

09 Jan 2017

## **Skyterra retreat opens offering guests sustainable wellbeing**

BY Deven Pamben



Skyterra, a vacation and weight loss wellness retreat, has been launched by a group of fitness, nutrition and health experts in the Blue Ridge Mountains in Asheville, North Carolina, US.

The retreat offers hands-on cooking demonstrations, lectures, indoor and outdoor fitness activities, as well as massage services and the opportunity to explore the surrounding mountain area.

Sue Crowell, Skyterra founder, said: "With expert programming custom designed for each guest, delicious nutrition featuring locally sourced ingredients, and comfortable accommodations with mountain views, Skyterra is the adventure our busy, stressed-out bodies are begging for. Practical fitness and sustained weight loss aren't only about calorie counting and restricting. At Skyterra, we'll help you reclaim control of your life and create balanced wellbeing."

The "Skyterra Escape" three-day package starts at \$1,200 (£975; €1,135)

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