who must find her own voice: “In the vein of *Daisy Jones and the Six* and *The Final Revival of Opal and Nev*, [this] is an intoxicating chronicle of the music industry, inspired largely by the love affair between artists Joni Mitchell and James Taylor” (Elle). The year is 1969, and the Bayleen Island Folk Fest is abuzz with one name: Jesse Reid. Tall and soft-spoken, with eyes blue as stone-washed denim, Jesse Reid’s intricate guitar riffs and supple baritone are poised to tip from fame to legend with this one headlining performance. That is, until his motorcycle crashes on the way to the show. Jane Quinn is a Bayleen Island local whose music flows as naturally as her long blond hair. When she and her bandmates are asked to play in Jesse Reid’s place at the festival, it almost doesn’t seem real. But Jane plants her bare feet on the Main Stage and delivers the performance of a lifetime, stopping Jesse’s disappointed fans in their tracks: A star is born. Jesse stays on the island to recover from his near-fatal accident and he strikes up a friendship with Jane, coaching her through the production of her first record. As Jane contends with the music industry’s sexism, Jesse becomes her advocate, and what starts as a shared calling soon becomes a passionate love affair. On tour with Jesse, Jane is so captivated by the giant stadiums, the late nights, the wild parties, and the media attention, that she is blind-sided when she stumbles on the dark secret beneath Jesse’s music. With nowhere to turn, Jane must reckon with the shadows of her own past; what follows is the birth of one of most iconic

albums of all time. Shot through with the lyrics, the icons, the lore, the adrenaline of the early 70s music scene, Songs in Ursa Major pulses with romantic longing and asks the question so many female artists must face: What are we willing to sacrifice for our dreams?

wellness retreat poconos pa: 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 retreat poconos pa: Connecting with Crystals Laurelle Rethke, 2021-01-05 A beautiful full-color guide to 250 healing crystals Crystals have been used for millennia for physical and psychic healing, and this book shows you how to harness their energy and power in your everyday life. With a simple, easy-to-understand description and a full-color photo for each crystal, Laurelle Rethke's Connecting with Crystals is a handy reference and a beautiful object for anyone interested in the ancient art of crystal healing.

wellness retreat poconos pa: *Points of Departure* Michelle J. Brazier, 2011

wellness retreat poconos pa: *Qigong Master* Robert Peng, Rafael Nasser, 2010-01-01

wellness retreat poconos pa: *Spartan Up!* Joe De Sena, Jeff O'Connell, 2014 An introduction to Spartan Races (races meant to challenge, to push, to intimidate, to test) from one of the founding few and creators, Joe De Sena.

wellness retreat poconos pa: Mindful Horseback Riding Alecz Adams, 2023-01-14 This book helps horse enthusiasts come to a deeper understanding of their horses and all their animal friends. There are exercises to be done with one's own mind, and with your horse; in hand; on the lunge line; at liberty; and under saddle. The practices outlined herein will assist any house person in becoming a better team member with their equine partners, whether bare beginner or professional competitor. Clearly written and easily understood, Mindful Horseback Riding makes an outstanding addition to every equine library. Mindful Horseback Riding received an Honorable Mention at the 2022 Equus Film & Arts Fest.

wellness retreat poconos pa: *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 poconos pa: *Touched by Fire* Pandit Rajmani Tigunait, 2005 The autobiography of Pandit Rajmani Tigunait. Provides tremendous insights to Eastern culture and traditions.

wellness retreat poconos pa: *Science of Breath* Swami Rama, Rudolph Ballentine, Alan Hymes, 1998 Much of the Western world was completely unaware of the profound impact of the

breath on the body and mind until the 1970's. It was during this time that Swami Rama astonished physiologists by demonstrating perfect control over his heart rate and brain waves--something Western scientists didn't believe humans could possibly achieve. In this book, Swami Rama shares some of the basic breathing techniques practiced by Himalayan yogis, so that you too can experience the profound effects of pranayama and breath control. The goal of Science of Breath is to present knowledge and practices regarding the breath in a way that can be applied to personal growth. This book is a masterful guide to systematically identifying bad breathing habits, replacing those habits with healthy breathing patterns, and developing control over pranic flow. Learn how to develop and master the link between your body and mind through the understanding of the breath. With increased awareness and control of the subtle aspects of breathing, one can effect deep physical and psychological changes and begin to master the roaming tendencies of the mind. Science of Breath opens the door to a new way of being, providing a powerful tool in the pursuit of holistic health and personal growth.

wellness retreat poconos pa: By Any Greens Necessary Tracye Lynn McQuirter, 2010-05-01 * The first vegan guide geared to African American women * More than forty delicious and nutritious recipes highlighted with color photographs * Menus and advice on transitioning from omnivore to vegan * Resource information and a comprehensive shopping list for restocking the fridge and pantry African American women are facing a health crisis: Heart disease, stroke, and diabetes occur more frequently among them than among women of other races. Black women comprise the heftiest group in the nation—80 percent are overweight, and 50 percent obese. Decades of studies show that these chronic diseases can be prevented and even reversed with a plant-based diet. But how can you control your weight and health without sacrificing great food and gorgeous curves? Just ask Tracye Lynn McQuirter. With attitude, inspiration, and expertise, in By Any Greens Necessary McQuirter shows women how to stay healthy, hippy, and happy by eating plenty of fresh fruits and vegetables, whole grains, and legumes as part of an active lifestyle. The book is a call to action that all women should heed.

wellness retreat poconos pa: A New Way to Age Suzanne Somers, 2020-08-04 #1 New York Times bestselling author and health guru Suzanne Somers established herself as a leading voice on antiaging. With A New Way to Age, she “is at the forefront again, bringing seminal information to people, written in a way that all can understand” (Ray Kurzweil, author of How to Create a Mind) with this revolutionary philosophy for a longer and better-quality life that will make you feel like you’ve just had the best checkup ever. There is a new way to age. I’m doing it and it’s the best decision I’ve ever made. I love this stage of my life: I have ‘juice,’ joy, wisdom, and perspective; I have energy, vitality, clearheadedness, and strong bones. Most of us are far too comfortable with the present paradigm of aging, which normalizes pills, nursing homes, and “the big three”: heart disease, cancer, and Alzheimer’s disease. But you don’t have to accept this fate. Now there’s a new way to grow older—with vibrancy, freedom, confidence, and a rockin’ libido. This health bible from Suzanne Somers will explain how to stop aging like your parents and embrace cutting-edge techniques such as: balancing nutritional and mineral deficiencies; detoxifying your gut for weight loss; pain management with non-THC cannabis instead of harmful opioids; and much more. Aging well is mainly about the choices you make on a daily basis. It can be a fantastic process if you approach it wisely. After a lifetime of research, Suzanne came to a simple conclusion: what you lose in the aging process must be replaced with natural alternatives. In order to thrive you have to rid your body of chemicals and toxins. Start aging the new way today by joining Suzanne and her trailblazing doctors as they all but unearth the fountain of youth.

wellness retreat poconos pa: Spa , 2000

wellness retreat poconos pa: Path of Fire and Light Swami Rama, 2004-02-12 Practical information on the advanced practices of yoga presented in straightforward language.

wellness retreat poconos pa: Justice on Earth Manish Mirshra-Marzetti, Jennifer Nordstrom, 2018-03-14 This highly anticipated anthology presents a powerful and penetrating look at environmental justice from some of the key thinkers and activists in Unitarian Universalism today.

Fourteen activist ministers and lay leaders apply a keen intersectional analysis to the environmental crisis, revealing ways that capitalism, white supremacy, patriarchy, and other systems of oppression intersect with and contribute to ecological devastation. They also explore how spiritual practices, congregational organizing, and progressive theology can inform faith-based justice work in the twenty-first century. These prophetic voices, from a wide range of perspectives, reveal new approaches and opportunities for more holistic, accountable, and connected justice efforts. Each essay is accompanied by suggested ways to take the next steps for further learning and action.

wellness retreat poconos pa: *Floret Farm's Discovering Dahlias* Erin Benzakein, 2021-03-09 A stunning guide to growing, harvesting, and arranging gorgeous dahlia blooms from celebrated farmer-florist and New York Times bestselling author Erin Benzakein, founder of Floret Flower Farm. World-renowned flower farmer and floral designer Erin Benzakein reveals all the secrets to growing, cultivating, and arranging gorgeous dahlias. These coveted floral treasures come in a dazzling range of colors, sizes, and forms, with enough variety for virtually every garden space and personal preference, making them one of the most beloved flowers for arrangements. In these pages, readers will discover: • Expert advice for planting, harvesting, and arranging garden-fresh dahlias • A simple-to-follow overview of the dahlia classification system • An A-Z guide with photos and descriptions of more than 350 varieties • Step-by-step how-to's for designing show-stopping dahlia bouquets that elevate any occasion Expert Author: Erin Benzakein's gorgeous flowers are celebrated throughout the world. Her book *Floret Farm's A Year in Flowers* was a New York Times bestseller and her first book, *Floret Farm's Cut Flower Garden*, won the American Horticultural Society Book Award. Filled with Wisdom: Overflowing with hundreds of lush photographs and invaluable advice, *DISCOVERING DAHLIAS* is an essential resource for gardeners and a must-have for anyone who loves flowers, including flower lovers, avid and novice gardeners, floral designers, florists, small farmers, stylists, and designers.

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

wellness retreat poconos pa: *Inclusion in Action* Nicole Eredics, 2018 To create truly inclusive school and classroom environments, educators must be prepared to include all students—including students with intellectual disabilities, who are not always given the opportunity to be full participants in the classroom. This book provides an overview of the history of inclusion, the philosophy underlying inclusion, and the role that curriculum accommodations and modifications play in making inclusion possible. The author discusses four ways to modify curriculum for students working well below grade level: altering content, conceptual difficulty, educational goals, or instructional methods. She then provides 40 curriculum modification strategies, based on Robert Marzano's *New Taxonomy of Educational Objectives*, with directions for implementation and samples of student work.

wellness retreat poconos pa: *One Bite at a Time* Rebecca Katz, 2008 A cookbook for cancer patients with more than 85 recipes, featuring full nutritional analysis and anecdotes from cancer survivors. Chef Rebecca Katz shares delicious, nourishing recipes for cancer patients, who often experience culinary ups and downs because of sudden dietary restrictions and poor appetite due to damaged taste buds from harsh treatments. Revised and updated with 10 new recipes, this second edition provides caretakers with a tangible way to nurture loved ones through easy-to-digest meals that offer maximum flavor while boosting the immune system.

wellness retreat poconos pa: *The Value of Values* Swami Dayananda Saraswati, 2007

wellness retreat poconos pa: *At the Eleventh Hour* Rajmani Tigunait, 2001 *At the Eleventh Hour* is more than just a biography about the accomplishments of Himalayan master Swami Rama

and an overview of the profound system of yogic knowledge he brought to the West. This book tells the story of Swamiji through the eyes of Pandit Rajmani Tigunait, PhD, his devoted student and successor as the spiritual head of the Himalayan Institute. As you read Pandit Tigunait's account of life with his master, you will gain insight into the guru-disciple relationships Swami Rama had both with his master and with his own students. This book serves as a guide to some of the more esoteric practices of tantra not commonly known or understood in the West. It brings you to holy places in India, to the source of the Himalayan Tradition, revealing why these sacred sites are important and how to go about visiting them. The wisdom in these stories penetrates beyond the power of words. Discover the legacy of a true Himalayan master and the nature of the yogic wisdom he shared. Purchase your copy of *At the Eleventh Hour* today!

wellness retreat poconos pa: Generation to Generation Edwin Friedman, 2011-06-17 An acclaimed, influential work now available in paper for the first time, this bestselling book applies the concepts of systemic family therapy to the emotional life of congregations. Edwin H. Friedman shows how the same understanding of family process that can aid clergy in their pastoral role also has important ramifications for negotiating congregational dynamics and functioning as an effective leader. Clergy from diverse denominations, as well as family therapists and counselors, have found that this book directly addresses the dilemmas and crises they encounter daily. It is widely used as a text in courses on pastoral care, leadership, and family systems.

wellness retreat poconos pa: The Gift of Failure Jessica Lahey, 2015-08-11 The New York Times bestselling, groundbreaking manifesto on the critical school years when parents must learn to allow their children to experience the disappointment and frustration that occur from life's inevitable problems so that they can grow up to be successful, resilient, and self-reliant adults. Modern parenting is defined by an unprecedented level of overprotectiveness: parents who rush to school at the whim of a phone call to deliver forgotten assignments, who challenge teachers on report card disappointments, mastermind children's friendships, and interfere on the playing field. As teacher and writer Jessica Lahey explains, even though these parents see themselves as being highly responsive to their children's well being, they aren't giving them the chance to experience failure—or the opportunity to learn to solve their own problems. Overparenting has the potential to ruin a child's confidence and undermine their education, Lahey reminds us. Teachers don't just teach reading, writing, and arithmetic. They teach responsibility, organization, manners, restraint, and foresight—important life skills children carry with them long after they leave the classroom. Providing a path toward solutions, Lahey lays out a blueprint with targeted advice for handling homework, report cards, social dynamics, and sports. Most importantly, she sets forth a plan to help parents learn to step back and embrace their children's failures. Hard-hitting yet warm and wise, *The Gift of Failure* is essential reading for parents, educators, and psychologists nationwide who want to help children succeed.

wellness retreat poconos pa: Cabin John Judith Welles, 2008-01-01

wellness retreat poconos pa: Words Made Flesh Patricia Lynn Reilly, 2004

wellness retreat poconos pa: The Secret of the Yoga Sutra Rajmani Tigunait, 2014 The Yoga Sutra is the living source wisdom of the yoga tradition. Using it as a guide, we can unlock the hidden power of yoga, and experience the promise of yoga in our life. The Yoga Sutra is as fresh today as it was 2200 years ago when it was discovered by the sage Patanjali. It is the first practitioner-oriented commentary which is fully grounded in a living tradition. By applying its living wisdom in our practice, we can achieve the purpose of life: lasting fulfillment and ultimate freedom.

wellness retreat poconos pa: Vegetarian Times , 1989-08 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

wellness retreat poconos pa: The Inn Business Canada. Office of Tourism, 1982

wellness retreat poconos pa: Vegetarian Times , 1989-08 To do what no other magazine

does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

wellness retreat poconos pa: The Sign of the Cross Rosanna Morales, 2015 In this groundbreaking book, ten young women active in ministry share their thoughts, aspirations, questions, and desires with Sister Joan Chittister, a spiritual master and prophetic visionary who has long encouraged the gifts and voices of those too easily dismissed. The conversations unfold in a series of letters. Each letter writer shares an experience from her life or ministry, and Joan then responds with affirmation and challenge, sharing her wisdom, inspiration, and courage with those vitally committed to the church. The result is a powerful message that needs to be read by women and men, a book that confronts current realities, buoys future hopes, and refuses to accept the status quo for a church called to embody the gospel message for a new generation.

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