

WELLNESS

BeWellBoston

Five Ways To Hit Refresh on Your Wellness Regimen This Spring

Got the spring-cleaning itch? Drop the broom and instead make time to reset the mind, body, and soul in ways big and small.

by **MAKENA GERA** • 4/19/2022, 9:56 a.m.

Read all about the latest gym openings, healthy events, and fitness trends in our twice weekly Wellness newsletter.

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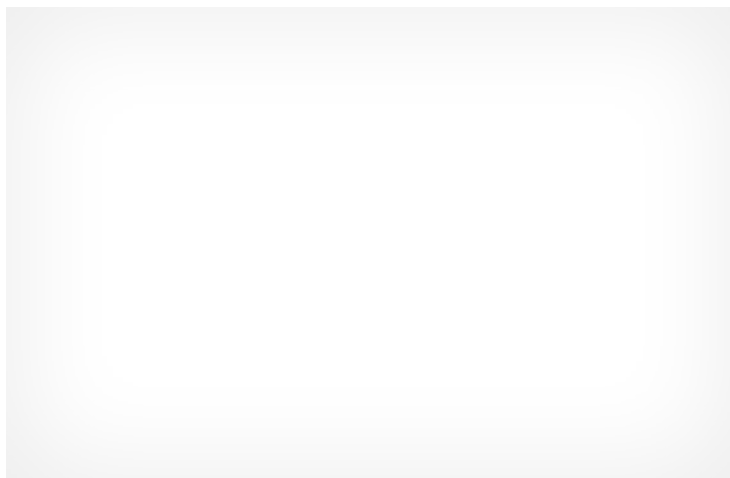
Illustration by Jeannie Phan

Find Your Zen at a New Yoga Studio/Café Hybrid

The best part of a workout? Arguably, the post-workout snack. So it's a good thing the **Life Alive + Down Under Wellness Collaborative** offers both. The brainchild of popular plant-forward restaurant Life Alive and Down Under School of Yoga, the studio-

22 JFK St., Cambridge, 857-320-2896; 505 Tremont St., Boston; lifealive.com, downunderyoga.com.

ADVERTISING



Take a “Forest Bath”

No, it’s not an actual bath—although that would be relaxing, too. *Shinrin-yoku*, or “forest bathing,” is a Japanese contemplative practice that involves fully immersing yourself in the woods, particularly in the form of a slow, meditative stroll meant to fine-tune the senses to the atmosphere around you. This month, **Tower Hill Botanic Garden** is hosting multiple events led by local certified forest therapy guide Nadine Mazzola. With stops along the way for guided mindfulness and sensory awareness practices, the one-mile walk through the grounds is practically guaranteed to take the edge off.

SPONSORED CONTENT

Find It Boston Real Estate Agents: Whether you’re buying or selling a home this spring or summer, find a real estate pro in your area who has proven they can get the job done!

11 French Dr., Boylston, 508-869-6111.

Move with Purpose

They say what goes around comes around, so you might as well get fit in a way that benefits you *and* someone in need. Each month, row-and-sculpt studio **Sweat Fixx**’s instructors donate their time to a “Karma Fixx” class, with 100 percent of the proceeds benefiting an organization or cause close to the studio’s community. This month, the Southie outpost is raising money for Hospitality Homes, a nonprofit providing out-of-town medical patients and caregivers access to host homes during treatment.

323 Dorchester Ave., South Boston; and other locations; 617-581-5577, sweatfixx.com.

Get Clean Meals Delivered Right to Your Door

Looking for the benefits of a juice cleanse without, you know, actually giving up solid food? You can, in fact, have it all. Beacon Hill juice bar **Nourish Your Soul**’s powerhouse clean-eating program—which offers up to five days of meals delivered direct to your home—is chock-full of energizing, nutrient-dense plant-based dishes, including coconut-topped chia pudding and cauliflower-chickpea rice bowls, plus the signature cold-pressed juices.

282 Cambridge St., Boston, 617-936-8747; 15 Thompson St., Winchester, 781-570-5121; nourishyoursoul.com.

Escape It All with a Weeklong Ayurvedic Retreat

Trendy as it may be, Ayurveda isn’t anything new. A millennia-old Indian natural healing practice, it focuses on achieving balance in the body through diet, massage, herbal remedies, and exercise. At **Kripalu** in the Berkshires, a five-night Ayurveda self-care immersion program led by health counselor Erin Casperson includes yoga, meditation, and mindful eating, plus sessions on the most important