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## **MIND BODY AND SPIRIT TRAVEL: 2008 VACATIONS ARE GREEN AND GROWING**

*Local companies partner to provide yoga and wellness vacations to Rochester and a worldwide market.*

Rochester (NY) – LUX World Travel, a local travel company with an online storefront, has created a partnership with Health in Harmony, Travel Ease and other local businesses to provide wellness vacations not only to Rochester area travelers, but to a worldwide market.

Last spring, Melinda Johnston of LUX World Travel presented a trip itinerary to Dr. Susan Schliff of Health in Harmony, located on Empire Blvd. in Irondequoit, and a partnership was born. Together, the two women business owners began designing travel packages of a holistic / wellness nature to exotic destinations worldwide.

The first tour is a 6 Night women's yoga and eco-tour adventure to Costa Rica, departing March 4, 2008 with Dr. Schliff holding daily sessions. Her session will provide hands on instruction and insight for promoting wellness in our lives and in our bodies by applying Laws of Attraction using Entrainment practices. Participants will learn how to apply such practices to daily living and will therefore be able to create profound, positive life changes.

AmaTierra, a first-class wellness resort located in the Costa Rican rainforest, provides the accommodations for this journey, and highlights of the package include daily morning yoga sessions, three gourmet organic meals daily, spa treatments and more. Other activities offered are snorkeling, horseback riding, swims in hot thermal pools, zip line canopy tours, and time at the beach to relax or catch a few waves.

Ms. Johnston has been in marketing and promotions for over two decades but has worked exclusively with the travel industry since 2003. Through her work in this field she soon discovered that clients would pay top dollar for even high-end accommodations, or top of the line services and amenities, but often came home feeling unfulfilled.

***“I searched the marketplace and noticed that no one in particular offered any type of vacation that would benefit one on all levels of Mind, Body, and Spirit. LUX World Travel offers personally planned vacations that do just that”, stated Johnston.***

Dr. Susan Schilff, owner of Health in Harmony, which has been operating since 1992, has clinical training with Harvard Continuing Education Program in Mind Body Medicine. She is also a Certified Traditional Naturopath involved with Integrative Medicine Practices, DC, Sufu Healer, and Minister. Her healing work emphasizes lifestyle integration through Mind-Body techniques such as meditation, breathing exercises, and relaxation methods to re-balance the vital energy. She specializes in chiropractic, Shiatsu massage, crainiosacral therapy Reiki, polarity therapy, and homeopathy, with emphasis on integrative approaches in mediation and spiritual sciences.

Other holistic journeys with LUX World Travel and Dr. Susan Schliff currently being planned offer healing, yoga, and adventure to destinations such as Bali, Mexico and Italy.

LUX World Travel is also working in partnership with Travel Ease of Rochester. This arrangement will provide both moderately priced, and luxury sacred journeys, yoga vacations, and cultural adventures to India and other destinations throughout Asia.

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If you would like more information, or to speak with Melinda Johnston, please contact LUX World Travel at 1-585-672-5587, or Toll Free at 1-866-269-2659. You may also contact Ms. Johnston directly by email at [mj@luxworldtravel.com](mailto:mj@luxworldtravel.com). Other information may be obtained from the online storefront at: [www.luxworldtravel.com](http://www.luxworldtravel.com).