

GIVE PEACE A CHANCE



FEW THINGS ARE AS PRECIOUS AS PEACE OF MIND. WE SEEK OUT THE BEST WELLNESS RETREATS THAT HAVE BEEN CAREFULLY DESIGNED TO HELP YOU FIND INNER CALM AND STILLNESS.

THE INNER PEACE RETREAT @ SAMADHI SPA AND WELLNESS RETREAT

> Providing the perfect antidote to the fast pace of city life, this boutique retreat in Victoria's spa country is inspired by the notion that stillness is essential to rediscovering and nurturing peace within. The program includes relaxing massages, LifeShaping therapy and gentle breathing practices to still your mind and emotions. Bubbling brooks, scenic mountain ranges and therapeutic hot springs rising from a 450-million-year-old volcanic basin provide an idyllic backdrop.

samadhiretreat.com.au

BALI SILENT RETREAT

> The path to peace is a blissfully silent one at this rustic green-to-the-extreme eco retreat set amidst glistening rice paddies, lush banana trees and palm groves. With an ashram-like ambience – minus the austerity – there is no talking and no devices here. That leaves you free to truly embrace each and every moment – whether taking a meditative walk through the jungle or crystal labyrinth, cleansing your mind and body with a water meditation at the 'holy spring' or consciously enjoying every bite of food plucked fresh from the flourishing organic gardens. Evenings are for quiet contemplation in a hammock by the flickering fire and stargazing from a bed in the fragrant tropical gardens.

balisilentretreat.com

KUNISAKI RETREAT WITH WALK JAPAN

> Seeking a Zen state of mind? You may well find it on the ancient pilgrim paths that crisscross the tranquil Kunisaki Peninsula. Birthplace of Japan's unique hybrid Shinto-Buddhist religion, the region's verdant cedar and bamboo forests are scattered with temples and shrines. Following in the mindful footsteps of Buddhist monks who have been traversing these sacred hills for more than a thousand years, this mind and body retreat involves gentle guided walks, yoga and meditation sessions, traditional inns and timeless tea ceremonies. Any lingering tension can be soaked away at the atmospheric onsen (hot springs) along the way.

walkjapan.com/tour/kunisaki-retreat

MINDFULNESS AND WELLBEING RETREAT WITH SOUL SANCTUARIES

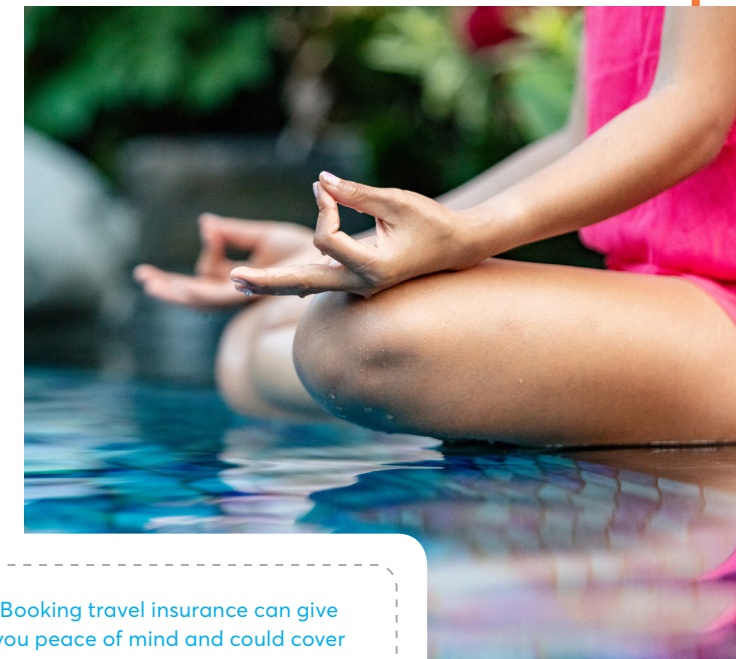
> Imagine Tai Chi by a lotus-filled lake, Reiki sessions to harness universal energy and mindfulness meditation to help you stay centred in a secluded resort where lush jungle dips to an azure sea. This healing holiday at Amanoi Resort, Vietnam, is ideal for a mind/body reset. Soul Sanctuaries also welcomes families with kids – the little ones can join in for fun resort activities while you indulge in calming 'me time'.

soul-sanctuaries.com/retreats/amanoi-stress-relief-vietnam

DESTRESS AND RELAX RETREAT @ REVIVO WELLNESS RESORT, BALI

> Tapping into the transformative energy of the 'island of the gods', Revivo, Bali, takes the concept of wellness to a whole new level with luxury personalised retreats tailored to your specific goals and needs. Discover inner calm during private meditation sessions, release stress through qi gong and revive your soul with soothing Ayurvedic spa therapies. Individual schedules are so carefully created that you barely see other guests and are left to continue your journey to peace in solitude, supported by a nurturing team of international wellness coaches and attentive Balinese staff.

revivoresorts.com/destress-relax-retreat



Booking travel insurance can give you peace of mind and could cover you for any unexpected surprises. Book at jetstar.com/travelinsurance

DISCOVER YOGA RETREAT @ SIX SENSES FIJI

> When it comes to finding inner peace, it's hard to beat the allure of the South Pacific Islands where time seems to stand still – or maybe it just ceases to be of importance. Arriving at Six Senses Fiji is enough to send waves of peace washing over you – think crystal-clear water, white sand beaches and a magical night sky glittering with starlight. With such idyllic conditions it's easy to reconnect with nature and your own innate sense of wonder, while hatha yoga, herbal massages and healing energy treatments will help steer you into a state of absolute serenity.

sixsenses.com/en/resorts/fiji/destination

LOVE THE ONE YOU'RE WITH @ GAIA RETREAT

> Peace and pleasure go hand in hand with an indulgent two-night couples retreat high in the lush hinterland of Byron Shire, Australia's healing heartland. Gaia (co-owned by Olivia Newton-John) means 'spirit of Mother Earth' and sets the scene for a rejuvenating getaway. Unwind with a yoga session, relax with a Dream for Lovers spa treatment, then soak up the silence and the sweeping views with a bottle of organic bubbles.

gaiaretreat.com.au

