



Recommended Retreats

American Yogini Juice Fasting Retreat

americanyogini.com

(Jamesport, NY)

Body Mind Restoration Retreats

bodymindretreats.com

(Upsate NY)

Canyon Ranch

canyonranch.com

Locations in AZ, MA, and Miami

Gentle Earth Health Retreats

gentleearthretreats.com

(Ithaca, NY)

Kripalu Yoga

kripalu.org

The Berkshires

Menla Mountain Retreat & Conference Center

menla.org

(Catskills) Phoenicia, NY