



BLOG

Suppliers ready with wellness programs for resolute clients

By: Felicity Long
January 9, 2013

The new year is here, and we all know what that means: resolutions have been made. Topping the list for most of us is the perennial resolve to boost the healthy quotient in our lifestyles. The problem for luxury leisure travelers is that great trips can also mean great food, wine and other temptations that can derail their best intentions.

On the plus side, some tour operators specializing in active vacations are increasingly factoring in yoga and other fitness and stress-relieving activities into their adventure itineraries.

"I hear all the time from our guests that today's over-stressed ... working adult longs for that periodic escape that will deliver both physical and spiritual recharging," said Dan Austin, founding director of [Austin-Lehman Adventure](#). "It makes sense that they seek out this sort of experience on vacation."

To help clients offset the diet-busting overindulgences that can go along with luxury travel, Austin said clients need more than just a spa or fitness center to help them get, or stay, on track. They need inspiration.

This year, for example, Austin-Lehman is inaugurating a new series of weeklong wellness adventure retreats in southwestern Utah and in Chiapas, Mexico, that include "the opportunity to learn from wellness experts how to improve one's health through exercise, yoga, stress-reducing meditation and a balanced diet," he said.

A recent convert to yoga and meditation himself, Austin and his wife, Carol, will host the first scheduled retreat based at the Red Mountain Resort near St. George, Utah, Feb. 10 to 15. The retreat was designed specifically for couples, with women's and family retreats on tap for later in the year.

The five-night program is priced from \$3,898 per person, double, not including air.

Elizabeth Gordon, co-founder of [Extraordinary Journeys Africa](#), said that client demand and the increasingly mainstream popularity of yoga made it a natural new addition to the company's Serengeti expeditions.

"We found that so many people do yoga now that we were seeing more and more people wanting to do it in such beautiful locations," Gordon said, adding that the activity offers her clients a way to relax between game drives.

This year, the company teamed up with Asilia Africa, which represents ecofriendly luxury camps in Tanzania and Kenya, to create a trio of six-night yoga retreats at the Sayari Camp in the northern Serengeti.

The packages include the expected ingredients in an African safari, such as game drives and guided bush walks, but also includes twice-daily yoga sessions. Departures are set for March, June and December and are priced from \$3,900 per person, double, not including international air.

RELATED ARTICLES

[Beverly Hills Hotel tops Virtuoso's Best of the Best](#)

[Wanting for nothing, except maybe Poirot, on Venice Simplon-Orient-Express](#)

[Hotel packages feature a little do-it-yourself pampering](#)

[Tucker's Point dining plan truly a grand feast; for four, make that two grand](#)

[In current economy, Small Luxury Hotels' growth is no small feat](#)

