

•**What:** Three-night midweek "Healing Retreat" package at Kripalu Center for Yoga & Health in Lenox, Mass. Massage, yoga, lifestyle workshops.

•**When:** Starts most Sundays, Mondays or Tuesdays.

•**Cost:** From \$501 a person, including meals and lodging.

•**Information:** 800-741-7353, kripalu.org.

Skiing and centering, for women

•**What:** Five-day "Winter Wonderfest" at Snow Mountain Ranch in Winter Park, Colo., sponsored by Women's Quest. Beginning to experienced cross-country skiing and snowshoeing, yoga, meditation and seminars on nutrition and wellness. Instructors include Women's Quest founder Colleen Cannon, former world champion triathlete.

•**When:** Feb. 4-8.

•**Cost:** From \$895 a person, including meals and lodging. Ski rental, airport transfers from Denver extra.

•**Information:** 303-545-9295, womensquest.com.

Tango to tautness

•**What:** A dance-filled vacation at the Caseron Porteño guesthouse in Buenos Aires, one of the great travel value cities at the moment. Bed, breakfast, daily tango classes, use of practice rooms. Available at extra cost: outings to tango clubs.

•**When:** Stay whenever you want.

•**Cost:** From \$20 single nightly, \$30 double.

•**Information:** 011-54-11-4554-6336, caseronporteno.com.

Ride 'em cowboy

•**What:** Five-day all-guy riding and roping camp at the Lazy K Bar Ranch in Tucson. No deprivation and lots of exercise are promised. Men of all riding abilities ride, rope, skeet-shoot and participate in a mini-rodeo. A cookout and bull-riding demo are on the menu, too.

•**When:** Feb. 27-March 2, March 26-March 30, May 21-May 25.

•**Cost:** Double from \$750 a person, single from \$975, including meals, lodging and activities.

•**Information:** 800-321-7018; lazykbar.com.

Go cardio in Texas

•**What:** Wellness programs at the Cooper Aerobics Center in Dallas. Fitness assessment, strength training, heart-healthy meals, personal nutrition counseling and preventive medical tips during a four-, six- or 13-day program originated by Dr. Kenneth Cooper, the aerobics guru.

•**When:** Programs are offered every month and start on Sunday nights. An upcoming session starts Feb. 1.

•**Cost:** From \$2,295 a person for four days. Accommodation, medical exam and spa services extra.

AUCTIONS
 & HOT DEALS

WITH A TRIP!

**Hostellerie de
 Crillon le Brave,
 France**

**The Westin
 Palace, Madrid,
 Spain**

**Maroma Resort,
 Yucatan
 Peninsula,
 Mexico**


**Ottley's
 Plantation Inn,
 West Indies**

**Montpellier
 Plantation Inn,
 Nevis, The
 Caribbean**

**Moraine Lake
 Lodge, Canada**

**The Lowell,
 New York**

**The Cellars,
 Hohenort,
 Constantia,
 South Africa**


LUXURY LINK