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## **Skyterra Wellness Retreat Staff and Instructors Guide Each Guest Along a Customized Journey to Sustainable Well-Being**

LAKE TOXAWAY, NC (May 2, 2018) – The leadership team behind Skyterra Wellness Retreat understands the transformative power of a beautiful Blue Ridge Mountain setting. In fact, its health professionals view Mother Nature as a powerful ally, offering waterfall hunting, fly fishing, paddle boarding, outdoor workouts, hiking, and other seasonal pursuits as “forest therapy” for stress management.

“Stress management is essential to overall well-being,” says Amber Shadwick, Director of Program Development. “It’s a priority at Skyterra because we understand it underlies any other programming or practices. We strive to provide our guests with the tools they need to adopt a positive perception of themselves and an understanding of the power of their own beliefs.” It sounds elemental because it is: Stress management results in an increased sense of well-being in the mind, body and spirit. It encourages sound sleep and better intuitive eating habits. Managing stress, eating whole foods, consistent movement and a healthy relationship with technology pave the way to lifelong wellness.

Skyterra Wellness Retreat begins each week with individual assessments and body composition screenings to help each guest understand their starting point and map out the path ahead. Healthy, active and fit lifestyles begin with self-care. All classes are intended to inspire and challenge each individual but also allow for success at one’s own pace.

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Classes are offered in yoga, meditation, strength training and cardio training. Seasonal aquatic disciplines include water yoga, water aerobics and aquatic chi. Signature classes focus on diverse categories of fitness such as mobility, flexibility and breathing as well as outdoor recreation, education and skills.

Skyterra's approach to nutrition emphasizes whole, unprocessed foods sourced locally and sustainably. Nourishing the body is essential for a healthy lifestyle, optimal metabolism and better quality of life.

"We try to provide our guests with knowledge about intuitive eating," says Michael Vess, Executive Chef and Culinary Director. "The goal is to help them take this learning home, so they can continue to eat real food, develop delicious and healthy menus and understand the importance of appropriate portions."

Open year-round, Skyterra is not a "fat camp." But many guests come to Skyterra Wellness for a "weight loss vacation," an experience designed to empower each guest with knowledge about eating mindfully, moving efficiently and taking good care of oneself.

"Our staff is incredibly caring as well as highly trained," said General Manager Teresa Ostler. "We understand each guest is after long-term well-being and that no two paths to achieve this are the same. We encourage everyone to return to the essential: finding inspiration in nature, looking within oneself, focusing on real whole foods and discovering joy through achievable fitness."

For more information, visit [www.skyterrawellness.com](http://www.skyterrawellness.com)

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