

## New collection of immersive wellbeing experiences invites travelers to connect, inspire and explore across three tranquil, nature-rich destinations.

**CHICAGO (August 25, 2025)** – [Hyatt Hotels Corporation](#) (NYSE: H) announces the debut of [Retreats by World of Hyatt](#), a limited-time collection of immersive wellbeing journeys across several U.S. destinations. Rooted in Hyatt’s signature approach to care, each multi-day getaway is thoughtfully crafted to inspire community, discovery and rejuvenation through restorative settings and holistic programming – all offered in seamless, easy-to-book packages designed to nourish the mind, body and spirit.

“Today’s travelers want more than just a relaxing getaway – they are seeking meaningful experiences that inspire and reconnect them to what matters most,” said TJ Abrams, vice president, global wellbeing, Hyatt. “At Hyatt, we believe wellbeing is personal, and these retreats are designed to meet guests exactly where they are – offering space, support and tools to recharge mentally, physically, and emotionally. Whether you’re just starting your journey or looking to go deeper, these retreats provide the path toward lasting wellbeing. And with more destinations planned for the future, this is just the beginning.”

### Find the Balance: Retreats Designed to Inspire, Ground and Recharge

Set in awe-inspiring destinations, each retreat combines expert-led programming with the healing power of the outdoors. From desert yoga to red-rock canyoneering to ocean views strength training, these three- and four-day getaways offer intimate space for reconnection and self-discovery.

- **Desert Flow at ULUM Moab (September 25-28, Moab, Utah)** Escape to Utah’s high desert for a restorative glamping retreat rooted in movement and mindfulness. Set amid Moab’s striking red-rock landscape and just steps away from Looking Glass Arch, stay in Suite Tents with five-star worthy comfort under starlit skies. Led by expert movement coach, [Hollis Tuttle](#), the experience blends curated workouts, guided hikes and mindful recovery practices. Enjoy contrast hydrotherapy in ULUM’s dipping pools, moonlit sound baths, and hands-on tea-blending and nutrition workshops. Designed to build inner strength, this retreat invites guests to connect to the present through nature and tune into what your body truly needs. [Learn more and book here.](#)
- **Zion Unplugged at Under Canvas Zion (September 25-28, Virgin, Utah)** Discover the unforgettable beauty of the American Southwest on this off-grid glamping experience, crafted for curious spirits seeking adventure and discovery. This curated hiking retreat led by local experts invites guests to stay in safari-style tents, enjoy sunrise yoga, guided hikes through Zion National Park’s most celebrated and lesser-known trails, and stargaze under DarkSky Park. From fireside storytelling to trail-side picnics and naturalist-led exploration, every moment of this retreat will invite a deeper connection to nature, community and oneself. [Learn more and book here.](#)
- **Fitness Performance Retreat at Park Hyatt Aviara Resort, Golf Club & Spa (October 9-12, Carlsbad, California)** Reignite your routine on the sun-soaked Carlsbad Coast with science-backed fitness and recovery programming designed to reframe your wellness habits. Led by expert coaches from acclaimed San Diego training facility, [DBC Fitness](#), this retreat blends customized conditioning classes, sleep and nutrition workshops, and restorative recovery sessions, while connecting with a supportive community. Discounted access to the resort’s [Miraval Life in Balance Spa Aviara](#), private clinics in strength, conditioning, flexibility and agility, and thoughtful culinary programming round out the experience, providing tools to help guests build and maintain a healthier lifestyle while traveling. [Learn more and book here.](#)

### Hyatt’s Growing Portfolio of Wellbeing Experiences

These retreats reinforce Hyatt’s continued investment in wellbeing and mark a new chapter in the brand’s growing portfolio of transformative and enriching experiences that support guests’ holistic wellbeing far beyond their stay.

- [Miraval Resorts & Spas](#) have pioneered wellness retreats through immersive, integrative experiences led by expert practitioners in environments designed for meaningful discovery. From mindfulness workshops and creative expression to emotional healing and physical renewal, Miraval resorts’ calendars of [specialized events and deeper journeys](#) offers something for every intention—empowering guests to explore what wellbeing means to them, at any stage of life.
- [Park Hyatt Maldives Hadahaa](#) offers [Panchakarma](#), an immersive two-week Ayurvedic detox program with personalized treatments and holistic therapies rooted in ancient healing traditions.
- [Camp Unwritten](#), a new retreat-style concept from World of Hyatt, Under Canvas and Reese’s Book Club blends outdoor exploration and storytelling moments into immersive, glamping getaways.
- [Andaz Peninsula Papagayo Resort](#) in Costa Rica continues to offer [expert-led wellness retreats](#) in collaboration with Blue Zones, featuring workshops, plant-based cooking, yoga and nature excursions, with its next retreat taking place December 7-11, 2025.

### Availability and Booking

To learn more about Hyatt's global wellbeing offerings and to reserve your spot for an upcoming Retreats by World of Hyatt, visit [hyattexperiences.com](https://hyattexperiences.com). Availability is limited and varies by retreat, with a select number of spots offered at each destination.

*The term "Hyatt" is used in this release to refer to Hyatt Hotels Corporation and/or one or more of its affiliates.*

For further information:


### **About World of Hyatt**

World of Hyatt is Hyatt's award-winning guest loyalty program uniting participating locations in Hyatt's Luxury Portfolio, including Park Hyatt®, Alila®, Miraval®, Impression by Secrets, and The Unbound Collection by Hyatt®; the Lifestyle Portfolio, including Andaz®, Thompson Hotels®, The Standard®, Dream® Hotels, The StandardX, Breathless Resorts & Spas®, JdV by Hyatt®, Bunkhouse® Hotels, and Me and All Hotels; the Inclusive Portfolio, including Zoëtry® Wellness & Spa Resorts, Hyatt Ziva®, Hyatt Zilara®, Secrets® Resorts & Spas, Dreams® Resorts & Spas, Hyatt Vivid Hotels & Resorts, Sunscape® Resorts & Spas, and Alua Hotels & Resorts®; the Classics Portfolio, including Grand Hyatt®, Hyatt Regency®, Destination by Hyatt®, Hyatt Centric®, Hyatt Vacation Club®, and Hyatt®; and the Essentials Portfolio, including Caption by Hyatt®, Hyatt Place®, Hyatt House®, Hyatt Studios, and UrCove. Members who book directly through Hyatt channels can enjoy personalized care and access to distinct benefits including Guest of Honor, confirmed suite upgrades at time of booking, diverse wellbeing offerings, digital key, and exclusive member rates. With 58 million members and counting, World of Hyatt offers a variety of ways to earn and redeem points for hotel stays, dining and spa services, wellbeing focused experiences through the [FIND](#) platform; as well as the benefits of Hyatt's strategic loyalty collaboration with American Airlines AAdvantage®. Travelers can enroll for free at [hyatt.com](https://hyatt.com), download the World of Hyatt app for android and IOS devices and connect with World of Hyatt on [Facebook](#), [Instagram](#), [TikTok](#) and [Twitter](#).

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