

# 30 Relaxing Meditation Retreats Around the World

Prepare to say "om" at these stunning wellness properties.



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29 of 31 | Full Screen

**Skyterra Wellness Retreat & Weight Loss Spa: Lake Toxaway, North Carolina**  
 Skyterra Wellness Retreat & Weight Loss Spa focuses on fitness, weight loss, wellness and stress relief. Located in the Blue Ridge Mountains about 50 miles southwest of Asheville, North Carolina, this all-inclusive retreat offers an assortment of outdoor activities, such as hiking, kayaking, fishing and biking. But the standout amenities here are the property's wellness lectures and classes. A typical day may include a morning hike, meditation and breathing, workouts, a lecture, healthy meals and evening journaling. Guests stay in lodges and cottages that are set within the trees and equipped with outdoor patios, full kitchens and shared living areas. (COURTESY OF SKYTERRA WELLNESS RETREAT & WEIGHT LOSS SPA)



By [Lyn Mettler](#) | Contributor Sept. 24, 2018, at 3:30 p.m.






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