

Retreats and Spiritual Travel - July 2015

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"The spiritual journey is individual, highly personal. It can't be organized or regulated. It isn't true that everyone should follow one path. Listen to your own truth."

– Ram Dass, author and spiritual teacher

This report looks at the following areas:

Interest in retreats and spiritual tourism has soared in recent years as millions of people seek a more meaningful kind of travel experience, one that provides stillness of mind and greater self-awareness. The quest for spirituality has been described as the 'greatest megatrend in the twenty-first century' (Patricia Aburdene (2007), Megatrends 2010: The Rise of Conscious Capitalism, Hampton Roads Publishing Company). Despite a decline in religion, the yearning for spirituality and meaning in life has not diminished.

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Table of Contents

Introduction

Data Sources

Overview

A small but important cog in large wheel of global tourism

Figure 1: The US\$3.2-trillion global tourism industry, 2015

Figure 2: Components of wellness tourism, 2015

Retreats

Figure 3: Retreats & spiritual tourism typology, 2015

Holistic retreats

Figure 4: Typical programme in a holistic retreat centre, 2015

Yoga retreats

Anusara

Ashtanga

Bikram

Hatha

Hot yoga

Iyengar

Kundalini yoga

Power yoga

Restorative yoga

Vinyasa

The evolution of yoga

Figure 5: Influences on the growth of yoga tourism in 2015

Figure 6: Alternative tourism activities complimenting yoga holidays in 2015

Pilates retreats

Meditation retreats

Silent retreats

Figure 7: Typical Vipassana (insight) meditation silent retreat timetable, 2015

Detox retreats

Fitness retreats

Monastic retreats

Summary of monastic hospitality

Setting

Accommodation

Discourse

Politics of identity

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Sequences

Daily routine

Space

Product

Ayurveda retreats

Figure 8: The 5 Ayurvedic elements, doshas & 20 gunas (mind & body qualities), 2014

Ayurveda retreats in India, Sri Lanka and Nepal

Western Ayurveda retreats

New Age/Mind Body Spirit retreats

Spiritual Travel

Figure 9: Possible outcomes of spiritual travel in 2015

Spiritual travel typologies

Indian ashrams

Ashram study

Pilgrimages

The Ganges source, India

Kumano Kodo, Japan

The Inca Trail, Machu Picchu, Peru

Attributes and benefits of pilgrimage

Festivals

Kumbh Mela

Mind Body Spirit and yoga

Case Studies

Holistic retreats

Skyros (Greece)

Cortijo Romero (Spain)

Yoga retreat

Shreyas (India)

Meditation retreat

The Barn (England)

Monastic retreat

Mount Athos (Greece)

New Age retreat

The Findhorn Foundation (Scotland)

Pilgrimage

Santiago de Compostela (Spain)

Who Chooses Retreats and/or Spiritual Travel?

Industry Insights

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On the need for retreats

On pilgrimages

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Healing Hotels of the World

Health and Fitness Travel

The Healthy Holiday Company

Neal's Yard Agency

Queen of Retreats

Responsible Travel

The Good Retreat Guide

The Retreat Association

The Retreat Company

Wellbeing Escapes

Yogaholidays.net

Pilgrimages

Camino Ways

ITS Pilgrimages

30 Days to Santiago

What Next?

New affiliation

Online retreats

New Indian ashram and wellness resort

Unusual new wellness and detox retreat centre in New Zealand

International Yoga Day inaugurated

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