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# Dream Season

FASHION'S FANTASTIC, FEARLESS FALL

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Singh, “the medical community is becoming gradually more aware that there may be advantages to meditation programs”—like stepping away from what Daniel J. Levitin, Ph.D., calls the “overcaffeinated, stressed-out Internet addiction” of modern-day life and slipping into “daydreaming mode,” which, he explains, is controlled by a part of the brain called the insula. A McGill University professor of psychology and music who studies the cognitive effects of sound, Levitin says that the benefits of this mental shift are real: “It boosts the immune system; it enhances creativity.”

My hour-long private session at Martinez’s Brooklyn apartment begins in a minimalistic way. There’s no incense, no scented oils, no crystals hanging in front of the windows. Instead, I lie on his living-room floor as he coaches me in a calm voice to relax my legs, my hands, my shoulders. What comes next is startling: Although there’s been no physical contact, I sense a quiet pressure against my skin as the vibration of the singing bowl, throbbing and metallic,

tingles across my body. I feel sturdy and light, like a cross between an eagle and a toy boat, as a blissed-out high exiles any disruptive thoughts into the void where all of my other worries are currently taking a much-needed break.

When I sit up and reenter the real world, I’m peacefully and profoundly alert. I step out onto the street and hear a dozen noises, each one distinct and compelling. Even the burrito I eat afterward feels significant. Lettuce is so beautiful, I think to myself, admiring how mindful I am being. I inhale deeply and remember how good it feels to breathe with intention. Then I pull the smartphone out of my duffel, and before I know it, I’ve checked Facebook three times and liked a heap of photos on Instagram, demolishing the clear head space I just spent an hour crafting. But as I descend the subway-station stairs and stand at the edge of the platform listening to the train rattle by, it sounds real and messy—and more wonderful than I had remembered. □

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## HEAR and There

Make the most of your fall getaway with these destination sound-healing escapes.



**1** This month, Villa Lena, the artists’ colony in Tuscany, plays host to the globe-trotting **Secret Yoga Club**. Along with daily asanas, there will be sound therapy (vocal toning, Himalayan singing bowls) with the multidisciplinary practitioner Lani Rocillo, and farm-to-table cuisine from the property’s groves and vineyards. [secretyogaclub.co.uk](http://secretyogaclub.co.uk) **2** South Beach’s pulsing beat takes a restorative turn at **The Standard Spa, Miami Beach**, where vibrating crystal bowls accompany a massage for a deeper sense of mind-body balance. Upcoming events include a full-moon kundalini-yoga celebration with an immersive sound bath. [standardhotels.com/miami](http://standardhotels.com/miami) **3** London-based mindfulness group **Fresh Perception** heads to England’s verdant Lake District this month for a sound-bath retreat held at a bucolic Georgian-era farmhouse. Hungarian Szilvia Gardian will lead sessions with gongs and singing bowls, after which you can chase the calm with a hike to nearby rocky beaches. [freshperception.com](http://freshperception.com) **4** **Chablé**, a collection of luxury villas opening next month in Mexico’s Yucatan Peninsula, weaves indigenous traditions into its spa treatments; for the Maya Rebirth, vibrations of the conch shell—long used in the local culture—set the tone for the herbal body brushing and muscle kneading that follow. [chableresort.com](http://chableresort.com) **5** Home to dreamlike overwater huts, **Six Senses Laamu**, in the Maldives, takes an island-inflected approach to wellness, with fresh coconut-oil treatments and Balinese bodywork. Next month, visiting practitioner Khun Sommai and his Tibetan singing bowls begin a six-week beachfront residency. [sixsenses.com/laamu](http://sixsenses.com/laamu)—L.R.