

Wellness Living & Travel

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MAGAZINE

WELLNESS TRAVEL GUIDE

220 GLOBAL RESORTS
& DESTINATIONS

SPIRITUAL
ROAD TRIPS

Unique Wellness
RETREATS

LOS CABOS
IS HOT!



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Kamalaya



Tilden Hotel

Meditate in Peace

In addition to offering neutral, clutter-free spaces in which to practice mindfulness, some hotels are doing more to help you plug directly into nirvana. Set in the heart of New York City's Theater District, The Chatwal (thechatwalny.com) has exclusively collaborated with yoga and spiritual guru, Eddie Stern (who's worked with Madonna and Gwyneth Paltrow) to offer a selection of Stern's yoga lessons to hotel guests on a complimentary basis; the nine 12-minute sessions—each set to music by Moby—can be accessed via in-room iPads. (Private sessions with Stern or one of his instructors can also be arranged.)

Meanwhile, over in San Francisco, the Tilden Hotel has partnered with the locally based meditation app Simple Habit to offer guests complimentary access to the service's entire library of guided meditations and audio therapy sessions. Choose from over 2,000 short recordings designed to help with issues like insomnia, anxiety or lack of focus, each led by a meditation teacher, therapist or executive coach. tildenhotel.com