



# natural awakenings®

New York City Edition



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**MUST READS** QUICK FIX

## PERILLO TOURS HOSTS EXOTIC WELLNESS JOURNEYS

Ignite an existing or new passion by combining cultural immersion with hands-on education in exotic lands with a new kind of wellness vacation. The Learning Journeys division of Perillo Tours is organizing upcoming Nomadic Yoga Health, Wellness and Community Experiences to:

### Hawaii

November 7 - 14

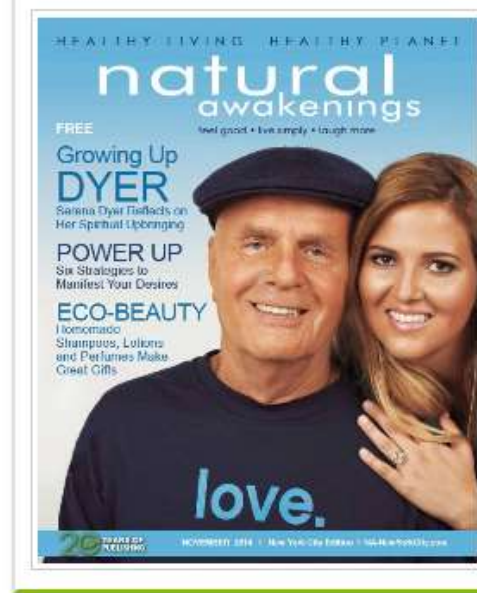
February 13 - 20



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### CURRENT ISSUE



### PAST ISSUES

## India

November 9 - 23

March 15 - 26



## Vietnam

January 21 - February 11



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December 6-7  
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# Italy

February 15 - 24



# Greece

April 18 - 26



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Celebrating 20 Years of Publishing

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Experiences may be customized for individual interests. A wide range of part-day health and wellness courses include intriguing perspectives on art, music, business, language, gardening, cooking and photography, all taught by experienced Learning Journeys' managers and teacher guides.

Tours combine several locales in one trip and incorporate yoga, meditation, culture, nature, culinary traditions and community service, plus meeting local residents, all meant to maximize sensory experiences and broaden mind, body and spirit. Travelers that need to follow special diets that require vegan, gluten-free, healthy, locally sourced food are readily accommodated.

Perillo Tours, based in Woodcliff Lake, New Jersey, is one of the most respected names in the travel industry, with nearly seven decades of service.

For more information or to register (save \$100 with promo code *BREATHE* while booking the Nov. Hawaii and India and 2015 Vietnam tours), call 888-884-8259, email [Info@LearningJourneys.com](mailto:Info@LearningJourneys.com) or visit [LearningJourneys.com/Wellness](http://LearningJourneys.com/Wellness).

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