

## HEALTH HAPPENINGS

# Could you use a little nurturing?

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From a food revolution to luxurious coastal retreats to yoga in the desert, an upcoming clutch of wellness happenings offers something for everyone.

## De-stress at retreat

In early May, private training company Malibu Fit Concierge is organizing a two-night, three-day retreat filled with hikes, yoga, meditation sessions and more at the ultra-exclusive Nobu Ryokan hotel in Malibu.

“The overall goal is for people to get away from whatever is troubling them and feel rejuvenated,” said Peter Deacy, founder of Malibu Fit Concierge.

**Info:** May 6 to 9. Nobu Ryokan, 22752 Pacific Coast Highway. \$4,500 per person, includes accommodation, activities and meals. [malibufitconcierge.co](http://malibufitconcierge.co)



Malibu Fit Concierge