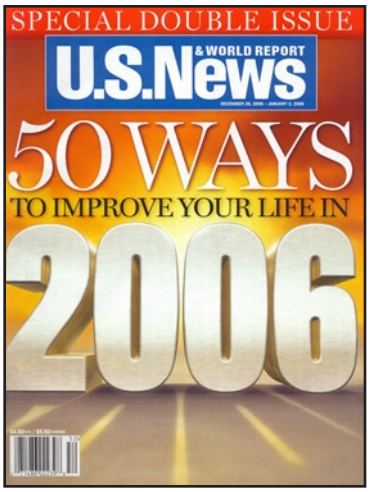
La Casa de María Retreat Center

"...one of the best U.S. retreats"

-U.S. News & World Report



Special Report

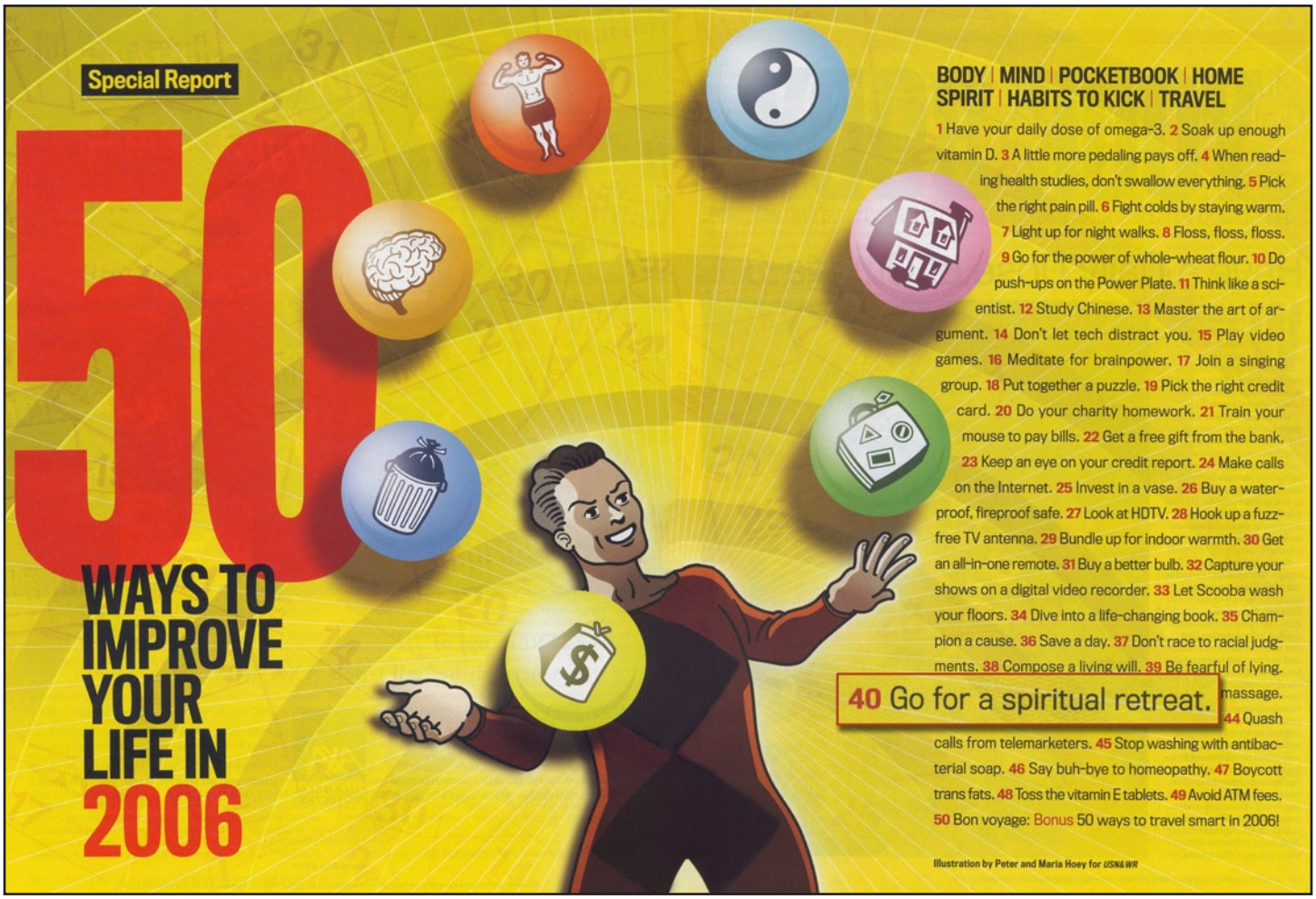
U.S. News & World Report

50 Ways to Improve Your Life in 2006

December 26, 2005 – January 2, 2006

SPLURGE!

Spas are nice, but your spirit might need pampering, too. **LA CASA DE MARIA,** run by an ecumenical community in Santa Barbara, Calif., is one of the best U.S. retreats (and costs about $100 a night), says Marcia Kelly, coauthor of *Sanctuaries: the Complete United States—A Guide to Lodgings in Monasteries, Abbeys, and Retreats.* "When you walk through their gates," she says, "you [enter] a new and peaceful dimension." If that's not enough, there's also a swimming pool. *–Alex Kingsbury*



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