

NATURAL HEALING

An emerging mecca for the best in alternative therapies, Laguna Beach offers deep relief and rejuvenation of every kind.

By Lisa Marie Hart



Geo and Katresha Moskios founded alternative yoga retreat The Pearl Laguna in 2009.

Less of a quick fix and more of a kick-start for a total lifestyle overhaul, the program at The Pearl Laguna has quickly garnered international acclaim. Although in business for just four years, this intimate retreat center for yoga-inspired rejuvenation has already earned praise from both The New York Times and regular visitors who return to the idyllic sanctuary for refresher courses every six months. "We work on teaching people how great it is to live, eat, breath and think naturally," says yogi extraordinaire Geo Moskios, who founded The Pearl Laguna with his wife, Katresha, in 2009.

During a single-week retreat (although many opt to stay longer) at the 12-bedroom property in Laguna Canyon, a global clientele eases through a flowing schedule that combines a cleansing diet—organic and vegetarian with alkaline water; no alcohol, caffeine or refined sugars—with daily massage, yoga, hikes and beach walks, in addition to the ample time and serene environment most conducive to meditation and reflection.

"Most people come to relieve stress, lose weight and clean out their bodies," Geo explains of the retreat. "They want to get off sugar, white bread, refined food, alcohol, cigarettes and God

only knows what else." He affirms that while many clients see a drop in blood pressure and cholesterol, it's also not unusual for men to shed 10 pounds or more and for women to lose between five and seven pounds.

"We get the best results of any spa in the world because we teach and work with the four pillars of health: proper exercise, proper diet (mostly vegetables and fruit), rest and, most importantly, positive thoughts," he adds. "Each of our staff members shares their ability to give positive, loving energy. We want people to leave The Pearl with a fearless, open, loving heart."