

On Our

Radar

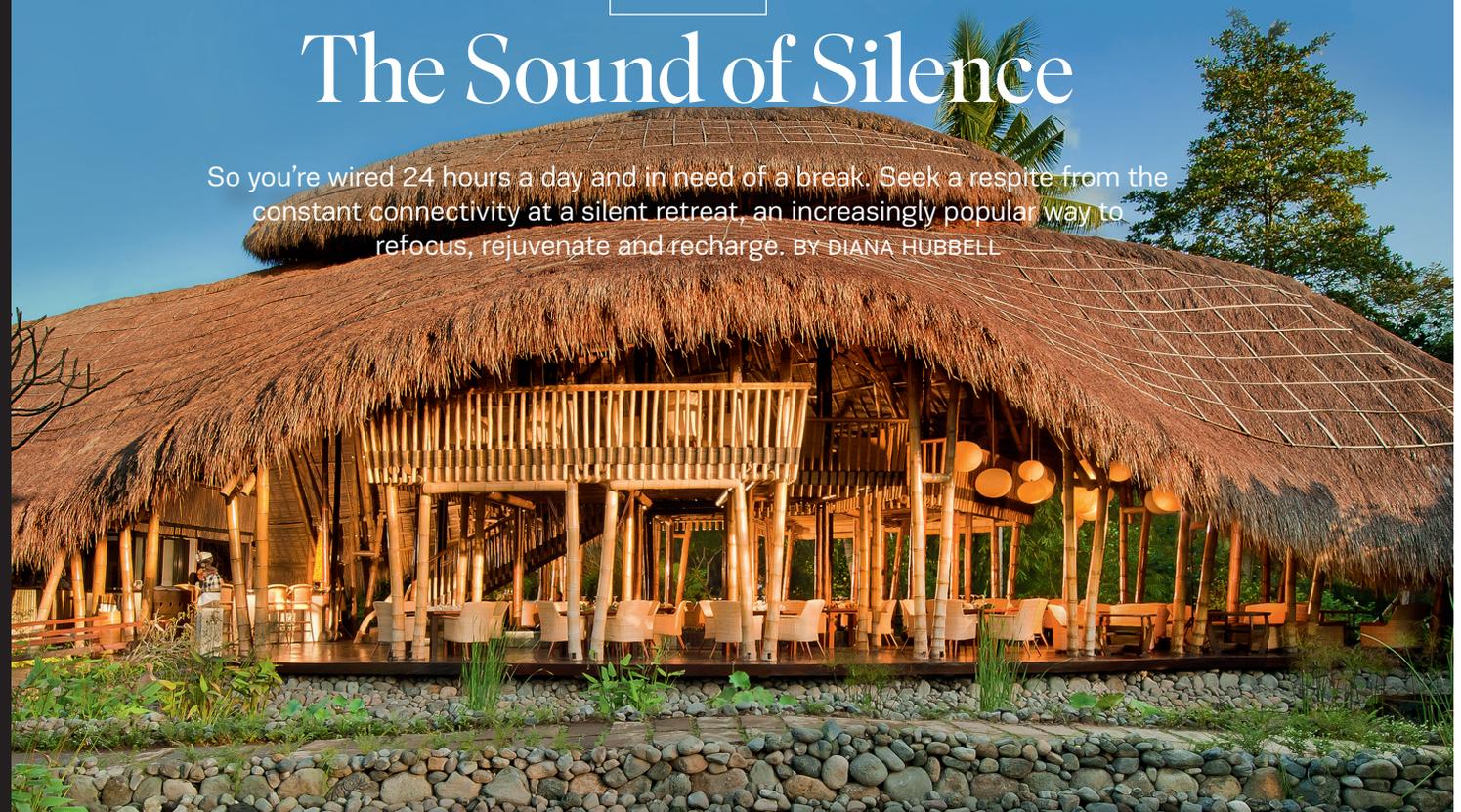
News. Finds. Opinions. Obsessions.

Solitude and serenity
at Fivelements in Bali.

T+L PICKS

The Sound of Silence

So you're wired 24 hours a day and in need of a break. Seek a respite from the constant connectivity at a silent retreat, an increasingly popular way to refocus, rejuvenate and recharge. BY DIANA HUBBELL



JAPAN

Kyoto Kokusai Zendo

A fairly traditional retreat housed in a temple, main hall and farmhouse, Kyoto Kokusai Zendo requires its guests to follow Buddhist monastery rules, although everyone is warmly welcomed. This means mostly vegetarian meals, basic accommodations and an emphasis on compassion. tekishin.org; requested donation for meals and lodging ¥3,000 per night.

THAILAND

Agama Yoga School, Koh Phangan

Idyllic island scenery sets the backdrop for the five- to 10-day silent retreats at this yoga studio. Agama combines elements of Tantric, Hatha, Kundalini and Tibetan yoga with music meditation and other techniques to help visitors find bliss. agamayoga.com; seven-day retreats from Bt3,500, not including vegan buffet meals or accommodation.

NEPAL

Kathmandu Sat Nam Rasayan

This retreat offers a meditative oasis with Western-style accommodation only 45 minutes from Kathmandu. The schedule here is packed with activities, including trips to holy sites, monasteries and a local home. Guests can relax at a spa, attend classes or just breathe. sat-nam.de/kathmandu.html; retreats from €990, including vegetarian meals and accommodation.

INDONESIA

Fivelements

Positively luxe, this holistic getaway aims both to pamper and revive its guests with spa treatments, gourmet-style raw food and a number of Balinese healing therapies. Though most stays here involve speech, Fivelements periodically hosts silent retreats well worth checking out. fivelements.org; the next silent retreat September 15 through 20, US\$3,900 per person.

COURTESY OF FIVELEMENTS