

In Pursuit of Well-Being Renewing the Mind, Body and Spirit

The journey outward is always a journey inward – an opportunity to leave familiar routines and perspectives to gain new insights about ourselves and our world. For ages, travel was an important way to connect with some of the noblest achievements of art, philosophy, health and culture. Illume invites you to immerse yourself in a wellness-themed journey that will promote bonding amongst your group of friends, colleagues, family members or other constituency while also helping you achieve personal wellness goals.

Program Objectives

Stimulate the Mind in Historical Settings

Travel to places that stimulate the mind as you walk in the footsteps of great artists, politicians, teachers and other visionaries, pondering the same questions and dilemmas today while visiting sites still preserved from ancient times. Enhance your understanding of topics such as religion, mythology, history, and philosophy as you visit some of the most impressive archaeological and historical sites in the world .

Treat the Body

Treat your body with delicious Mediterranean cuisine—one of the healthiest in the world. In Greece, Italy, Spain and France, there is no lack of fresh seasonal produce, flavorful spices, freshly-pressed olive oil, and seafood straight from the sea. Opportunities for healthy exercise and activity are plentiful – including hiking, swimming, yoga, sailing, and bicycling. Spend time at a local or historic spa – some of which go back to ancient Roman times.



Feed the Soul

Journey to places that include breathtaking views and beautiful settings. Quiet the mind and do a walking meditation amongst ancient paths, hidden groves, and historic shrines and chapels. Spend time at historic monasteries and abbeys in places that inspire prayer, meditation and reflection.

Sample of Venues

Let Illume create for you a unique program that combines activities that feed mind, body and spirit. Some suggested venues include Greece (with great history and Mediterranean cuisine), Italy (art, history, food and wine), and France (historic monasteries, art, food and wine). Base a program in spiritually evocative settings such as Assisi, Delphi, Lourdes or in beautiful settings such as the Amalfi Coast, Cinque Terre or the Lake Region of Italy. Visit historic spas – Bath, Montecatini, Ischia.

The way we travel the world is always changing but the reasons remain constant - to become citizens of the world, leading and inspiring respectful and compassionate ways of life. People who travel the globe begin a lifelong journey of worldly citizenship to gain valuable insight about themselves and the world around them through the discovery & exploration of cultures outside their own.

Illume works with group leaders to create customized and unique programs with activities, visits and resources that support your vision and objectives. Call us to begin planning a program tailored to your constituency!