



## The top health and wellness events to attend in 2020

Want to take a vacation that's good for your body and soul? Go to one of these events.



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Not that long ago if you wanted to take a healthy vacation, your best bet was to go to a fancy hotel resort spa where you'd pay tons of money for treatments, massages and maybe sip some cucumber water by a pool. While that doesn't sound so bad, your options are now much more open.

Now you can purchase a single ticket for a wellness retreat or even a one-day festival pass, and get access to the top experts and experiences in the industry for way less than what you'd pay if you tried all of those experiences on their own. Thanks to social media and an overall increase in the effort to build community around brands and wellness concepts, every year brings new options for these types of experiences.

Whether you're into immersive fitness experiences (think tons of classes with top trainers from around the country), want to try all of the latest healthy food trends or would rather sit in an interesting panel moderated by wellness experts while drinking a healthy cocktail or matcha, there's an event for you to go to in 2020.

Pack your bags -- and keep reading for six of the best health and wellness events to go to in 2020.

## Well and Good Retreats

### Dates/locations:

- **March 5-8 in Tuscon, Arizona**
- **April 16-19 in Austin, Texas**
- **June 11-14 in Tuscon, Arizona**
- **October 1-4 in Austin, Texas**
- **November 12-14, the Berkshires**

**Price range: \$1,300-3,400 (includes accommodations and food)**

Well and Good's event series are multiday retreats at wellness resorts like the Miraval Austin and the Miraval Tuscon. The events are more experiential and less like a conference or summit. Think healthy cooking classes, meditation or yoga sessions in scenic outdoor areas, and daily workouts with some of the most talented fitness trainers flown in from New York City.

When you go, you can expect a fairly intimate experience where you will join around 40 other people for healthy meals, happy hours, fitness classes and talks or demos with wellness experts like Keri Glassman, RD and Nike Master Trainer, Traci Copeland. Well and Good's founders, Melisse Gelula and Alexia Brue are known to attend the retreats, as well as other editors and staff from Well and Good HQ in New York, making it a fun, interactive experience if you are a fan of the brand.

View the full story here: <https://www.cnet.com/news/best-health-and-wellness-events-to-attend-in-2020/>