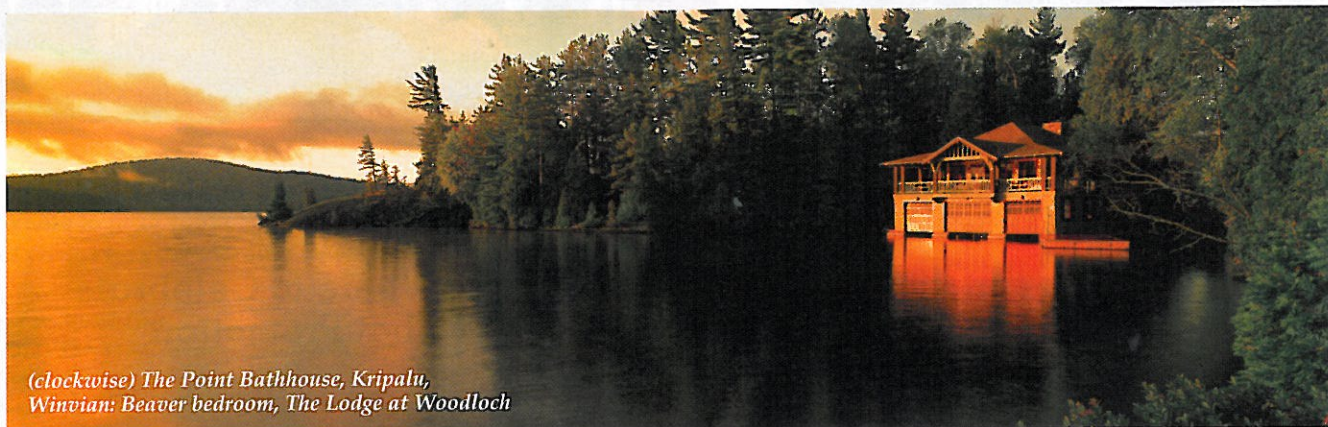
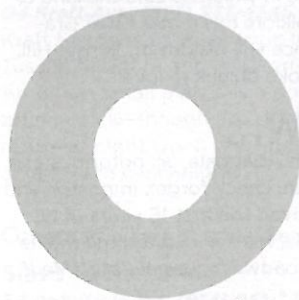
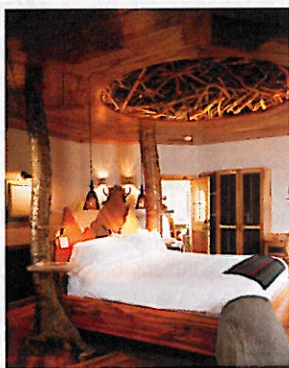


# Off-the-Grid Getaways

Six No-Work-Zone Weekends



(clockwise) The Point Bathhouse, Kripalu, Winvian; Beaver bedroom, The Lodge at Woodloch



**okay, so we're all totally stressed out** and doing more with less than ever before. All those urgent emails and insane requests aren't going anywhere soon—but, fortunately, you can. Power down the BlackBerry, step away from the iPad, and recharge your own batteries instead at one of these delightfully biz-free destinations designed to set you free from the daily grind.

**SPA-TACULAR LUXURY**  
**THE LODGE AT WOODLOCH**  
 Hawley, PA; [thelodgeatwoodloch.com](http://thelodgeatwoodloch.com)  
 2.25 hours from White Plains

**This five-year-old, \$42 million-plus spa** retreat is tucked into 145 acres of pristine woodland with its own private 15-acre lake and dock. Its breathtaking natural setting belies its easy drive-away location via the Bear Mountain Bridge.

► **While Here:** Experience the expansive

offerings in pampering services, yoga, and the like in the lavish 40,000-square-foot spa. And sure, you can knock yourself out in a kickboxing class or on the latest elliptical machine, but do consider some of the quieter, more contemplative pursuits, like watercolor painting and bird-watching.

► **Dining:** Gourmet eatery Tree presents outstanding organic dishes with an emphasis on healthful, “clean,” eating in appropriate-sized portions. Seasonal menus often are sourced from the chef’s own produce and herb gardens.

► **What Puts the “Away” in Getaway:** You mean aside from the easy drive, the breathtaking setting, and—honest—the 50-minute class in napping?

► **Ask for:** The second floor with a lakefront view for the most panoramic vistas.

► **Price Tag:** From \$249 per night, per person (double occupancy); includes all meals, snacks, beverages, use of the spa and fitness center, and most classes and activities.

Photo of Beaver Beaver Bedroom by Susan Young Photography