

MODERN LUXURY

# Scorsdale

## WORLDS AWAY

ENVIABLE JOURNEYS  
TO CENTRAL AMERICA,  
MALDIVES AND MORE!

FASHION ABLAZE  
BRIGHT WARM-WEATHER LOOKS

HOUSE OF CARDS' KATE MARA  
TRANSCENDS TO THE BIG SCREEN

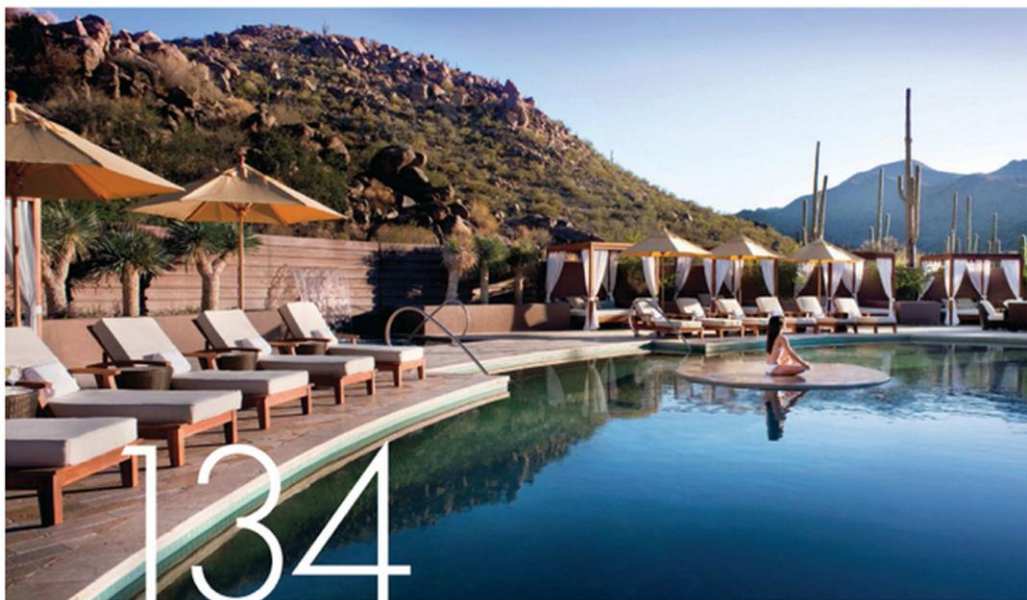
FLIP FOR IT  
AZ NATIVE AND *TRANSFORMERS*  
ACTION STAR TARAH PAIGE

PLUS  
LUXURIOUS STAYCATIONS  
& WEEKEND GETAWAYS



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180 Arizona native Tarah Paige of *Transformers: Age of Extinction* is poised to become Hollywood's next female action star.



**FINDING BALANCE**  
Clockwise from top: Quarterlife Upgrade activities will support the mind-body connection and promote inner peace; the retreat will take place in Miraval's serene settings; healthy meals will be included.



#### Miraval Resort & Spa

5000 E. Via Estancia Miraval, Tucson  
520.825.4930  
miravalresorts.com

#### Quarterlife Upgrade

Includes accommodations for three nights, \$50 daily resort credit, all meals and snacks, and course tuition

Single.....\$2,683

Double.....\$2,280

## [TRAVEL & RECREATION] HEALTH

# ONE FOR THE MILLENNIALS

MIRAVAL RESORT & SPA PAIRS WITH LIFE COACH AND AUTHOR CHRISTINE HASSLER ON A UNIQUE RETREAT FOR GEN Y.

By Dena Roché

Maybe you have a child, niece or nephew who—despite the well-rounded Ivy League education—still hasn't settled on a career. He or she wouldn't be alone. Today more and more Gen Y-ers, aka millennials, are experiencing the so-called quarterlife crisis, and studies show that their generation is facing challenges far different from those faced by any generation before it. The result? Today's young people are questioning their paths and looking for support.

Miraval Resort & Spa in Tucson paired with Christine Hassler, author of *The 20 Something Manifesto*, to offer the Quarterlife Upgrade, a four-day retreat slated for July 17-20 to help millennials take control of their lives. The program will help participants answer three critical questions: "Who am I? What do I want? And how do I get it?"

The program will be highly interactive and experiential, incorporating lectures, group activities, partner exercises, journaling and other physical and mental challenges—all of them geared toward helping participants gain focus and create action plans to achieve career and personal goals. Days will begin with a signature Miraval group activity, for example, Giants Ladder, which is an outdoor challenge designed to foster teamwork and trust by teaching participants to let go, accept help and support others. Workshops led by Hassler will follow. And evenings can be spent in wellness classes like Yoga Grooves, or at a spa service such as Bowl Meditation.

"A lot of young people feel they're the only one who feels like this," Hassler says. "I've found that amazing clarity comes out of this group setting because they realize they aren't alone, and the format is perfect for millennials who like to collaborate and are open to personal development by nature."

Michael Tompkins, CEO of Miraval Resort & Spa, adds, "The 20s are full of transitions and feelings of needing to prove our value, talent and drive. They are years filled with insecurity and projections about the future. ... We created the Quarterlife Upgrade program to specifically address this, to teach this generation how to live mindfully and achieve a level of self-awareness most don't find until much later in life. The thought was that, this will not only benefit these individuals because their lives are in flux, but it will also help them develop principles that will better equip them to handle change and stress for the rest of their lives."

