

challenge

Immersive boot camps that put both mind and body to the test

Island Workout

An antioxidant-rich açai smoothie, the welcome drink at the Island Lodge on Brazil's Ilha Grande, 100 miles south of Rio de Janeiro, sets the tone for the health-themed weeks held by

BODY & SOUL AD-

VENTURES (no relation

to our magazine). Vinyasa-style yoga classes on an oceanfront deck prepare you and 13 other adventurous souls for demanding rain-forest hikes and sea kayaking (great for the upper body and abs). Fortunately, it's not all work: You'll be treated to daily shiatsu massages, capoeira performances (a form of Brazilian martial arts), and Brazilian-inflected vegetarian meals. A similar Irish adventure is on tap for this year.

877-627-8431, bodysouladventures.com.

From \$2,500 per person, per week, all-inclusive.

Sand, Sweat, and Sun

Sanskrit for "peace and water," **AMANSALA** is an eco-chic Mexican beachfront resort

founded by two friends—a world traveler and a former Manhattan publicist. Its six-night "Bikini Boot

Camp" mixes high-powered vinyasa flow yoga, power-abs exercises, and salsa lessons. In addition to quiet pursuits like journaling (which they encourage everyone to do for 15 minutes each morning, right before the 8 a.m. silent beach walk), the retreat makes use of local resources—a *temazcal* (sweat lodge) or jungle *cenote* (freshwater swimming



Body & Soul Adventures

hole)—to further enhance the outdoor holistic experience. New this year: "Warrior Week," a more adventure-packed retreat designed specifically with men in mind (though women are always welcome). And thankfully, bikinis are not required.

011-529-84-804-0865, amansala.com. From \$1,842 per person, per week, all-inclusive.

Move It in Marrakech

British outfitter **IN:SPA** takes an exotic approach to its seven-day retreats. In far-flung locales like Morocco, the Intense program (as opposed to its more pampering spa version) balances rigorous exercise with regular massages, sunbathing, and sightseeing.

An energizing breakfast of fresh fruit, homemade muesli, and just-squeezed juices follows rooftop yoga classes; then the group heads off to either a demanding hike in the Atlas Mountains or an 18-mile bike ride through the lush countryside. After a detoxifying lunch (all dishes omit sugar, salt, carbs, and wine), you can opt for a one-on-one personal training session, an intimate yoga class, or a culturally enriching tour of Medina, Marrakech's old walled town.

011-44-845-458-0723, inspa.co.uk. From \$3,909 per person, per week, all-inclusive.

Canadian Workout

Don't expect to sleep late during the seven-day retreat at the **COASTAL TREK HEALTH & FITNESS RESORT**, a health spa on British Columbia's pristine Vancouver Island. From the time the wake-up call sounds at 6 a.m.,

guests are on the go, weight training, kayaking, and mountain biking. But it's the six hours of hiking daily that's the main attraction (the lodge is located within a 10-mile radius of primal wilderness). Since the retreats accommodate

no more than 24 go-getters, there's plenty of staff on hand to work with guests of all fitness and skill levels, not to mention enough elbow room to relax over a well-earned, though strictly portioned, healthy dinner at the communal table.

250-897-8735, coastaltrekresort.com. From \$2,800 per person for seven days, all-inclusive.

Pure and Simple in Hawaii

Some people go to Hawaii to veg on the alabaster beaches for hours on end, while others (Jennifer Garner among them) go to get in shape. The "Adventure Boot Camp" from **PURE KAUAI** lets you do both from the privacy of your own oceanfront villa on the breathtaking and untamed North Shore. A team of personal chefs, yoga instructors, masseuses, island healers, and adventure guides are at your service for five days of surfing, weight training, yoga, Pilates, and waterfall hiking. There's even a life coach available to work out your mind when your body needs a rest.

866-457-7873, purekauai.com. From \$3,000 per person for five days, all-inclusive.



Coastal Trek



In:Spa



Pure Kauai



Amansala