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# Soul

*The immaterial essence, animating principle, or actuating cause of an individual life; the spiritual principle embodied in human beings, all rational and spiritual beings, or the universe; a person's total self; the moral and emotional nature of human beings. —Merriam-Webster's*

## RESTORE & RELAX

Home to some of the most innovative spa and wellness therapies in the States (guests can opt for a “Soul Surfing” lesson in warmer months, among other activities), Spa Montage Laguna Beach announces its brand new wellness getaways and partnership with Ashley Turner, respected yoga instructor and mind-body expert.

Quarterly retreats center around relaxation and restoration, and each session is themed in alignment with the natural cycles of the solar calendar, meant to address common mind-body issues. Workshops will give guests the tools needed to help rebalance and move forward in their lives. “The curriculum is perfectly aligned with Spa Montage’s philosophy and will be a fantastic addition to the Montage Laguna Beach experience,” explains Julie Raistrick, spa director.

“I’m thrilled to bring my practices to Montage Laguna Beach,” says Ashley Turner. “The concept behind my retreats dovetails nicely with Spa Montage, and the stunning setting helps make the experience truly memorable.” Mark your calendars for January 8 (Resolve to E-volve Workshop); February 12 (Reclaim Romance Workshop); March 12 (Change Your Mind, Change Your Body, Change Your Life); and April 16 (Clear Your Body, Mind, and Soul). [spamontage.com/lagunabeach](http://spamontage.com/lagunabeach)

—Margaret Coventry

