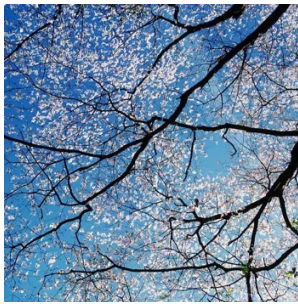


Rejuvenation - Wellness

The thought of rejuvenation and wellness is inspiring because it evokes renewal, an abundance of energy, and a sense of optimism. To find this feeling, here are a few places which offer different forms of personal tranquility and serenity. From the visual to the experiential, these places and rituals allow the true feeling of rejuvenation to bubble to the surface naturally. From the simplest idea of a few drops eucalyptus oil on a steaming washcloth in the morning, to visiting a spa-golf hospitality venue, or the most advanced observatory in the West for some up-close gazing at stars and planets. Whether indoor or outdoor, a focus on rejuvenation and wellness is a part of the leisure lifestyle any day of the year. As always, I am wishing you many moments of ease and joy as you experience the Art of Leisure.

Beauty and Tranquility As Expressed by International Artists - Photographers Today:

- Scott Nichols Gallery, Sonoma Square www.scottnicholsgallery.com
 - ◆ Left: Photographer, Christopher Burkett [White Dogwood Canopy](#)
 - ◆ Right: Photographer, Nicolo Sertorio [12T 365265 m E](#)



Sonoma Valley:

- Sonoma Ashram www.sonomaashram.org
- Quarryhill Botanical Garden www.quarryhillbg.org
- Sonoma's Overlook Trail www.sonomavalley.com
- Fairmont Sonoma Mission Inn & Spa www.fairmont.com/sonoma
- Observatory, Robert Ferguson www.rfo.org
- Purely Sonoma www.purelysonoma.com

Napa Valley:

- North Block Hotel www.northblockhotel.com
- Napa Valley Bike Tours napavalleybiketours.com/napa-valley-cycling-routes/

Retreats:

- Silent Stay Retreat and Meditation Center www.silentstay.com
- Dillon Beach Resort www.dillonbeachresort.com
- Sonoma County Writers Camp www.sonomacountywriterscamp.com

BRENDA MCNEILL
Art of Leisure