



Celebrating 10 Years of  
**Pure Joy**

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FOR IMMEDIATE RELEASE

**NEW MEDITATION TRAIL WITH HANDWOVEN HAMMOCKS AT THE END OPENS AT SUNDARA**

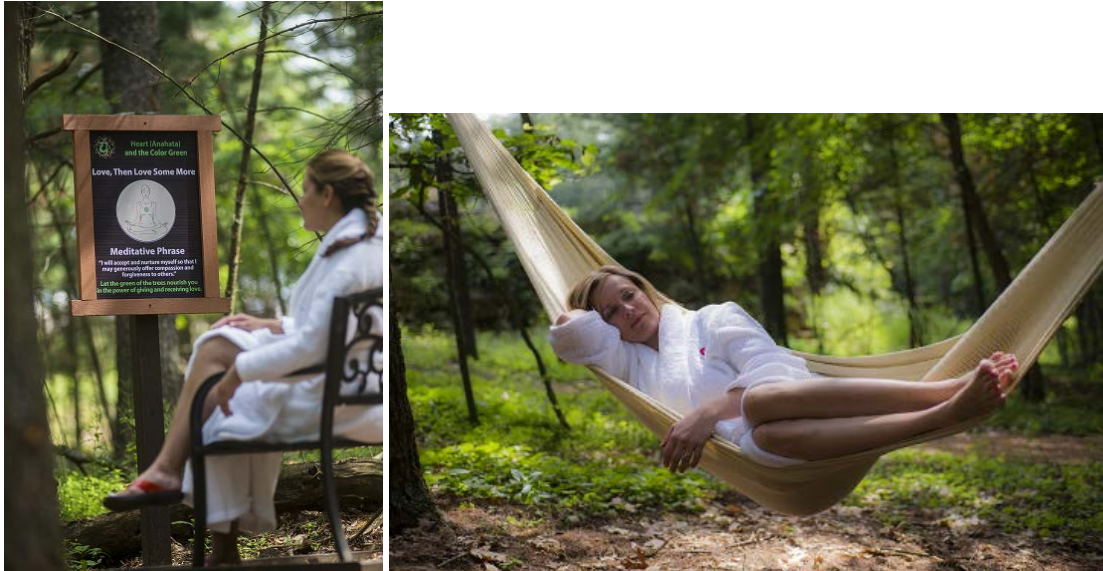
Plus, News of Sundara Ranked a Top 10 Destination Spa in Travel + Leisure Magazine's  
2013 World's Best Awards Readers' Survey

WISCONSIN DELLS, Wis. (July 3, 2013) – The “peace and quiet” trend continues at Sundara Inn & Spa in Wisconsin Dells, Wis., with this summer’s addition being the just-opened Meditation Trail that winds through the woods on the spa grounds, with meditation stops along the way and hammocks at the end for resting and reflecting on the meditation journey just experienced. Also new this week, Travel + Leisure magazine announced the results of its 2013 World’s Best Awards readers’ survey and Sundara was ranked one of the [Top 10 Destination Spas overall](#). This is the second year in a row Sundara has achieved the Top 10 ranking in the worldwide destination spa category. Both pieces of news are especially meaningful given this is Sundara’s 10<sup>th</sup> anniversary year.

In mapping out the Meditation Trail, careful attention was paid to preserving the tall fragrant pine trees that dominate the landscape of Sundara’s 26-acre compound. There are seven stops along the way, corresponding to the seven chakras or energy centers of the body, with trail signs offering silent meditations for each chakra.

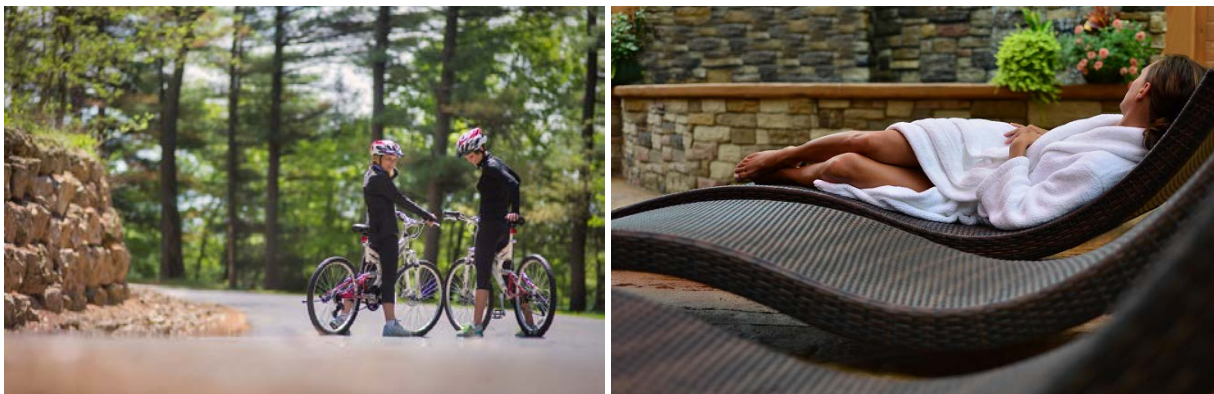
Sprinkled throughout the woods at the conclusion of the Meditation Trail are eight hammocks from Yellow Leaf Hammock, a new enterprise headquartered in San Francisco that works with marginalized ethnic minorities including the Mlabri tribe and Hmong community in the Mae Lai Valley of northern Thailand to create handwoven hammocks. Weavers employed by Yellow Leaf Hammock are able to make an income that supports their families and their heritage, while at the same time offering them an alternative to toxic farming and deforestation work. Up to four miles of yarn, 150,000 interwoven loops and 15 days go in to making the most intricate designs. The yarn is highly durable yet

very soft and stands up to the extremes of weather even in cold-weather climates like Wisconsin. These same hammocks are also available for purchase in the Sundara boutique, each packaged with a postcard from the artisan who wove it that provides a glimpse into their life, complete with photo.



Also new this summer, guests can reserve a Sundara touring bicycle at a nominal fee, in Sundara's signature red color, for a quiet ride through the countryside.

Last year, Sundara added a conversation-free Tranquility Garden patio area adjacent to the heated outdoor infinity pool, and guests were immediately lining up for a chance to read or nap in one of the patio's wave-shaped chairs positioned alongside the soothing waterfall.



Sundara was one of the first resort spas of its kind in the Midwest when it opened in 2003, offering a pristine retreat-like setting for consumers in need of a sanctuary from stress and good-for-you treatments and recreation. This adult-only property has 26 suites and several private villas, each with high-end furnishings, fireplaces, Euro-style designer baths and beautiful artwork. Directly adjacent to

Sundara is its championship golf course, Wild Rock. Sundara is a member of the Green Spa Network and is Travel Green Wisconsin certified.

Reservations may be made online at [www.sundaraspacom.com](http://www.sundaraspacom.com) or by calling Sundara's toll-free number, 888.735.8181. Follow [Sundara on Facebook](#) where anniversary specials will be posted on the 10<sup>th</sup> of each month during 2013 in celebration of their 10<sup>th</sup> anniversary.

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*EDITOR'S NOTE: High-resolution photos available upon request. E-mail [cminsky@charter.net](mailto:cminsky@charter.net). Any of the photos from the web site, [www.SundaraSpa.com](http://www.SundaraSpa.com) are also available for media use.*

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