

Insider's Guide

EVERYTHING YOU NEED TO KNOW...THIS MONTH.



Well, then...

Discover luxury wellness with health-focused retreats that include yoga, meditation, mindfulness and more at **ONE&ONLY PALMILLA** in Los Cabos. During these three-day experiences, participants will learn practical tools to enhance their well-being, reduce stress and live more presently in their everyday life. The experience is infused with movement, workshops and nourishment for the mind, body and soul. The wellness retreats include a two-night stay; daily yoga and meditation; fitness classes; a 60-minute massage; daily meals; wellness gifts; and more. Fall retreat dates include Sept. 27 to Sept. 29 and Nov. 1 to Nov. 3.

oneandonlyresorts.com. –Suzanne Koch





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