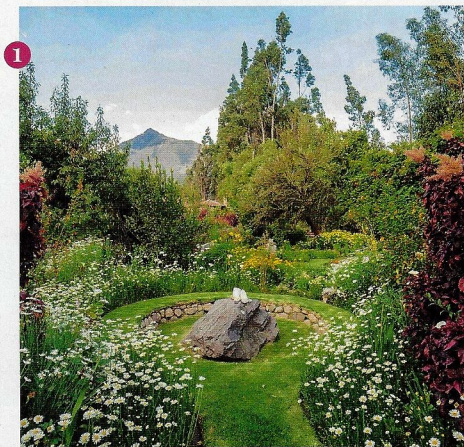


the Must List

Recharge your body and mind



1

1 DESTINATION: PARADISE Willka T'ika

Meditate in vibrant chakra gardens (shapes and plants coincide with the seven energy centers), soak in outdoor herbal baths, and participate in sacred rituals with local healers at this wellness retreat (\$3,100–\$3,800 for an eight-day package, including day trips to ancient Machu Picchu and the city of Cusco, willkatika.com).

2 ASANA ALARM Yoga Wake Up App

There's a better way to start your day. Ditch the obnoxious mobile-phone ringer and download this app. It wakes you up to tranquil music, then guides you through a 5–15 minute asana or meditation practice that can be done in (or next to) your bed (\$7 for one month; \$30 for six months, yogawakeup.com).

3 A SUSTAINABLE SEAT Project Full Support Cushion

Handmade in San Francisco in partnership with Designing a Difference—a nonprofit that employs and trains folks with employment barriers (think homeless, at-risk youth, veterans, and the disabled) these sleek cushions are made of 100 percent organic and eco-friendly materials. The cotton-and-hemp cover is machine washable, and the buckwheat-hull fill comfortably conforms to your shape as you sit (\$149 each, projectfull.com).

2

3

4

FROM LEFT: COURTESY WILLKA T'IKA; COURTESY YOGA WAKE UP; ROB SCHANTZ; COURTESY TRADITIONAL MEDICINALS