

Of Healthful Holidays: Eight Wellness Festivals To Experience In 2024

Side-step the cocktail-guzzling sundowners and hurried excursions with our guide to the most wholesome wellness festivals of 2024.

BY YASHITA VASHISHTH | Published on Jan 27, 2024, 04:00 PM

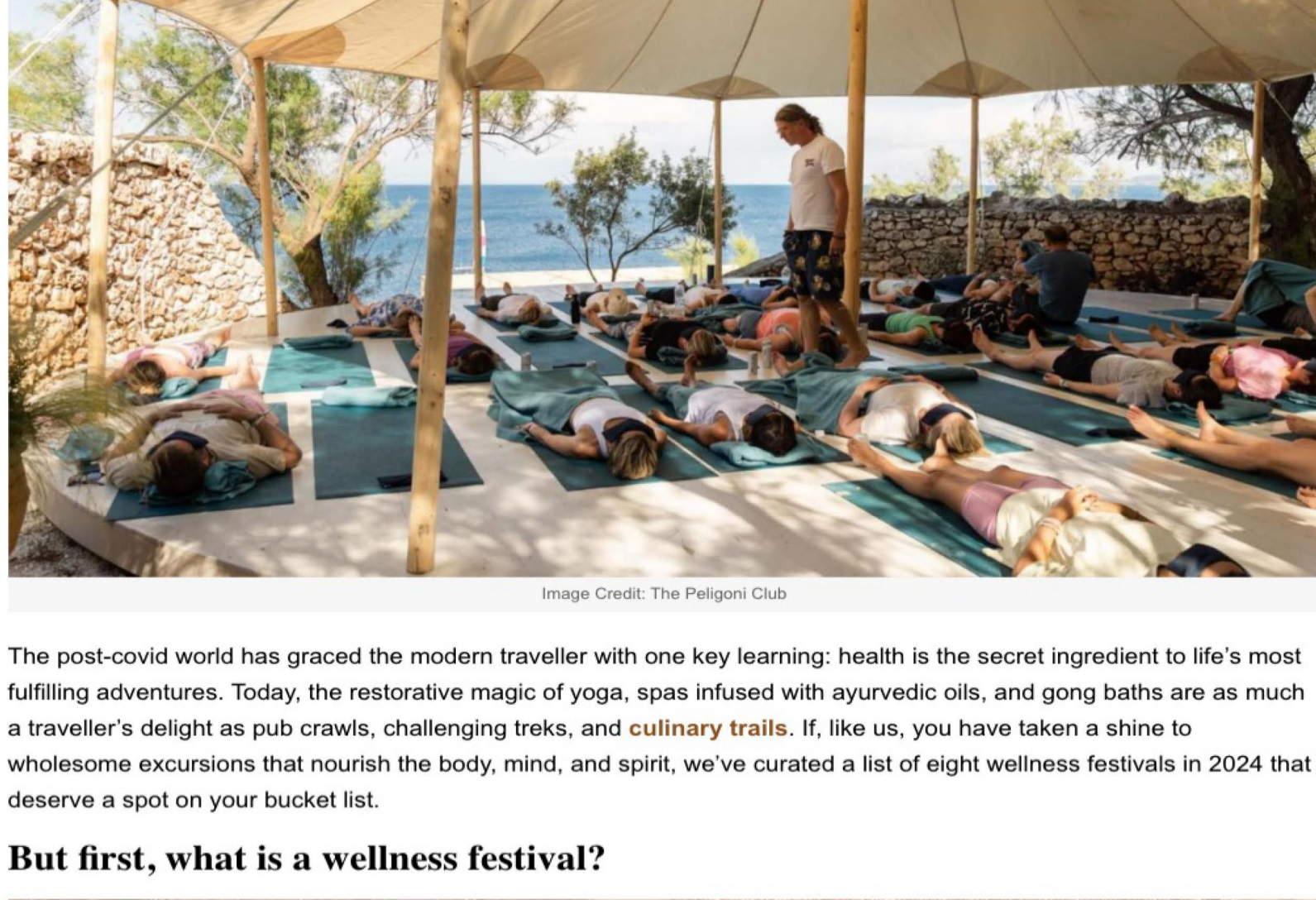


Image Credit: The Peligoni Club

The post-covid world has graced the modern traveller with one key learning: health is the secret ingredient to life's most fulfilling adventures. Today, the restorative magic of yoga, spas infused with ayurvedic oils, and gong baths are as much a traveller's delight as pub crawls, challenging treks, and culinary trails. If, like us, you have taken a shine to wholesome excursions that nourish the body, mind, and spirit, we've curated a list of eight wellness festivals in 2024 that deserve a spot on your bucket list.

But first, what is a wellness festival?

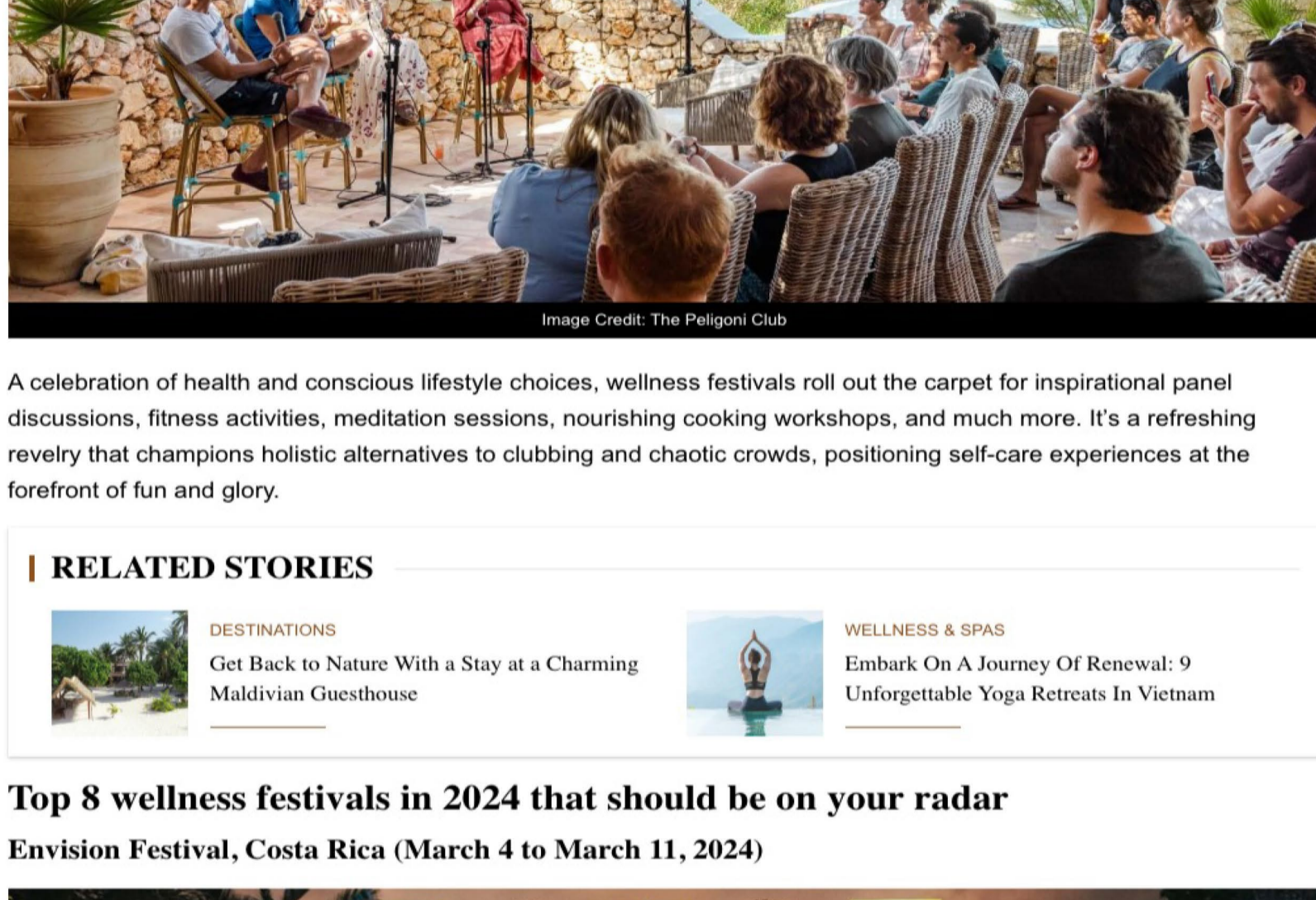


Image Credit: The Peligoni Club

A celebration of health and conscious lifestyle choices, wellness festivals roll out the carpet for inspirational panel discussions, fitness activities, meditation sessions, nourishing cooking workshops, and much more. It's a refreshing revelry that champions holistic alternatives to clubbing and chaotic crowds, positioning self-care experiences at the forefront of fun and glory.

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Top 8 wellness festivals in 2024 that should be on your radar

Envision Festival, Costa Rica (March 4 to March 11, 2024)

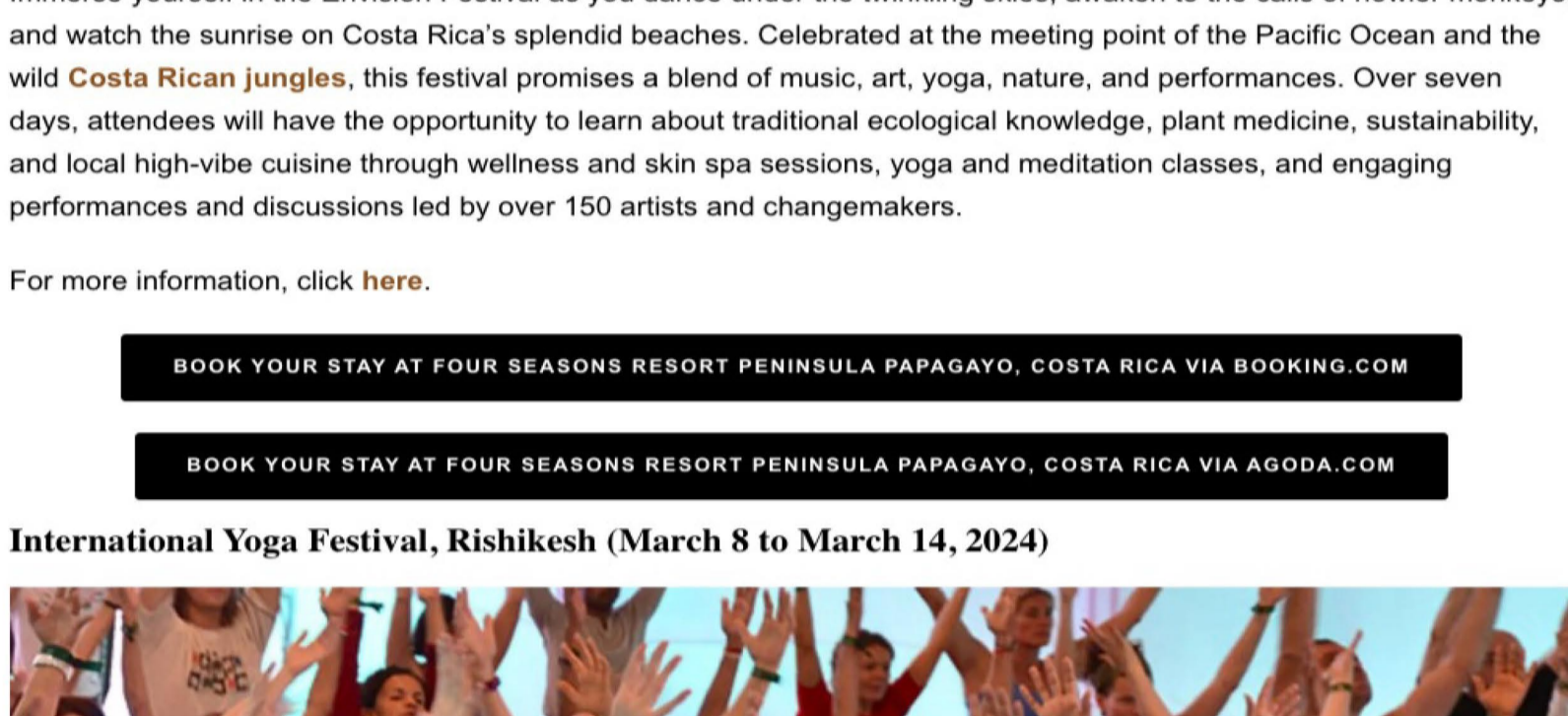


Image Credit: Alejandro González/Envision Festival

Immerse yourself in the Envision Festival as you dance under the twinkling skies, awoken to the calls of howler monkeys, and watch the sunrise on Costa Rica's splendid beaches. Celebrated at the meeting point of the Pacific Ocean and the wild Costa Rican jungles, this festival promises a blend of music, art, yoga, nature, and performances. Over seven days, attendees will have the opportunity to learn about traditional ecological knowledge, plant medicine, sustainability, and local high-vibe cuisine through wellness and skin spa sessions, yoga and meditation classes, and engaging performances and discussions led by over 150 artists and changemakers.

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International Yoga Festival, Rishikesh (March 8 to March 14, 2024)

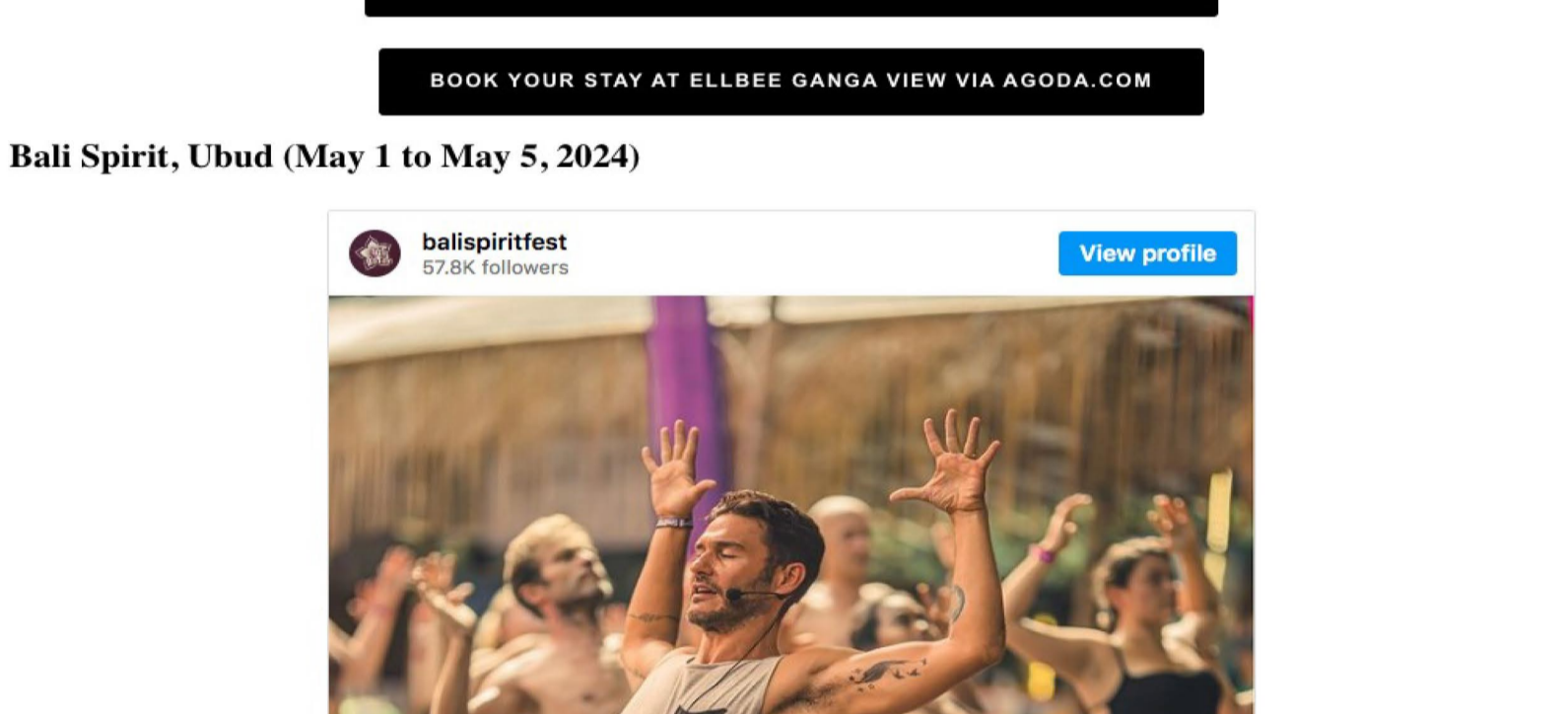


Image Credit: International Yoga Festival

Experience inner peace, divinity, and yogic practices come together at the seven-day International Yoga Festival at Parmarth Niketan in Rishikesh, the yoga capital of the world. Organised against the backdrop of the sacred river Ganges and the holy Himalayas, this ashram creates an idyllic haven where spiritual enlightenment and deep-rooted wellness reign supreme. Indulge in over 70 hours of yoga sessions, conducted from 4 am to 5 pm daily, in addition to attending motivational lectures delivered by revered saints and yogacharyas from around the world. The festival also features beautiful cultural performances, evening kirtans, and an exclusive Ganga aarti and lighting ceremony.

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Bali Spirit, Ubud (May 1 to May 5, 2024)



Image Credit: Bali Spirit Festival

Bringing over 5,000 attendees from around the globe every year, the Bali Spirit Festival celebrates the traditions of yoga, dance, healing, and world music. Embracing the Balinese Hindu concept of Tri Hita Karana, which emphasises harmony with our social, spiritual, and natural environment, this festival in Bali offers an unforgettable experience. Engage in interactive workshops, seminars, a bustling community market, and a healing centre, along with yoga classes, live Bhakti music concerts after sunset, dances, and DJs.

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Annual Yoga Summit, Krün (May 12 to May 17, 2024)

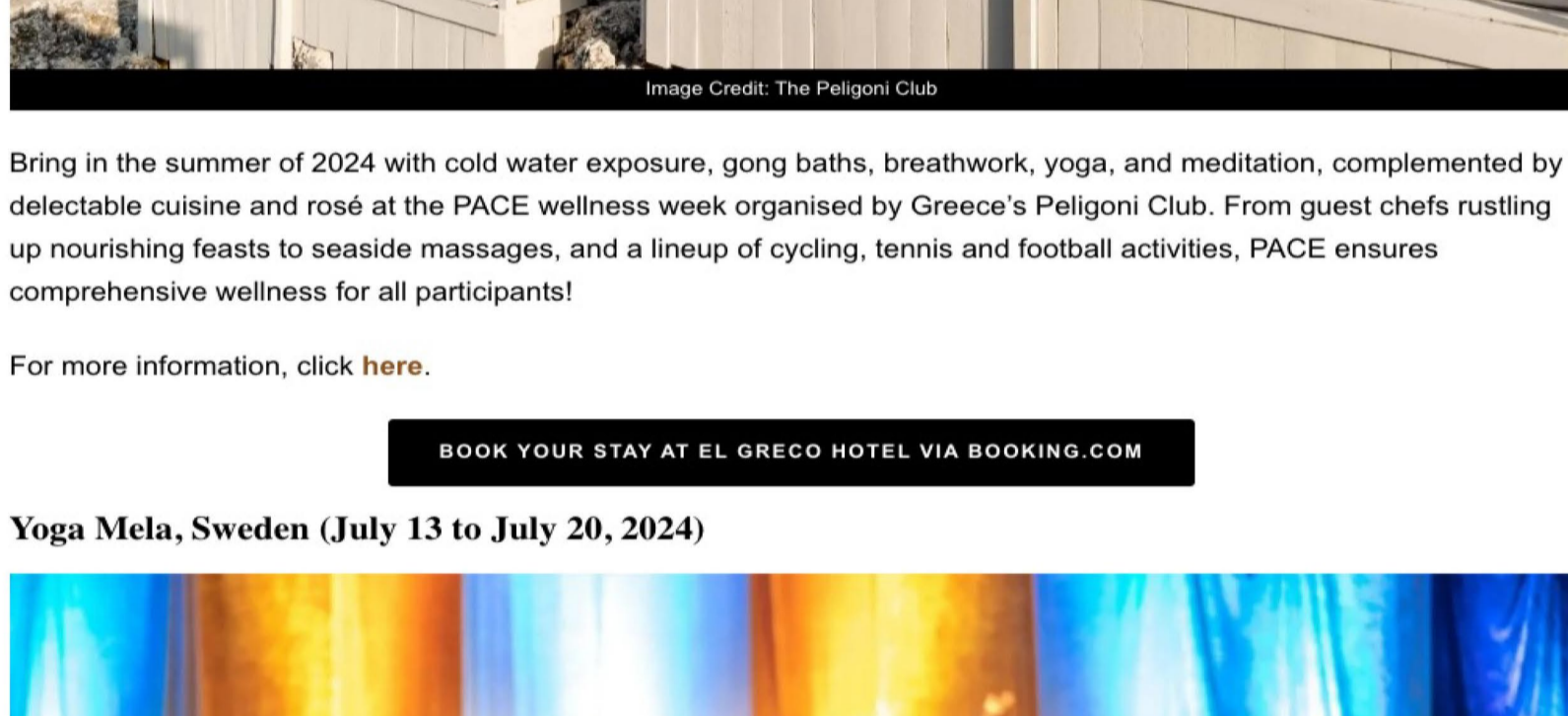


Image Credit: Schloss Elmau

Attend the 7th Annual Yoga Summit in Germany to explore various forms of yoga and strengthen your understanding of it with a distinguished lineup of industry experts. From Eddie Stern, a leading yoga teacher in the US, to Dr Patrick Broome, the yoga teacher of the German National Soccer Team, and Pradeep Teotia, a traditional yoga expert from India, this event welcomes the crème de la crème of the yogic world. Additionally, attendees can revel in daily meditation sessions, Scholli's spas, uplifting music, and sumptuous vegan and vegetarian cuisine from Asia and Europe.

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PACE by Peligoni, Nikolaos (May 20 to May 24, 2024)

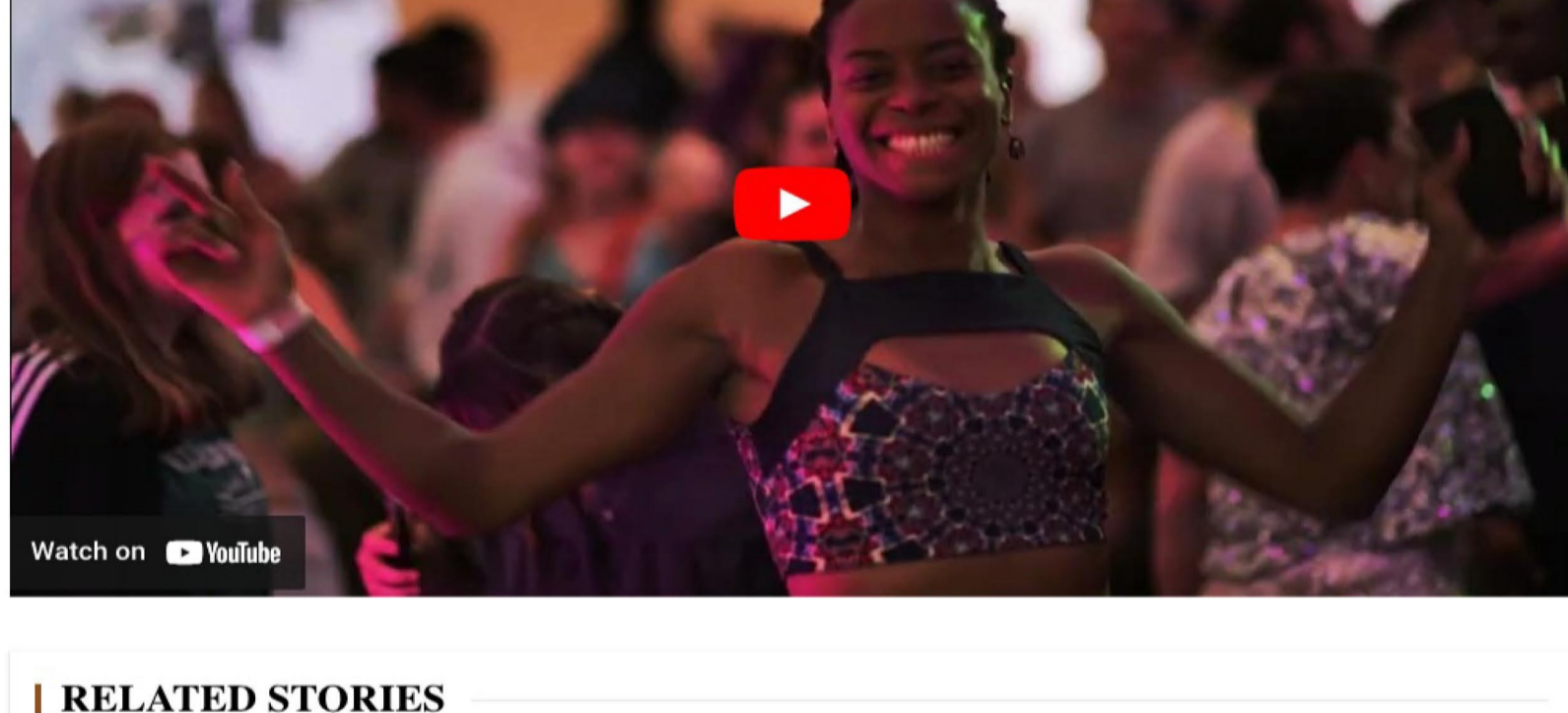


Image Credit: The Peligoni Club

Bring in the summer of 2024 with cold water exposure, gong baths, breathwork, yoga, and meditation, complemented by delectable cuisine and rosé at the PACE wellness week organised by Greece's Peligoni Club. From guest chefs rustling up nourishing feasts to seaside massages, and a lineup of cycling, tennis and football activities, PACE ensures comprehensive wellness for all participants!

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Yoga Mela, Sweden (July 13 to July 20, 2024)

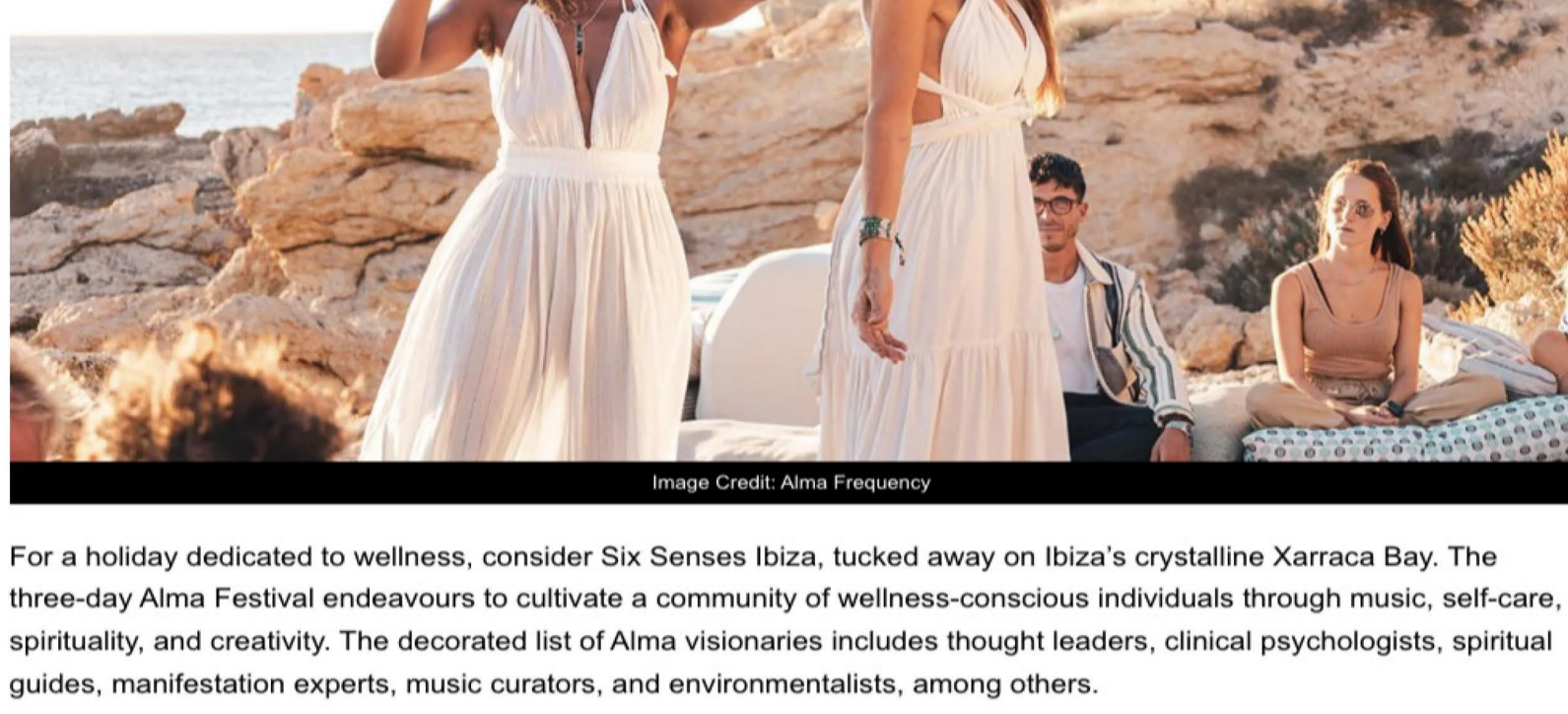


Image Credit: Yoga Mela

Yoga Mela is a celebration of beauty, wellness, and the sacredness of life. This 100 percent non-commercial and volunteer-based event promotes meaningful connections and offers a range of experiences. Attendees can immerse themselves in world-class sacred music performances, body-mind practices, innovative approaches to yoga, Karma Yoga, transformational workshops, and scrumptious (yet conscious) meals, spreads. As Europe's biggest heart-opening kirtan and mantra festival, Yoga Mela helps participants reach a meditative state and find their inner harmony.

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Soul Circus, the Cotswolds (August 15 to August 18, 2024)

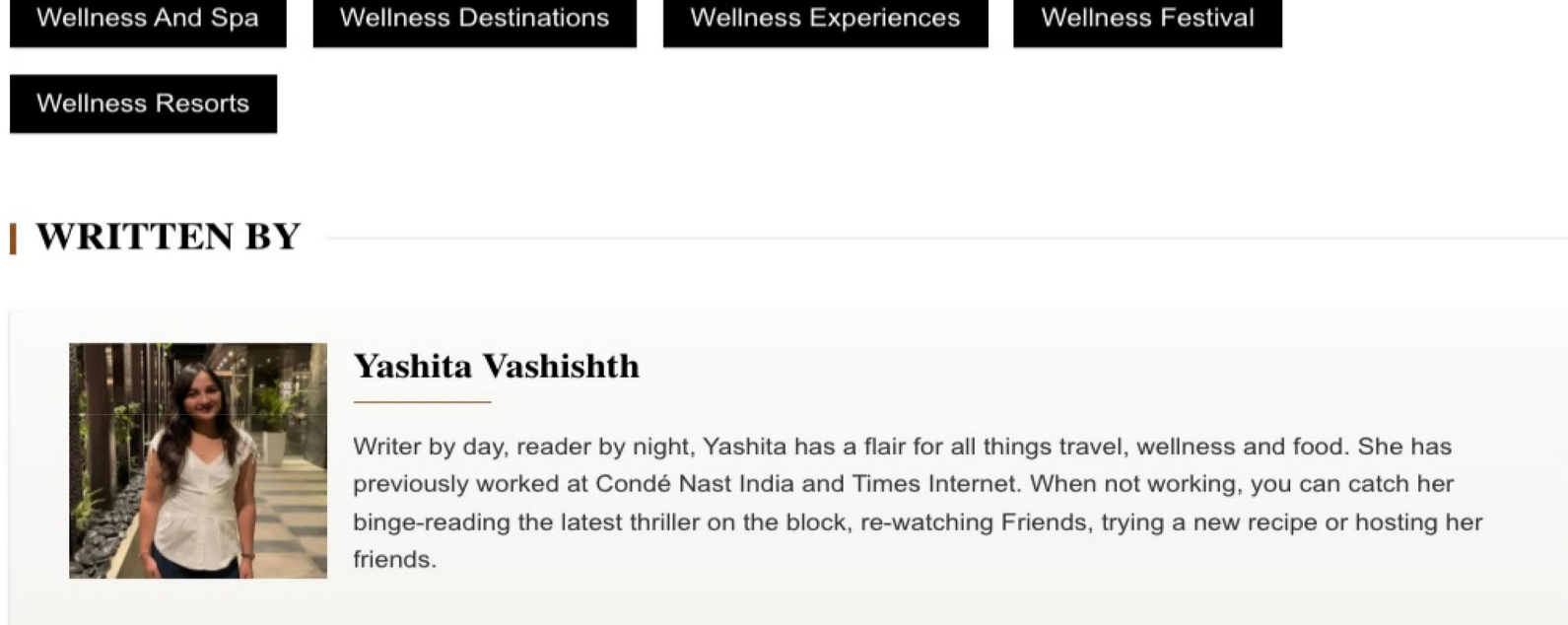


Image Credit: Soul Circus 2023 Aftermovie

Located in the Cotswolds' postcard-perfect countryside, Soul Circus finds a middle-ground between dazzling concerts and wellness experiences. Mornings begin with revitalising sound healing, aerial therapies and yoga sessions, paving the way for relaxed afternoons, cocktail hours and foot-tapping sundowner gatherings as dusk falls.

For more information, [click here](#).

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Alma Festival, Ibiza (October 24 to October 27, 2024)

Image Credit: Alma Frequency

For a holiday dedicated to wellness, consider Six Senses Ibiza, tucked away on Ibiza's crystalline Xarraca Bay. The three-day Alma Festival endeavours to cultivate a community of wellness-conscious individuals through music, self-care, spirituality, and creativity. The decorated list of Alma visionaries includes thought leaders, clinical psychologists, spiritual guides, manifestation experts, music curators, and environmentalists, among others.

For more information, [click here](#).

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(Featured Image Credit: The Peligoni Club)

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Frequently Asked Questions (FAQs)

- What types of activities can I expect at a wellness festival?**
At a wellness festival, you can expect a diverse range of activities like meditation sessions, yoga classes, creative workshops, sound healing, cooking hours with celebrated chefs, manifestation guidance, and more.
- Are wellness festivals suitable for beginners?**
Yes, wellness festivals are suitable for beginners as well as experienced practitioners.
- How do I register for a wellness festival?**
You can register for a wellness festival through the festival's official website or designated registration platform.
- Are wellness festivals only focused on physical health, or do they also address mental and spiritual well-being?**
Most wellness festivals focus on holistic well-being, including physical, mental, and spiritual aspects of health and wellness.

TAGS

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Writer by day, reader by night, Yashita has a flair for all things travel, wellness and food. She has previously worked at Condé Nast India and Times Internet. When not working, you can catch her binge-reading the latest thriller on the block, re-watching Friends, trying a new recipe or hosting her friends.