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From yoga safaris to healing retreats: where to spa this season. By Lisa Johnson

MARCH

● **Escape to Shape**, the 'travelling fitness caravan', has added new destinations to its programme. From 8 to 21 March it will stop at a private mansion in the vibrant colonial city of **Cartagena**, Colombia, offering Spanish lessons and cultural excursions (a boat trip to the Rosario Islands, an historic tour, a dip in volcanic mud) as well as Pilates, yoga, circuit training, massage, salsa and cookery classes with a local and health-conscious bias. Also new are the company's

Give Back Getaways in New Orleans, Marrakech and Guatemala. *Escape to Shape Cartagena*, from US\$3,000 per person, excluding flights (www.escapetoshape.com).

● The **Conrad Maldives Rangali** combines knockout facilities (over-water spa, separate spa retreat with 21 dedicated villas, and there's an ice-cream spa for the kids) with an excellent range of products which now includes organic line Eminence and GHD Hair. The programme of visiting experts has featured yoga guru Katy Appleton and

neuro-muscular specialist Stephen Kirwin, and there are ongoing retreats led by yoga teacher Zhenya Gerson and naturopath Cheryl Davison. *One-day Path to Balance packages*, available 10–20 March, £297, including spa treatments (www.conradmaldivsrangali.com)

APRIL

● **Reclaim Your Self** founder Julia Sampson first studied massage while she was an aid worker in Dar es Salaam, so she's at home in Tanzania. Based at the lovely Ngare

Sero safari lodge (www.ngare-sero-lodge.com) on the slopes of Mount Meru overlooking snowcapped Kilimanjaro, the company's new retreat runs 9–15 April and includes healing therapies from India, Tibet, Zanzibar and the UK, as well as detox meals, yoga, sunset meditation, cooking classes and personalised nutritional guidance. End the trip with an escorted visit to orphanages and development projects in northern Tanzania or a beach holiday on Zanzibar. From £850 per person (www.reclaimyourself.co.uk)

● Launched in the Algarve, Portugal, last June by personal trainer Reza Niam and marine biologist and nature guide Susana Vidal, **Purescapes** has added the ruggedly beautiful volcanic island of Lanzarote to its programme of fitness retreats. Participants stay in luxury Moroccan-Indonesian style villas, and one-on-one circuit training and nutritional analysis are included, as well as group yoga and qi gong. There is also plenty of time to go surfing or exploring the region on foot or by kayak. 26 February–5 March; 5–12 March; 30 April–7 May; 7–14 May; from £1,795 per person (020 7644 6120; www.purescapes.com)

MAY

● From 15 to 26 May, **Robin Pope Safaris** is offering an unusual Yoga Retreat Safari, combining hatha yoga with fantastic wildlife viewing in Malawi and Zambia's South Luangwa National Park. When not waterskiing or snorkelling on Lake Malawi, or scouring the land, rivers and air for lions, hippos and fish eagles, participants will explore Ayurveda in workshops with British yoga teacher Louisa Hill. Also included are Indian head, foot and body massages with customised blends of oils. From US\$3,303 per person, Lake Malawi only, or US\$5,712 for both, excluding flights (www.robinpopesafaris.net)

● Set on a working tea estate half an hour's drive from Galle in Sri Lanka, boutique hotel **Kahanda Kanda** operates as a year-round wellness retreat, where guests can choose healthy menus and take part in yoga, meditation and personal training sessions, as well as explore balmy Galle by bicycle. Owner and interior designer George Cooper and nutritionist and yoga teacher Samantha Gowing have also put together a series of expert-led retreats, such as this one led by Gower. 11–18 May from £1,700 per person (00 94 91 228 6717; www.kahandakanda.com)

GET WELL SOON Aphrodite Hills resort on Cyprus has launched a seven-night Flexible Fitness Package that combines personal training and spa treats (www.aphroditehills.com)