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## **Skyterra Wellness Retreat Focuses on Sustainable Total Wellness**

LAKE TOXAWAY, NC (May 15, 2018) – Skyterra Wellness Retreat, open since June 2016, is the newest health destination in Western North Carolina. Continuing the centuries-old tradition of visitors coming to the Blue Ridge Mountains for rest and rejuvenation, Skyterra offers an innovative and modern wellness travel experience.

Skyterra combines premium amenities, a scientifically-informed approach to health, and ample recreation opportunities. The program helps people of all fitness levels and backgrounds “reset” their lifestyles to better their quality of life. It boasts expert support, a welcoming community, delicious chef-prepared meals, and a varying schedule of workouts, yoga, adventure, meditation, and education.

“Life can get in the way of taking good care of yourself,” Founder Sue Crowell explains.

“Skyterra Wellness is a beautiful mountain retreat where you can focus on your own health and well-being. Our caring experts help you break old cycles, jumpstart new healthy habits, and revitalize your lifestyle every step of the way.”

Skyterra is intentionally small (typically maxing out at 20 guests) so that every guest receives private lodging and personal attention. Classes include low- and high-intensity cardio, strength training, yoga, meditation, breathwork, and stress management techniques. Activities like waterfall hiking, stand-up paddleboarding, bicycling, and fly fishing are offered seasonally. Inspired by nature and its healing power, outdoor activity is always encouraged.

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Many individuals come to Skyterra looking for help with weight loss, but that is far from the only reason. Attendees also report improvements in their emotional, physical, and mental health. In one typical guest testimonial, a Skyterra alumni described it as “one of the best experiences I’ve given myself! The location unparalleled; the accommodations superb; Skyterra Staff exceptional; and personal experience I enjoyed will unlikely ever be replicated. I cannot overstate how worthy and effective the Skyterra ‘experience’ is structured nor the extent of my ‘nourishment’ in body and soul from my two-week stay.”

The program’s experts recently launched [SkyterraAtHome.com](http://SkyterraAtHome.com), a website full of original health resources including videos, recipes, and educational documents. *Skyterra At Home* extends the retreat experience for those wishing to continue working on new habits after their stay. Available to all, it also provides a a sneak peek at the wellness retreat for anyone considering a visit.

Open year-round, the recommended minimum stay at Skyterra is one week. There is no upper limit on the length of stay. Weekly rates include lodging, healthy chef-prepared meals, and the full wellness program. For more information, visit [www.skyterrawellness.com](http://www.skyterrawellness.com).

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