Retreats: A Real Treat!

Have you ever wanted to just get away from it all? More and more people are doing just that at a wide variety of retreats around the world.

For centuries, people have gone on retreats for religious reasons, to focus on spiritual matters and their own personal development. Some visitors aspire to attain a deep knowledge of themselves and the universe, often called enlightenment. Others go on meditation retreats at difficult junctures in their life, needing time to reflect on what to do about an important decision or moral dilemma.

Beyond religion, there are many other kinds of retreats that draw people to them. Some retreats are dedicated to the prevention or cure of health problems. Participants may concentrate on their diet, exercise, or relaxation techniques. Cooking demonstrations, yoga, physical therapy, fitness classes, tai chi, sports, spa and medical treatments, and massage are common activities at retreats like these. Some retreats also offer counselors to help dispirited participants vent frustrations, dissect personal problems, and make a conscious plan for their lives.

Hundreds of retreats focus on fun, adventure, or personal interests. Nature retreats range from a few days in rustic, secluded cabins to intense programs of outdoor pursuits like hiking, horseback riding, and rock climbing. Eventful retreats dedicated to the arts have programs in weaving, writing, photography, and dozens of other arts and crafts. Whatever your interest, you’re sure to find a retreat that’s convenient and perfectly suited to you.