

HOW
EVE CREATES ADAM

BECOME A CONNOISSEUR
OF HOT SPRINGS

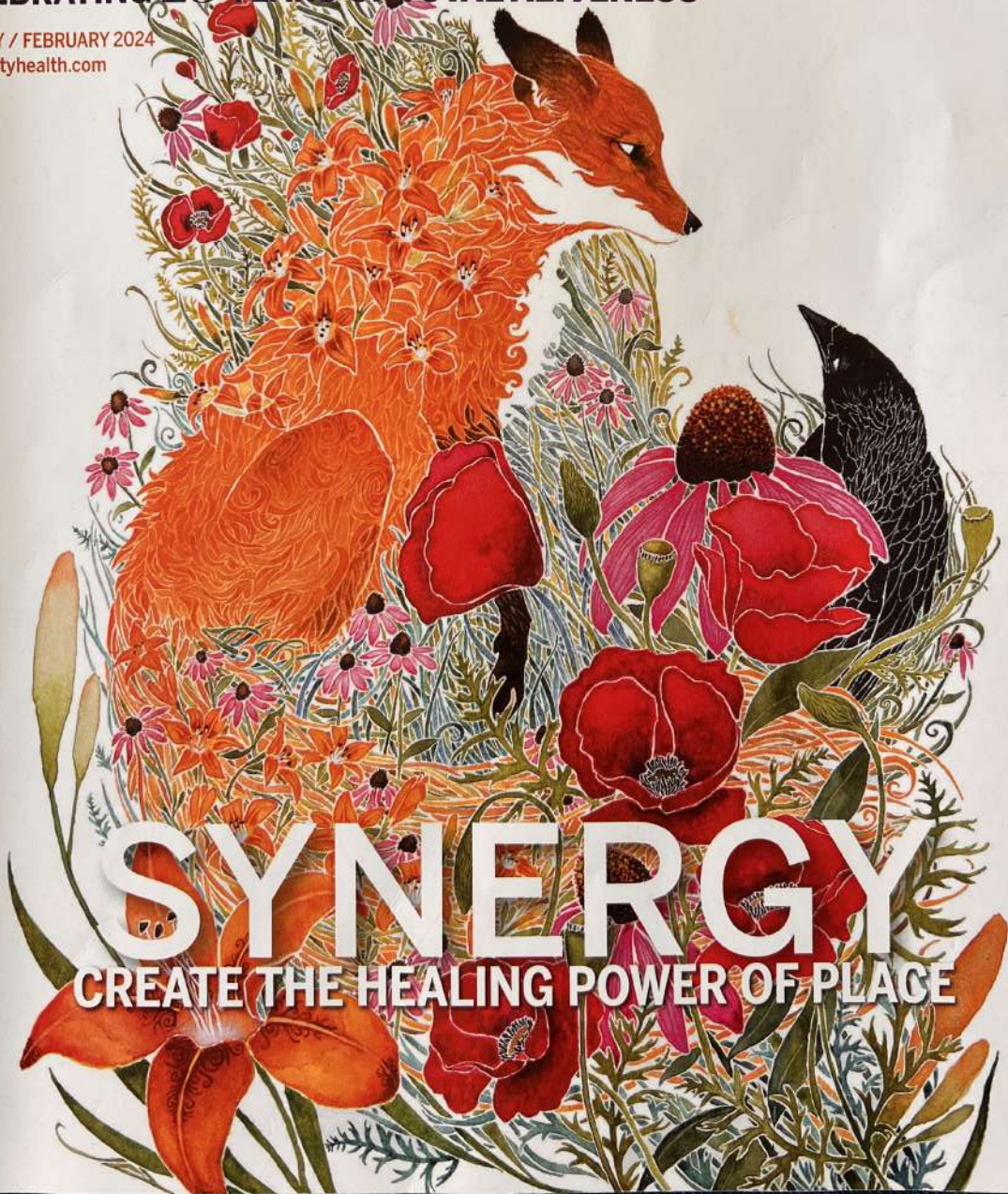
5 STEPS TO
SPIRITUAL BRAVERY

SPIRITUALITY + HEALTH

DON
MIGUEL'S
ART OF
BEING
ENERGY

CELEBRATING 25 YEARS OF TOTAL ALIVENESS

JANUARY / FEBRUARY 2024
spiritualityhealth.com



SYNERGY

CREATE THE HEALING POWER OF PLACE

SYNERGY GUIDES To Creating Retreat Centers

A LESSON FROM CONSCIOUS LAB

Jenna Herbut spent decades producing successful community events in western Canada before deciding to create her own retreat space—a special space for group learning, human connections, and movement. The result is **Conscious Lab**, located in a stunning historic building in the heart of Vancouver. “Exposed brick, arched windows, hardwood floors, original radiators, and high ceilings provide a feeling of spaciousness and style for a variety of classes and has also proved perfect for hosting intimate weddings, wellness gatherings, photo and film shoots, celebrations, and corporate retreats.” One big success has been ice bathing in metal troughs on the roof, and now she’s thinking of adding saunas and partnering to expand Conscious Lab to other cities—like yours. consciouslab.ca

BUILDING A HOUSE OF TRANSFORMATION

Yancy Wright spent a dozen years in Seattle working on corporate green building projects before he decided it was time for more intense and intentional greenery in his life—and a personal sustainability challenge. So he found the perfect grand old house near the beach in the Puerto Rican rainforest. Inexpensive because it had been abandoned for seven years and lacked amenities like windows and wiring



777 GUEST RANCH | SOUTHERN OREGON

COURTESY 777 GUEST RANCH

and plumbing, it had the bones of an eco-chic paradise. As he reimaged the old house into a nine-room retreat space, he reimaged himself, training as a Hendricks Institute Leadership & Transformation Coach and HeartMath Institute Coach. He also gathered his team. Nowadays, **Casa Alternavida** is recognized as a retreat destination for corporate teams and executive retreats. In between full-house bookings, they provide custom retreats for individuals and couples, working with nature as a metaphor during daily adventures in the rainforest and at the beach. It’s a perfect place to plan your own transformation. casaalternavida.com

A DREAM HOUSE THAT BECAME A GLAMPING RETREAT

Heather Kelly and Eric Adams were both successful in the Seattle tech world—and ready to leave. They got together, bought an Airstream trailer, and started

to explore. Ultimately, their camping trips took them to southern Oregon, where they found their dream home on 43 hillside acres nestled between a new winery and thousands of acres of federal forest. But now deep in the woods, they want to build a community with interesting guests who might stay a day or two. At first, they bought some safari tents and listed glamping excursions on Airbnb. And it proved a hit. People wanted to come stay in nice tents with fine beds in the privacy of the quiet woods—and providing the experience also proved to be the sort of work Eric and Heather wanted to do. Their market test led to them getting county permits, building roads, setting up more tents, gathering spaces, and inviting special guests and speakers. The **777 Guest Ranch** is good, quiet fun, and the couple are enjoying their adventure—and perhaps creating a model for your dream retreat home. t7gr.com

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777 GUEST RANCH | SOUTHERN OREGON

COURTESY 777 GUEST RANCH

THE MONASTIC LIFE IN UMBRIA

Marcello Murzilli left the fashion world to sail around the world for a couple of years before creating Hotelito Desconocido, the first luxury resort pioneering tranquility in Puerto Vallarta. Now he’s created a new singles hotel in Umbria, Italy (but not for that kind of single). **Eremito Hotelito Del Alma** is built in a monastery overlooking a UNESCO biosphere preserve, perfect for travelers who come to be silent—even at meals. Guests should expect to stay in monastic cells that have very fine beds but no refrigerator, television, phone, or even air conditioning. At night, candles light your room. (Relax; there are no chamber pots, and there is a washroom and shower.) All food items are vegetarian, following Mediterranean monastic traditions. Eremito has been listed as one of the top eco-hotels in the world and maybe the world’s best place for a digital detox—and to reimagine luxury living. eremito.com

A NEW COUPLE CREATES A COUPLE’S PARADISE

Diana Stobo is a celebrity chef, best-selling author, and health and wellness



PALMAIA HOUSE OF AIA | MEXICO

COURTESY PALMAIA HOUSE OF AIA

A FULL-SCALE RESORT RETREAT

A most appropriate host for Synergy, **Palmaia The House of AIA** is surrounded by more than half a mile of beautiful beach on the Riviera Maya. You don’t drive in; you’re brought by motor cart through an adjacent Cancun-style resort and enter the sanctuary through a tunnel of greenery. Inside, there is water everywhere: cenotes, pools, the ocean. A ground floor suite has a grand soaking tub in the main space, and a couple steps beyond the sliding glass doors puts you into a swimming pool. The suite has a separate bunkroom for kids or grandkids, who would obviously have



THE RETREAT COSTA RICA | COSTA RICA

COURTESY THE RETREAT COSTA RICA

life coach who went to Costa Rica with a dream to create a transformational wellness center. She bought a jungle property overlooking the Nicoya Peninsula, one of the world’s five “Blue Zones,” and went to work renovating a villa as a luxury yoga and Ayurveda retreat. Then magic happened: She jokes that Jane met Tarzan, but Enrique Herrera says it was the other way around. He grew up on a large ranch in the rainforest and knows the flora and fauna like his own body. They got together while Enrique worked as a builder at the villa, and the

two began creating gorgeous jungle visions that feel like you’re flying around like one of the Na’vi in *Avatar*. **The Retreat Costa Rica** features 18 unique, elegant rooms, as well as the spectacular Vida Mia Healing Center and Spa, two farm-to-table organic restaurants, an organic coffee plantation, two saltwater pools, a yoga studio, meditation deck, organic gardens, river swings, jungle and river paths, and a sweeping view of the Gulf of Nicoya. theretreatcostarica.com