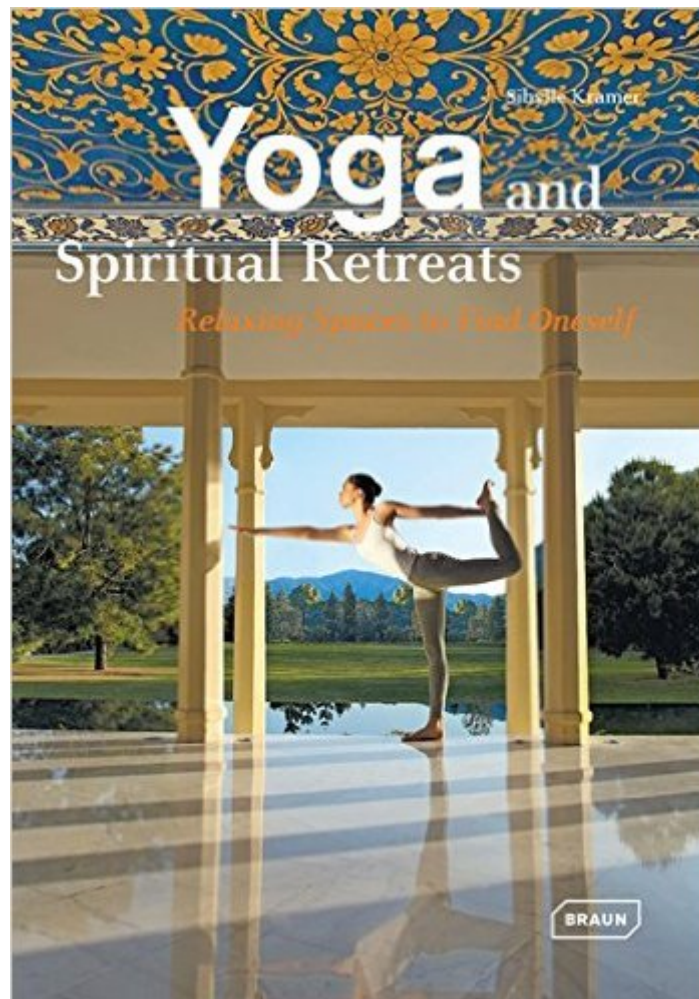


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# Yoga And Spiritual Retreats: Relaxing Spaces To Find Oneself (Dreaming Of)



## Synopsis

Modern life is marred by hectic pace, stress and negative environmental influences. Places to get away from the routine, where body and soul can find harmony again, to breathe deeply and feel good with oneself are sought out more and more. Beautifully designed retreats are turning up across the globe – usually in special locations in the midst of breathtaking, pristine nature. This volume presents buildings and spaces devoted specifically to contemplation, meditation, regeneration and the enjoyment of quietude. The designs are guided by lighting and color schemes, natural materials and views into nature, providing energy on the way to complete relaxation, self-awareness and inner illumination. Architecture creates the connection between the human being, space and nature.

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