

CALIFORNIA
STYLE &
CULTURE

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RISE
&
SHINE



STOPPABLE
AHIDI



WITH TATJANA PATITZ / KELLY WEARSTLER / YVON CHOUINARD / KIRSTEN GREEN

GIVE IT A REST

Everyone's getting into the wellness retreat game. Here, the ones that have us packing our bags. Extend the effects of Taryn Toomey's The Class (which incorporates calisthenics, plyometrics and meditation) at the next **The Retreatment** (taryntoomey.com) - future destinations include Mustique, Mexico and Martha's Vineyard. The Coachella of wellness retreats, **Wanderlust** (wanderlust.com), returns to Squaw Valley in July for four days of meditation, yoga, lectures, hiking and sustainable cuisine. Nobu Ryokan Malibu's three-day **Ultimate Detox Retreat** (malibufit@icloud.com) in partnership with Malibu Fit Concierge is capped at six guests per session and offers sound baths, massage, culinary delights, paddling and yoga. Unwind in Big Sky, Mont., this September at **Renew at Lone Mountain Ranch** (lonemountainranch.com), an adventure curated by sportswear company Live the Process that includes meditation, asana and breath work. Los Angeles-based yoga guru Tom Morley regularly takes to the road with his popular **Global Tribe Retreats** (globaltriberetreats.com) and leads weeklong escapes in exotic locations - next up is Ibiza, Spain. KA

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