

October 7, 2009

2009 FALL FLINGS

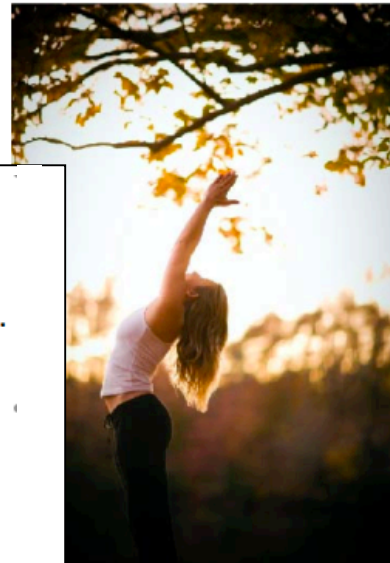
brought to you by **vital juice**

NYC, we love you but you can't contain us. We're stepping out on our fair city with these guilt-free getaways.

FOR ZEN-SEEKERS: Stretch things out with an overnight excursion.

Turn over a new leaf. Visit Vermont for **Good Commons Fall Foliage Weekend**, which includes three yoga classes and meals. The eco-friendly outing transports you via a vegetable oil-powered bus. \$475, October 22 – October 25, goodcommons.com/staceybryn.html

Spring for it. Big spenders (or big savers waiting for a special occasion), splurge on this: A weekend at **Canyon Ranch** includes gourmet meals, over 40 fitness classes to try out, access to luxe spa facilities, and more. From \$1,690 for three nights



Gettin

Turn over a new leaf. Visit Vermont for **Good Commons Fall Foliage Weekend**, which includes three yoga classes and meals. The eco-friendly outing transports you via a vegetable oil-powered bus. \$475, October 22 – October 25, goodcommons.com/staceybryn.html

Make the **Siv** authen Medita three y Rooms sivanar

Gettin Woodb

Getting there: Transportation provided

Go wit travelin

Schuyler Grant will lead you through her heart-warming vinyasa at the Kripalu Center for Yoga and Health. October 16 - October 18, \$392-\$912 (meals included), kulayoga.com and kripalu.org

Getting there: Metro-North to Wassaic, NY plus \$70 shuttle to Kripalu in Lenox, MA

