

Melissa Biggs Bradley, Indagare Founder and CEO: Where to Go in 2021

INDAGARE GLOBAL CONVERSATIONS | 2.01

Melissa Biggs Bradley

Hi there, and welcome to Indagare's Global Conversations, a podcast about how traveling the world shapes our lives and our perspectives. I'm Melissa Biggs Bradley of Indagare, a company I founded on the belief that how you travel matters. I'm sitting down in conversation with some of the most inspiring and innovative people I've met while on the road. They will share stories about their travels and how they lead lives of passion and purpose. Welcome to the conversation.

Welcome to season two of Indagare Global Conversations. Last season, we spoke with some of my travel heroes as well as visionaries who I see shaping how we live and how we explore. We traveled from the Bahamas to the Maldives, and lots of places in between. Our guests shared how travel has impacted their lives by shaping their dreams, their careers, and their passions. And this season, we're going to do more of the same. You'll hear from more inspiring guests on new and familiar topics like meditation, passion, adventure, food and wine, photography, and of course travel. But before we dive deep into this seasons Global Conversations, we wanted to give you, our listeners, a brief glimpse into how we at Indagare are thinking about traveling as we move in to 2021. Now that vaccine promises are reigniting dreams of travel, we are actively planning trips for our members again. And we're hoping to see lifted lockdowns and border reopenings soon.

In this episode, I'm sitting down with three of my amazing colleagues, Sasha Feldman, Lexi Polster, and Lizzie Eberhart, who are some of the best of the best trip designers in the industry. We're going to talk about trends they've been noticing and which destinations they're plotting to visit as soon as it's safe, as well as how they think travel has changed for the better and possibly forever. But before we begin, I should say that we understand that many people do not believe that anyone should be traveling right now. At Indagare, though, we do believe that people should travel for a myriad of reasons. But we expect our members and travelers to do so responsibly, intelligently and safely, always thinking not just of their own health but of the safety of all of those around them. Our website has numerous articles on COVID safety and health protocols as well as ones on how and why you should consider traveling as the world begins to reconnect. We hope you enjoy this episode and join us for many more to come this season. Thank you for listening.

So, between the three of you guys, collectively, you have over 20 years of experience working in this industry and with our members, which is pretty amazing. Um, if you add mine in, that gets us to almost 50 years in the travel industry, which is really scary. But, um, I would love to start off today talking to you guys about some of the newest trends that we've seen in this new travel landscape. So, we have a strong community of members, and I know that you work with some of the most discerning travelers out there. Are there any trends that you're seeing on the types of trips that people are wanting to take right now?

Sasha Feldman

I would say that we're really seeing people are seeking travel to more remote places and to the great outdoors. Um, and people are also starting to see how much there is to explore and discover in their own back yards. So, naturally, we're seeing more interest in domestic travel. Uh, many people want to contribute to local economy so are taking a more thoughtful and considerate approach when thinking about destinations where travel dollars help to maximize sustainable economic development, you know, not only for the environment but also for the local communities that call those places home. Um, so something that you talk about often, Melissa, is this, this pivot towards considered versus consumptive travel, um, and remote, further-flung places that offer, you know, works of God and, and nature.

Melissa Biggs Bradley

Yeah, well and I have to say having just come back from being out West and doing one of these remote kind of trips, Sasha, to your point, it's not just that you're helping these local economies but it's also an easier way to be socially distanced and to really keep your group safe. And, and I'm sure you guys have had a lot of questions around safety. Um, but before we get into that, I'd love to, to hear from you, Lexi or Lizzie, about, again, some of the trends and the kinds of places people are going.

Lexi Polster

Sure. You know, I think, as Sasha said, the trends continue to be gravitating toward, you know, more privacy and open spaces. I think we've also seen a lot of extended-stay bookings. So, you've got people who want to get out there and stay out there. Um, and I think that will have some staying power as we go into 2021. And you'll see that as we work, you know, move into a more remote work-friendly lifestyle, we're going to have longer stays. And as we get further into the year, we might start seeing those weekend trips come back. Uh, but at the moment, we're, we're seeing longer trips with, you know, minimizing touchpoints, fewer stops, and really just getting into a destination.

Melissa Biggs Bradley

And what kinds of places are best for that? I mean, um, Sasha mentioned remote places. You're talking about longer stays. But are there examples for either of those categories that you guys have seen become really popular in the last six months?

Lizzie Eberhart

I think it's generally destinations that are automatically eliminate the touchpoints that Lexi was talking about so, you know, more remote places meaning smaller lodges further away from congested or crowded cities. Um, and so examples of that are any time you think of a safari trip. Those have been particularly I think successful, and people have really been gravitating towards them just because these lodges only allow a certain amount of people. They're, you, you're not running into anyone who's not staying at the lodge itself. Um, and just the activities that you're doing at these properties are typically more private and more spread out. So, something like a safari, something like Patagonia either on the Chilean or Argentinian side. And, obviously, this is all order, opening- dependent as we discussed. But, um, anything where you're really out in nature, out in the outdoors with the ability to privatize experiences, I think we're seeing a particular turn towards those sorts of trips.

Melissa Biggs Bradley

Yeah, and, and I'll confess that I think with the safaris, you know, not only do you have the, um, lack of other people but, going back to Sasha's point, you know, we've been talking a lot about it in our newsletters and, and our Global Conversations, you're having a huge impact on conservation. And those places are desperately in need of travelers to support the conservation. So, um, safaris, you know, and not only that, places like Kenya or Rwanda, you know you're getting tested before you go in. So, everybody on the flight has a negative COVID test, everybody in the lodges is being tested. And so there is that measure of, of great security there. Um, what about you, Lexi, are there other specific places?

Lexi Polster

Yeah. I think we're, we're seeing the same trend domestically. And, back in 2020, we were seeing a lot of requests for villa inquiries and yacht rentals and folks that wanted to just have one permanent, you know, hotel room for placement. Um, so we're, I think we'll see a lot of that still as we move into 2021. And, uh, and we'll have villa rentals out West. We'll have rentals in the Caribbean. We'll see, um, anywhere where you can have a, a reliable staff and some big, wide-open spaces to, to roam and enjoy, especially if you have got kids. Um, I think we'll see more of that as we move into the year.

Melissa Biggs Bradley

And I'd love to get into how you guys are planning differently. Because there's a lot more in terms of preparations and precautions that people have to take. And all of us have actually been on the road. We know it's a very different airport experience. Um, can you talk a little bit about how you're helping people get ready to face this different way of traveling and what some of the preparations are?

Lizzie Eberhart

Well, I think that no one anticipated that just travel would stop. Um, I think, especially for people who... You know, traveling around the world has become so much more accessible in the last decade, and even four decades. But, you know, you could really go anywhere. And we found with all of the experiences that we can offer, you're increasingly being able to do these incredibly remote experiences in Antarctica, and you can privatize something and go up in a hot air balloon here and have a private experience here. Um, and for that to just end completely, I think for people who are just born travelers was totally unexpected, and I think very suppressing in a way. So, a lot of what people are doing, or I guess what we're relearning is that travel will hopefully be available to us soon. And how can we then plan and anticipate that travel coming up in 2021 and in the years beyond? So, the, the thing that I'm really focused on is making sure that people start to get excited again about travel. And once borders start reopening and even to the places that are currently open, what does that mean for trips coming up over the next couple months and over the next couple years?

Lexi Polster

And I think Lizzie brings up a good point. You know, a part of our job is to get people excited about traveling again. But it's also to take the worry off of their plate. So, I think, you know, as, as we've learned to travel plan in this new, uh, environment, we've realized there are a number of considerations we never had in the past. So, now, we have to think about entry requirements for the destination, uh, health forms that you have to fill out. And then, beyond that, we have find out the COVID protocols at every hotel or, uh, destination that a client is traveling to because now you've got spas and restaurants that are no longer operational, uh, in the same way or certain services that have changed. Um, you know, for larger groups, we've found, you know, we have to find out if a group of seven can dine together or take their transfers together. And, and coming home is also a consideration and whether there are forms to fill out or quarantines required or negative COVID tests. So, you know, that's part of our job. And, and we've learned to do that on behalf of, you know, our members. But it definitely looks a little different to plan travel these days. And, and that's all been, you know, a couple of new questions that we have to ask before we even get into the trip planning part of it.

Melissa Biggs Bradley

Yeah. No, you guys are absolutely right. And I do think, you know, to your point, Lizzie, we had gotten so used to having access to everywhere. And then there was access to nowhere. And in some ways, you know, it's like a muscle that we've all stopped using. And I've had people say to me, "I'm terrified of going to the airport because I don't know what it's going feel like." And, you know, they really don't know what to expect, and things have changed so much. You know, uh, even understanding what kind of COVID test is allowed for entry into certain places or how you do the timing of the COVID test so that it's, you know, you get your results in time before you get on the plane. Um, you know, there's just so much to go through. And I do think it really is helpful to have people who've, who have, you guys have learned, um, through lots of other travels, uh, how to, you know, really prepare people. But also, as you said, Lizzie, to inspire them and, and get them going. So, it is, it's that balance I think, Lexi, you, you were talking about the amount of just pre-understanding even things like insurance. I mean I'd love to know how you guys talk about insurance today versus a year ago. Because I would imagine most of your travelers are probably considering it in a way that they didn't in the past.

Lizzie Eberhart

I mean I think, generally, there's just, uh, always an inherent risk to traveling anywhere. You're leaving the place you know. You're getting on to planes and trains and automobiles, so y-, you know, you're always going to be dealing with certain circumstances when you travel that are either unfamiliar or might feel un-, y-, I mean unsafe, but you're obviously going outside your comfort zone to access some of these places. In the past, you know, we always recommend insurance

just because for many people that's exactly what it is, which is just peace of mind. Um, and oftentimes they don't even think about it after it's purchased and the trip goes as planned, and that's great. Um, I think, more so than ever, insurance has become forefront of people's mind because the possibility that the trip might happen, the borders might close, things that are outside of their control or, you know, from a broader government perspective might come into play that would mean they wouldn't be able to enjoy their trip.

I- insurance is a little bit of a tricky beast because, obviously, we are not the insurance providers. So, we can, of course, facilitate, you know, uh, facilitate the conversation, but we can't necessarily go into detail about it. So, we always have all of our members, we provide the information to them, and then we typically loop in whatever provider, um, we're using for their particular situation just so they can get all of the answers they need, ask whatever questions they have. Um, but from a more general perspective, it makes people who feel unsure have a little bit more stability in terms of a trip that's going to be happening in the future.

Melissa Biggs Bradley

Certainly. No, I, and I know for the Insider Journeys trips that we've run since lockdown, um, you know, basically every single person bought a cancel for any reason policy because they... A- and, uh, everybody's able to go so far, but they had run into situations where even a day before, you know, what if they got a COVID test and couldn't go? Um, so, you know, it is that peace of mind. Um, and I'd like to talk to you about some of the logistics and hard intel for a minute because I know you're talking with our partners from all over the world on a daily basis. What are you guys hearing about flight prices and hotel availability for spring or summer, border reopenings, you know, things like that?

Lexi Polster

You know, I'll say, amazingly, we have seen that, um, the flight prices and hotel availability, it kind of goes up and down for the upcoming year based on the destination. So, we have some of our top summer, uh, destinations that are already almost fully booked. You know, if you want to go to Capri and stay at the J.K. Place, um, you know, it is fully sold out for July and August and, and all of those bookings have non-refundable deposits down. So, you're seeing that, and then you're, uh, you're also seeing destinations where flights have never been, you know, uh, more affordable and the hotel availability is, is there. The policies are more flexible than they've ever been. So, it's very interesting and, and I, we do have our finger on the pulse but it's definitely something where we can't just give a blanket, you know, um, answer for our clients who want to know how long they can wait before they start thinking about future travel.

Lizzie Eberhart

And I'll also say that there's actually been a little bit of a bottleneck for some particular kinds of trips, especially the ones where the properties are smaller, um, or you're already typically booking those trips further in advance, places like safari, Patagonia, the Galapagos, um, when you're dealing with these trips where you often planning a year to two years in advance outside of COVID parameters. Um, we're now finding that a lot of the postponed trips mean that you might not be able to go on safari until the next year because everyone has already sort of bottlenecked in the availability for 2021. It doesn't mean that it's not worth looking into by any means because I think it is going to be something that ebbs and flows as people feel comfortable traveling or not. But I've been recommending that if someone has a bucket-list trip that they're really excited about, reach out, um, and just we can put in the initial request and see what's available and start thinking about what that might mean for your family. And if it's something that then has to be pushed off, you know, that's something we can consider. But, for sure, take the first step just to really think about where you want to go. Let us know, uh, and then we can start kind of putting, putting that into action to make sure that we're not running into any issues with availability.

Sasha Feldman

Yeah, I, I completely agree with Lizzie and, and think this question of, you know, should I start to plan 2021 and beyond travel now or not is one that comes up often. Um, and I think the answer is yes, not just because of, you know, the kind of

bottlenecking that Lizzie was talking about, um, but also to get ahead of what we're seeing as a lack of availability in many places due to pent up demand. You know, we have a lot of amazing lifelong travelers who are eager to get back on the road. Um, and, you know, combined with our partners continued flexible cancellation policies and credits that are accommodating the restrictions that we're facing today, um, I think getting ahead of travel planning and knowing that, um, you know, you'll be able to kind of push dates when you need to, uh, is a smart way to approach thinking about travel.

Melissa Biggs Bradley

So, are there any destinations that you guys are planning to travel to as soon as it's safe? Have you been tempted by new places or are there places that you want to go back to or that you feel like right now are particularly appealing? I'd love to know y- you're thoughts.

Lizzie Eberhart

Well, I'll, I'll really just travel anywhere. Um, there's not a place that I'm not that excited to go to. Uh, but I'm a particular lover... I know I keep talking about safaris but that's just because of all the places and the kinds of trips I've been on, those are the most impactful and special to me. So, I've been very lucky to go to a lot of safari countries. There's still a, a few that I haven't been able to. Um, I was actually supposed to go to Rwanda in May, and had to cancel. So, that's definitely high up on the list. Namibia, um, sort of tracing the origin of, of the Okavango Delta which is in Botswana from Angola. That's maybe a little bit more esoteric but definitely high on the list. Um, and then really, again, places that are remote, so Mongolia, um, hiking somewhere. I'd love to go to the Dolomites, which a little closer to home but still a dramatic landscape. So, I think things like that are particularly appealing to me now, um, pre-COVID, post-COVID, but just places that are sort of really dramatic and a completely different landscape than what I've been experiencing for the last year.

Sasha Feldman

Yeah, I, I would say that, um, you know, we're, I think we're going to see a deeper appreciation for the sheer ability to travel and to cross borders and that that's not something to be taken for granted. Um, and I think back to, you know, some of the incredible experiences I've had in the past couple of years, you know, tracking rhino on foot in Zimbabwe or being dropped off at a base camp in Bhutan to hike to Tiger's Nest, um, and, and that feeling of remoteness and kind of being offline after a year of virtual interaction, um, and being in stunning landscapes with access to great outdoor activities is what, what I'm definitely craving. Um, Chile, Patagonia, is something that's high on my list, um, for the next time I'm able to get out on the road, Um, and, of course, you know, safari destinations are, are always so special. And the ability to connect with a culture and a way of life different from my own after being at home for so long, um, you know, the connection to wildlife and kind of activating that sixth sense and the thrill of adventure that we talk about often here at Indagare, um, are, are the things that are top of mind for me and what I'm looking forward to, uh, this year.

Melissa Biggs Bradley

What about you, Lex? I mean I know you were supposed to be spending a lot of this year, um, traveling around Europe. So, I'd be curious to know where you're thinking of going back to or going to for the first time.

Lexi Polster

Yeah, well, as you said, uh, ironically my husband and I intended to spend all of 2020, um, living and working remotely in Europe and, and moving, you know, every month. So, we packed up our apartment in, in New York in January, um, and have kind of been on the move ever since then. We just bought a home, uh, in December in upstate New York. But, before then, we, we went to Vienna in Mar-, uh, in February and London in March, and spent some time out West in California and did the national parks and, uh, spent some time with family in Florida. So, we did get to, to experience quite a lot in spite of, you know, otherwise feeling restricted. And I think what that time taught me is just the value of traveling in our back yard, you know, as Sasha said at the very beginning. We really learned how much, you know, how much beauty is right here in our own country. And, you know, Melissa, you just got back from Utah and Arizona, and you

know just as well as, as I do. I mean there is so much to explore right here in the States. And I think, you know, some of these beautiful destinations are still going to feel remote and emptier than they will in the coming years. So, for me and for anyone who's trying to dip their toe, uh, back into travel, I think it's worth considering staying domestic, um, you know, testing out the parks. We had six months to watch which hotels really handled their reopenings quite well, and we've got a handful that just, you know, we got rave reviews from members traveling from July through December. So, we've got our finger on the pulse for what are great domestic hotels for people to consider. And, for me, you know, I haven't been to Alaska, which is one, one state that Sasha has raved about, the Sheldon Chalet out there. I think there are real opportunities to get off the beaten path, experience dramatic landscapes and, you know, and stay right in the country. So, for me, I'm, I'm thinking about that and, uh, and possibly getting out to Montana or down to the Blackberry properties in Tennessee. And, uh, I, I'd be lying if I said safari wasn't on my, on my mind for some time this year, but I think, you know, while we're having this slow pickup with travel, I'll try to stay domestic and enjoy what we've got right here. And then, as we, as we move into the year, I'll start thinking abroad.

Melissa Biggs Bradley

Yeah, and I have to say, you know, as someone who's been lucky to do both international travel now since lockdown as well as domestic, um, there is something, no matter where you do it, about the whole world experiencing the same crisis in very different ways. And, you know, one of the things that I loved about getting back to Africa in, in the fall was getting to connect with other people who have very different lives but sort of sharing what was similar about our experiences. And then, similarly, Lexi, you know, I don't think we ever would've thought to go to the Grand Canyon for Christmas as a family. Um, and none of us had explored Bryce or Zion or the Grand Canyon or Lake Powell, and it was just unbelievably moving and exciting to see our country, but also to sit with Navajo storytellers and to hike with Apache guides and hear about their experience of COVID. And that sort of cross-cultural community and conversation is I think part of what we're all so desperate for. And it, it can be in our back yard, um, the beauty and, and the conversation and the enrichment. So, um, I think, you know, ma-, no matter where we go, it, it reminds us.

And that, to me, I think is one of the things I hope we all get out of 2020 is this total appreciation for something that we maybe took for granted because it was so easy. I mean just the incredible, fact that you can fly across the country and be in a totally different place, or even drive six hours and be in a totally different place with completely different people in a safe way. As you said, Lexi, there's wonderful protocols in place in a lot of the hotels where they're reducing capacity, they're leaving 24 hours between room check-ins, they're, you know, all wearing masks. I mean we went to a hot state and, and, obviously, like everybody, had a moment of COVID questioning before we left to the airport. Is, is this insane? But we all agreed, you know, no, you know, no time without masks, no meeting with anyone other than our family, you know, in an indoor space, all of these protocols to keep everybody safe. And we came back and we were fine. So, I think there, there are ways to do it.

Um, I know we've talked a lot about remote places and those being of interest to people. But I'm curious, are there other things that members have, other places members have talked to you about that they're craving to go back to or that they're really, um, particularly excited to discover when they feel it is safe and, and they can go anywhere?

Sasha Feldman

Definitely we do. We have many members who are very eager to return to Europe, um, and specifically to Paris or to Rome or Florence, Venice, the Amalfi Coast, um, and to help kind of contribute to those economies and, and to the tourism industry getting back on its feet. Um, and, you know, I, we actually have a member, for our members who live in Europe and were able to travel freely there, um, while, you know, Americans were not, you know, they, they talk a lot about the incredible privilege of being able to be in Venice when, when so few others can. Um, and we, you know, we also have some members who, uh, check in with us regularly or, or ask us to alert them right away when they are able to travel again to, to those places. So, so certainly we have people who are eager to get to Europe, um, and to the, you know, major highlight cities there to explore, um, but also to, to help contribute to the, to the rebuilding of those economies.

Lizzie Eberhart

And I think in Europe especially, just because it's a destination where people are constantly going multiple times a year, um, it's not even really for some a bucket list. It's, it's more so a place where they're often going and returning to. The idea of going back to these places is really forefront of their mind. Um, and I think that's another thing that we've been working on and seeing trends for within the team but also with our members, which is how do you then send everyone to these places safely and when they feel comfortable going? So, you know, creating private car transfers, flying privately where you can, eliminating touchpoints, avoiding congestion, maybe you go off season so you're going to places when they're less crowded. It's all things that we're thinking about and keeping in mind, obviously, once the borders reopen and we can happily send everyone back to these cities that they've always loved.

Melissa Biggs Bradley

I want to ask all of you because I ask everybody who does the podcast, um, what you think the greatest gift of travel is.

Lizzie Eberhart

I mean I think there's, there's a lot of things that travel sort of gifts us. Um, and I actually think, to your point, Melissa, that as travelers, I think we lot of, uh, we, I think we think a lot about how we can grow from travel and how our lives can expand and what we can learn. Um, but to our earlier points, I think what we're learning more than ever and prioritizing because of being stuck in our own homes is how important it is and what we can offer to the destinations by traveling there. Um, so it's, it's a little bit of, it's not like we're giving a gift to them but, but, um, in the same way that travel is a gift to us, I think that we can then s- sort of spread it to a certain degree by traveling to these places. Um, and it's all about personal comfort. I say to all of my members, if you're not excited or anticipating traveling somewhere and the anxiety is overwhelming, you don't go. You just wait, and you wait until a time that makes sense for you. Um, but I do think that when people start to travel again, I think they're going to think a lot more about what it means to be a traveler in the destinations we go to as much as what those destinations provide for us.

Melissa Biggs Bradley

Beautifully said. I could not agree more.

Sasha Feldman

We should definitely end with that one from Lizzie, but you could edit mine in maybe ahead of hers. [inaudible chatter].

Melissa Biggs Bradley

It was a really good one. So, but, but go ahead. Sasha and, and Lexi, no pressure.

Sasha Feldman

Yeah, seriously. Uh, you know, for me, I think travel gives many gifts but, but one of the greatest is, is just the sense of discovery and connection to both humans and nature. Uh, one of our favorite office quotes is one from, uh, from Pico Iyer. And I think part of the, the great gift of travel is the way that it opens hearts and minds, um, and has the power to transform us in profound ways.

Lexi Polster

You know, I think it, it really, for me, I've been thinking a lot about this lately, the idea of opening our minds. You know, and everything that we learned this past year about our own flexibility and the ability to find joy in our back yard, that was new for me. And I feel like we all know that, you know, traveling teaches us about other cultures and other destinations, but it is a great reminder that there's so much to discover about ourselves when we travel. And, you know, I think I'm going to try to invest in that more, um, and appreciating the fact that you can really learn a good deal about yourself and a destination if you can just be present and put yourself in one place for long enough. Um, I think we're all going to try to move away from, from that impulse that we used to have to collect memories and moments and

experiences that are really fast paced. Um, and that's something that I'm looking forward to, to doing and discovering more about myself in the process.

Melissa Biggs Bradley

Well, thank you guys so much for chatting with me today. This has been truly fascinating and inspiring for me at least. And I think our listeners will think so too. I know that I'll hear about whatever trips you guys decide to plan for yourselves next, so I'm excited to see that. So, thanks again for sharing your enthusiasm and your expertise and your wisdom and passion for travel.

Sasha Feldman

Thanks! Thanks, Melissa.

Lexi Polster

Thanks, Melissa.

Lizzie Eberhart

Thanks so much, Melissa.

Melissa Biggs Bradley

So, you can probably tell that my team is excited to get back to exploring the world and deepening our destination expertise so we can plan more unforgettable travel experiences. But in addition to getting back on the road, one of the things I'm excited to do this year is to connect more directly with our listeners. I'd love to have you send in your reactions to this episode or questions that you may have about traveling today or in the future, um, as well as stories or tips that you want to share from recent or past travels. You know, do you have a jet lag remedy that you swear by or a favorite guide who made your kids fall in love with medieval history? Or is there a family-run restaurant on a side street in Provence that you are hoping is still going to be there when you get back? When I launched Indagare 14 years ago and left the print world, it was really because I wanted to have a more dynamic exchange than I had as a magazine editor. I wanted to crowdsource ideas and discoveries with a community of like-minded travelers. And that's always been part of the secret sauce of our travel wisdom at Indagare. So, please join the conversation and send us an email at globalconversations@indagare.com and let us know what's on your mind.

And I hope you'll join me next week for a super inspiring conversation with Emily Fletcher, a former Broadway actress turned meditation guru. Emily is the CEO of Ziva Meditation, a practice that is geared to helping high-performing individuals reduce stress, improve productivity, boost health and channel purpose. And if this all sounds too good to be true, it also improves your sex life and spreads kindness in the world. I just finished Emily's amazing book, *Stress Less, Accomplish More*, which is a manifesto on why and how meditation can change your life. And I'll confess, I was already a convert. But her book details the science behind this transformative practice, and it lays out a wonderfully easy and empowering technique. As we're all focused on our wellness more than ever right now, and many of us are in the thick of setting New Year's resolutions, I don't think there could be a better time to learn from Emily. Plus, of course, we'll ask her about her own travels and how her adventures have led her to where she is today. I hope you'll join us.

Producer

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