



# Re-Invent Yourself

## This Weekend

Dying to escape from the hum-drum of life, but only have a few vacation days left? No problem! Whether you're seeking a creative outlet or a relaxing hide-away, *CW* has rounded up some of the top spots to help you recharge—if only for a weekend.

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**I**f you feel uninspired and robotic while you deal with the crisis-of-the-day at work, or you have forgotten where you parked your car at the mall for the fifth time this week, it may be time for a weekend escapade to recharge your spirit. "When life's problems loom large, a change of scenery, a good book and no deadlines becomes the perfect remedy. I inevitably come back from my journey refreshed and ready to smile again," says Evelyn Hannon, Editor and Founder of [www.journey-woman.com](http://www.journey-woman.com), a Web site devoted to women's travel. Here's a sampling of ideas and destinations that can help you re-invent yourself for a weekend or just decompress from your non-stop hectic life.

### CRAVING: A HIGH-ENERGY ESCAPE

Learn a new sport or devote a weekend to finessing your favorite game, and rediscover muscles you forgot you had. Body builder and Ms. Olympia champion Jen Hendershott leads weekend P.H.A.T. (Power, Hard work, Ambition, Triumph) camps for \$300 year-round at hotels and gyms across the country ([www.getthatwithjen.com](http://www.getthatwithjen.com)).

Yogis can deepen their yoga practice at dozens of yoga weekend workshops offered at Kripalu ([www.kripalu.org](http://www.kripalu.org)) in Stockbridge, MA, or the Omega Institute in Rhinebeck, NY ([www.omega.org](http://www.omega.org)).

Connect with your inner surfer girl at Surf Diva ([www.surfdiva.com](http://www.surfdiva.com)), a surfing school for women based in LaJolla, CA, that specializes in teaching beginners how to catch that first wave.

Need a fitness goal and a weekend destination to rev you up? Find a foot race in a town you want to visit and make a weekend out of it. Register for the Maple Leaf Half Marathon & 5K ([www.manchestervtmapleleaf.com](http://www.manchestervtmapleleaf.com)) held in Manchester, VT, on September 6 or the Rock-n-Roll Half Marathon ([mrhalf.com](http://mrhalf.com)) in Virginia Beach, VA, on August 31. Craftsbury Outdoor Center ([www.craftsbury.com](http://www.craftsbury.com)) in Vermont offers co-ed running weekend camps for all levels in July (\$395).

### CRAVING: DO-NOTHING BY THE SUN

A "do-nothing" by the beach getaway that requires little exertion and a good tanning index may be the right remedy for the super-stressed. Soak in the laid back cool vibe at Miami's South Beach. Shelley Hotel ([www.hotelshelley.com](http://www.hotelshelley.com)), a boutique hotel in Miami's hippest district offers double rooms starting at \$125.

Cape May, NJ, has miles of easily accessible beaches and is pedestrian and bicycle friendly. The Inn of Cape May ([www.innofcapemay.com](http://www.innofcapemay.com)) is centrally located and across the street from the beach; single weekend room rates range from \$110-\$230.

Join the seagulls at the furthest point east on New York's Long Island Montauk, also known as "The End." The Ocean Resort Inn ([www.oceanresortinn.com](http://www.oceanresortinn.com)) is across the street from the beach, and rooms range from \$95-\$305. For a splurge, try Gurney's Inn Resort & Spa ([www.gurneysinn.com](http://www.gurneysinn.com)), which is right on the ocean and has an indoor heated saltwater pool.

