

# Wellness travel from the comfort of home



Waldhotel Health & Medical Excellence, Lake Lucerne, Switzerland.

Online tools mean you can take yoga, culinary workshops and other health programs offered by spas and resorts around the world.

BY ANNE DIMON

As a grandmother of two, one of the most difficult things for me during this time of COVID-19 has been having to physically distance myself from my daughter and the grandkiddies. Even though it's only a 20-minute run from my door to theirs here in Denver, Colorado, we have all been "sheltering in place."

As both my husband and I are over 60, we have been taking "physical distancing" seriously, but I—like many of you—am still working to be social via the many online tools we are so fortunate to have, quite literally, at our finger tips.

I've been using Skype for a twice-weekly arts class with my six-year-old granddaughter and four-year-old grandson. They get a kick from drawing and painting with Teacher Anne (a.k.a. Grammy.) Together we've been drawing robots, unicorns, butterflies, and ladybugs.

Being social is so much a part of our nature that without it we can begin to feel anxious and stressed. There are many online tools for helping us remain sane as we are forced by the global crisis to socialize digitally (or at the very least six feet apart) with family, friends,

and neighbours—and, for those of us still involved in the work force, business associates.

Some of these online tools can help us to reduce anxiety and isolation and to stay healthy. Doing our small part, we at the Wellness Tourism Association are offering a new program—something you can take advantage of without travelling.

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You can now find offerings that are easily accessible through online platforms: yoga sessions, guided meditations, remote one-on-one consultations with health professionals, culinary workshops, and lots more. To make these online offerings easily accessible, we've collected many of them in one place. We call it Healthy@Home. Both complimentary and fee-based, they include:

The Ayurveda-focused Art of Living Retreat Center in North Carolina has taken

their Happiness Program online with both on-demand video and live options. The program is designed to help people rediscover joy, cope with the stresses of everyday life, and become calmer and more confident.

Sharing the wisdom of their experts on immunity, nutrition, stress management, fitness and spirituality, the wellness resort brand Canyon Ranch offers online videos via their Instagram feed. Jeff Rossman, PhD., Director of Life Management at Canyon Ranch Lenox, shares his advice on how to minimize anxiety associated with the constant barrage of COVID-19 updates.

Eupepsia's Home Wellness program helps people strengthen their immunity naturally and learn how to transform this time into an experience of personal growth. Live one-on-one sessions include Personalized Emotional Balance Consultations, High Performance Coaching for Energy Gain and Physical and Mental Strength, as well as Natural Immunity Boosting Kits.

Kamalaya Wellness Sanctuary and Holistic Spa Retreat in Thailand offers Pranayamic Breathing and Mindfulness Based



Meditation, taught by their Life Enhancement Mentors live on their Instagram and Facebook feeds.

Pritikin Health & Longevity Center in Miami provides three remote packages: Nutrition on Track with six one-on-one nutritional consultation sessions; Fitness on Track with options for three, six or 12 online fitness coaching sessions; and At Home with remote consultations on a healthy mind/body program.

Skyterra Wellness Retreat in North Carolina offers live classes, webinars and workouts, all for free and live on the Skyterra Facebook page.

Beyond the online options available via Healthy@Home, Waldhotel Health & Medical Excellence in

Lucern, Switzerland offers mobility and activity-focused programs targeted to seniors.

And, from our solo members:

Sara Quiriconi of Live Free Warrior is offering an online Nine-Day Yoga Detox series of short sessions suitable for all levels of yoga enthusiasts. Each day is themed with an appropriate message. Practice yoga to start the day with the positive message and mindset offered with each video.

Wellness Coach Betsy Leahy offers a six-week virtual Mindfulness Program, including guided weekly calls over Zoom and personalized email support between sessions.

Sabriya Dobbins of Project Passport offers live interactive workshops on topics including Creating

a Mind of Gold with Productivity, Walking Hand in Hand with Stress/Anxiety, Bringing Purpose from the Chaos.

Founder of Ontario-based Souljourn Adventure, Andrea Dragosits provides a complimentary mini Wellness Lifestyle Consultation and shares Self-Care Tips for a Wellness Lifestyle.

Finally, my own online-magazine *Travel to Wellness* offers easy-to-make recipes from healthy-minded chefs and culinary teams from Canada to Mexico and St. Lucia.

The Wellness Tourism Association will add new offerings as more members and partners take their services and expertise online. The time to travel will come again, and when that happens the WTA and all our members will be here to help.

But in the meantime, check out Healthy@Home: [www.wellnesstourism-association.org/healthy-at-home](http://www.wellnesstourism-association.org/healthy-at-home) 🌐



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