



FROM LEFT Tai chi at Red Mountain Resort; the scenic grounds; and a tempeh dish at the on-site restaurant.

Find your bliss in St. George, Utah

By Gloria Dawson

AS I PULLED UP TO the Red Mountain Resort in southern Utah, I was greeted by a stunning, otherworldly landscape. The silty rust-colored mountains speckled with black petrified lava in next-door Snow Canyon State Park seemed to belong on Mars. It's hard to believe that the wild backdrop to this wellness retreat known for its group hikes, healthy-cooking workshops, and yoga classes is just a couple hours drive from the famously wicked Las Vegas.

After checking in, I took a leisurely walk—something that doesn't come naturally to this busy native New Yorker—on a short, circular path edged in stones before heading to my room for a whirlpool bath. Next up was an evening meditation class with Ian Phillip White, a certified Sivananda Yoga teacher and naturopath. He described the session as a choose-your-own-adventure meditation and offered four possible focal points: our breath, an image, a mantra, or a *mudra* (a symbolic gesture or hand position). I opted for a mantra of “let go” timed with my breath—in for “let,” out for “go.” I felt so calm and blissful afterward that I forgot I had started the same day in Manhattan.

After a few days of invigorating hikes and relaxing spa treatments, I rolled out my yoga mat on a flat landing of red rock for Ian's Canyon View Yoga Class. When I needed a *drishti*, or a focal point, I focused on the jagged edge of a spectacular cliff—so much more inspiring than the specks on the walls I use in yoga studios back home.

Although I'm now back to staring at those specks, and my meditative walks are along bustling 6th Ave, I've managed to bring a bit of Red Mountain Resort's calm home: I'm practicing focusing on my breath and letting go.

PLAN YOUR TRIP

St. George must-dos:

EXPLORE ZION

Located about an hour northeast of the resort, Zion National Park's 200-plus square miles are filled with lush forestland, breathtaking waterfalls, and arid sandstone cliffs that are perfect for scrambling up to take in the view (nps.gov/zion).

DINE LIGHT

The on-site Canyon Breeze Restaurant boasts lots of Southwest-inspired cuisine that leaves you satisfied but not stuffed. Order the habanero-mango shrimp or orange-glazed tempeh with red rice.

HEAL WITH HONEY

After a vigorous hike or yoga class, opt for a Melting Honey Hot Stones Treatment at the resort's Sagestone Spa & Salon, featuring a honey tonic poured over your skin and a soothing massage with warm stones.

PHOTOS COURTESY OF RED MOUNTAIN RESORT