Article published on December 2nd 2011 | Travel Tips

A retreat can be a place of privacy, tranquility and more. â€˜Re'â€¦ Revitalise, renew, relax, recover, relate. â€˜Treat' defines luxury, to be cared for, extravagance, indulgence, delicacy, pleasure and delightâ€¦Retreat!

When visiting a retreat you feel good. It's time away to treat yourself, relax, energise, learn new skills, focus on your wellbeing, rekindle the bond with your partner or spend time with friends.

Retreat types are growing, there's a vast selection to choose from â€“ so how do you decide on your retreat stay?

I've included some ideas for youâ€¦

Are you looking for time away by yourself to rejuvenate? A detox retreat will cleanse your body. Trained practitioners will ensure your nutrition levels are at their optimum plus guide you every step of the way to better health. Your skin will improve, you may lose weight or break a caffeine, junk food or smoking addiction. Many detox retreats supply vegan, organic and vegetarian food only, which is a great way to cleanse and renew. Some include the option of fasting to completely eliminate toxins from your body. Take your treatment further with a colonic, spa and massage. You'll arrive home feeling transformed and rejuvenated.

Yoga and meditation retreats are another great way to revitalise. You'll make the most of your day often waking at sunrise then fall into a deep slumber after your days scheduled activities and classes. Better ways of living and improving health are openly discussed with individual attention given to support your stay. Yoga and meditation retreats are held in places of silent sanctuary. You'll benefit from the beauty of nature, fresh air and feel the serenity. You'll become more flexible and achieve a state of relaxed bliss whilst nourishing your body plus meet kindred spirits.

When visiting a Buddhist retreat you can expect to share with others whilst learning about yourself. Enquire about paying extra if your own room is vital. Like yoga retreats you will be expected to rise early, the difference is you'll be sharing chores and eating with others in a communal area. You'll benefit from leaving your comfort zone and redirect your energy from the material world we live in. Buddhist retreats will teach you about appreciation, helping others and living in the moment.

How was your retreat experience? Was it interesting? What did you learn? Do you have a favourite country you like to experience retreats?

Article Source:
http://www.articleside.com/travel-tips-articles/what-is-a-retreat.htm - Article Side

Tameera Kemp - About Author:
Tameera Kemp is the founder of Light Stays Retreats and Living - the worlds most advanced holistic directory for retreats, events and classes.

Tameera enjoys visiting retreats and taking regular classes to balance energy, increase awareness

and gain new perspective. Sheâ€™s practised astrology and numerology for around 20 years assisting people with life cycles, direction, clarity and understanding.

She formerly managed adult education for eight years at a top Australian university, creating one of their most successful course programs in journalism, media and communications.

Tameera has a special interest in websites and their power to connect people worldwide, blogging, social media and developing online resources to enrich personal development, wellbeing, creativity, travel and growth.

Tameera established Light Stays Retreats and Living in 2011 creating her dream global resource to inspire and guide your journey.

www.lightstaysretreats.com

Article Keywords:
what is a retreat relaxation, retreat directory, detox retreat, buddhist retreat yoga and meditation retreats a great way to revitalise how to choose your retreat many detox retreats, organic and vegetarian food, feel better

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!