



live WELL

soulful SUMMER CAMP

Looking for a different kind of summer vacay? Consider hopping on the growing trend of adult-only sleepaway camps—specifically Soul Camp, a yoga-inspired, heart chakra-opening option. This year, co-founders Michelle Goldblum and Ali Leipzig and dozens of instructors will run camps in New York's Adirondacks and the foothills of California's Sierra Nevada, where you'll find incredible yoga, meditation, energy healers, astrologists, numerologists, and more, says Goldblum. Even better, it's all presented in a choose-your-own-adventure format that includes chill-out spots and even a "camp mom" who's an inner-child psychologist (really!). Warning: Lifelong friendships and a lingering mantra of *Yes!* are known side effects. **BILL GIEBLER**

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