



Say 'Ahhh' with the Sonnenalp Hotel's Exclusive Wellness Packages

By: Kendall Kostelic



The Sonnenalp invites you for a truly relaxing visit. *Courtesy Sonnenalp Hotel*

Wellness trips need no introduction. After taking 691 million of these vacations in 2015, and options only increasing in 2016, it's hard to find someone who isn't ready to revive their health with a luxury itinerary. Vail's infamous Sonnenalp Hotel has noticed the trend. Their response: partnering with Wild Wellness Travel to create four wellness retreats for 2017 exclusive to the hideaway destination.

Pack your bags starting in June for these packages.

Creative Writing Retreat

When: June 1-4

What: Sophie Jaffe and Kathryn Stull will help you reconnect to your creative side with yoga classes, hands-on healing workshops, daily writing exercises, relaxing spa treatments and "cleansing food." Explore the surrounding area (and yourself) with hikes and lessons on the medicinal plants of the Mountain West too.

IGNTD Nourish Your Soul

When: Aug. 10-13

What: This itinerary celebrates your mind and body with spa treatments, superfood workshops, meditations and yoga sessions.

IGNTD Women

When: Sept. 28-Oct. 1

What: Led by Jaffe and Caley Alyssa, this women's retreat is designed to remove obstacles standing in the way of your full potential. Group meditations, yoga practices and a Philosophie Mama Superfood workshop are all on the schedule.

IGNTD Couples Retreat

When: Nov. 16-19

What: This weekend is all about relationship. Jaffe and her husband, Adi Jaffe, Ph.D., will help you reconnect with your significant someone using nutrition, exercise, neuroscience and self-actualization. And you'll utilize all that while on hikes, doing yoga, learning introductory biofeedback, meditating and stargazing.

sonnenalp hotel, vail, wellness retreat

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