



TRIP IDEAS

17 Life-Changing Spiritual Retreats Around the World



Courtesy of Song Saa

No matter your religious leanings, there's something undeniably therapeutic about breaking away from normal life and looking inward. Here are some of the world's most rewarding places to do just that.

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Lots of people escape the doldrums of everyday life by going on an [island vacation](#), but soaking up vitamin D and sipping on a fruity cocktail on the beach isn't the only way to de-stress. Here are some of the most noteworthy spiritual [retreats](#) across the globe.

Monastere des Augustines in Quebec, Canada



Courtesy of Monastere

This 17th-century monastery-turned-wellness-center in Quebec's old walled city once housed 225 nuns. Now people come here to relax, unplug, take yoga and movement classes, and eat wholesome organic meals. The rooms feature original doors and antique furniture from the monastery. Guests can do a self-guided retreat, take a yoga or sleep rejuvenation program, or come as pilgrims to request spiritual guidance from the last nine nuns in residence.