

## Red Mountain Resort & Spa

ST. GEORGE, UT

This stunning resort is surrounded by majestic red mountains, vivid blue skies and the peaceful setting of the Utah desert. Only 90 minutes from Las Vegas, the possibility of self-discovery awaits anyone seeking a quest for adventure and new experiences as activities include hiking, kayaking, and biking as well as healthy-living classes, fitness, nutritious and delicious dining, and pampering spa services to soothe your body, mind and soul after a fulfilling day.

Red Mountain Resort & Spa offers deluxe accommodations in a natural setting and since this is a destination spa, there are ample opportunities to engage in classes and programs to enhance all areas of your life. The best value is the Signature Package, which also includes three healthy meals daily, guided morning hikes, unlimited fitness classes, healthy living classes and events and more. The resort has an indoor and outdoor pool as well as a fitness center, yoga and Pilates, and their newly-redesigned Sagestone Spa offers services to soothe your soul and calm your mind.

### SELF-DISCOVERY

Perhaps seeking the assistance of their Life Coach, Cindy Clemmons, and engaging in one of the workshops may help you make the changes for a more fulfilling life. A new 3-night/4-day workshop titled Passages - What's next! is being presented by both Life Coach Cindy Clemmons and CEO Steve Wilson and will be held October 9 – 12.

If you are either finished with or nearing the end of the career phase of your life, and you want to celebrate your career successes and use them to guide your post-career activities and choices, you may very well be a candidate for this program. Likewise, if you are still in the career phase of life and want to make shifts and adjustments to better utilize your gifts and talents and connect with your passions, so you will be well positioned for the post-career phase of life, this workshop may be for you. And, most certainly, if you feel trapped in your career and leave the office at night thinking, "I am done and don't want to or can't keep doing this. How do I get off this treadmill and what is next for me?" this is the time to seek out this program. It's all about being willing to actively engage in the self-discovery process by dedicating energy and focus to uncovering your core priorities and authentic self.

## autumn journey of self-discovery

Regardless of our age, we're all students of life. And, as we enter into the autumn season, we're reminded of going back to school with the hope of new and positive experiences that lay ahead. As adults, we have many opportunities for self-discovery and new ways to challenge ourselves, nurture ourselves and reinvent ourselves. Are you ready to take action to kick off this new season of discovery and adventure? The opportunity for a more engaging and balanced life is within our reach as we focus on being mindful and living in the present. Be Adventurous. Be Inspired. Be Yourself!



#### ADVENTURE

Perhaps you're ready to discover a more adventurous side to change up your activity and become more fit and balanced in your physical and mental state of being. Guided morning hikes are available on-site as Red Mountain backs up to Snow Canyon State Park, as well as biking and optional excursions to nearby National Parks such as Zion National Park, Bryce Canyon National Park and Cedar Breaks National Monument.

As a photographer, I like to seek out locations that offer stunning scenery and the "Wave" is a secret canyon of sweeping multi-colored sandstone and breathtaking views. This excursion is a 6-mile roundtrip challenging hike that will not only give you a sense of accomplishment, but will also give you an opportunity to be part of such an amazing scenic wonder. There are hikes that can suit any level and it's best to discuss your goals and hiking experience prior to engaging in any activity. Kayaking is also available on one of many local lakes.

#### SAGESTONE SPA

Ah, spa services after an active day! Sagestone Spa offers many traditional spa services, such as Swedish Massage, however a unique experience lies within their Aromasoul Collection encompassing rare herbal blends and healing modalities. A favorite of mine is the Aromasoul-Mediterranean Ritual. An hour and 15 minutes of bliss, this service reflects Mediterranean cultures. A relaxing experience to help one "let go" as it combines extracts of basil, bergamot, mandarin, orange and lemon to help revitalize and stimulate the spirit. I like that it is recommended for stress and fatigue and releasing physical and emotional energy.

#### CUISINE & COOKING

Meals at Red Mountain Spa are as delicious as they are nutritious and there are also opportunities to learn more healthful ways of cooking in order to continue the path to wellness as a lifestyle. The Resort offers weekly Cooking Demonstrations in the Demo Kitchen so guests can

discover how to simply re-create these healthful dishes. Some of the subjects include: Healthy Grains, Soups, Salads and Appetizers and Simple Bread Making. In addition, one of the services offered is the Nutrition Assessment, which could be a valuable tool for anyone seeking information in designing a plan that best suits their needs. This also includes a bio-impedance analysis, which assesses various health factors from cell health and function, water content of cells, toxicity, and body composition.

And, if you're seeking a cooking-school experience, consider the Eat Well, Feel Well Culinary School. This is a 5-night program, meals included, that offers lessons on eating well and wellness, as well as eight hours of private cooking school instruction.

Engage in new activities, wherever that may be, and may your journey bring you an abundance of joy, good health and happiness!



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