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# New Year, New You: 10 New Skills You Can Learn While Traveling

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Courtesy of L'Auberge de Sedona

## MEDITATION

Disconnected, centered, focused, zoned-out—whatever you call it, sometimes it's important just to be quiet. Learn the basics of meditation with a guided lesson at Napa Valley's [Solage Calistoga](#), in which the instructor might incorporate fresh herbs (to engage the senses of touch and smell) and Tibetan singing bowls to encourage relaxation.

Reconnecting with nature can also help quiet the mind, reengage the inner self, and even improve health. Near Playa del Carmen, Mexico, [Sandos Caracol Eco Resort's](#) Path of the Senses experience includes a barefoot and blindfolded guided jungle walk to encourage introspection and positive thoughts, while Forest Bathing—offered at hotels like [L'Auberge de Sedona](#) in Arizona and [The Mayflower Grace](#) in Connecticut—takes you to the forest for a series of contemplative activities, from journaling to targeted meditation.