

Spiritual recharge

The great ESCAPE

This month, enjoy a moment of peace and quiet in the English countryside, pamper yourself in Cyprus, and escape to the Algarve ...



Soaking up the Cyprus sun...

If five-star service and top-of-the-range pampering is high on your agenda, then you could do no wrong by booking a week or even a long weekend at the Columbia Beach Resort in Pissouri Bay, Cyprus. Complete with an enormous infinity pool which stretches all the way into the hotel, this decadent resort offers a plethora of treatment to recharge your batteries. From anti-aging facials to Chinese Taoist massages (which balance the meridian lines in the body) the Columbia Spa within the complex also offers reiki healing, crystal colour therapy to balance your chakras, Indian head massage to leave your spiritually balanced and uplifted, and Lomi Lomi massage – a traditional Hawaiian massage with warm oils. Treatments are carried out with products from Molton Brown and Phytomer, and the

treatment rooms surround a central area containing a sauna, cold plunge pool, steam bath and Jacuzzi. Treatments using the Phytomer products are designed to de-stress and relieve tension, restore vitality and help firm and contour the body. In addition they aid the reduction of cellulite and soothe aching limbs with varicose veins. And the resort itself is stunning, mad up of multiple private villas set within the cliff tops on the southwest side of the island, close to Limasol. During June, save up to £250pp and get seven nights for the price of six at £990pp and receive a complimentary room upgrade with sea view (based on two sharing). Includes flights with BA and airport transfers. Valid June 1 – 30. See carrier.co.uk or call 0161 4917650. For hotel details, visit columbia-hotels.com.

EXPRESS yourself ...

If you're having difficulty making yourself heard or understood, why not try a retreat focused entirely on communication? At Rivendell retreat centre in East Sussex this month, you can learn how to express yourself more completely while avoiding such traps as blame and guilt. By connecting with your innate compassion, you are able to put yourself across effectively yet maintain appreciation of others. On this course you will explore communication as a spiritual practice. Drawing on various disciplines, including non-violent communication (NVC), you'll examine what happens when human beings connect with each other. You will cover communication work, meditation, ritual and silence – and having fun! Instruction is provided for those new to meditation. *Communication, Connection, Compassion* is from June 20 – 27, priced £280/£235. For more information contact the course leader at vajraghanta@beeb.net or visit rivendellretreatcentre.com.



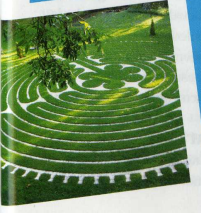
FOR MIND, BODY AND SOUL ...

Escape to the beautiful Algarve this month and experience a holistic health break, with the newly launched purescapes – retreats aiming to improve your mind, body and soul. A typical day incorporates activities on the beach, sight-seeing on board a yacht and hiking along stunning nature walks such as the rustic Monchique mountains, one-on-one fitness and nutritional consultations, time for tennis or swimming and a spot of pampering before a fun dinner in the evening.

The retreat, from June 10 – 14, costs from £1000 per person (saving 724 per person off the normal rate, based on two sharing a double room) including four nights accommodation, transfers, all organic meals and drinks, all group activities, yoga and qigong, unlimited one-on-one training and nutritional analysis with experts, and a one hour massage. **This price excludes flights to Faro. For further information visit purescapes.com or call 020 32399670.**

Find time for stillness ...

If peace and quiet is what you crave after a busy week of work, head out to the sumptuous, luxurious Tofte Manor retreat centre in Sharnbrook, Bedfordshire. While your bedroom will provide you with a haven of tranquillity, all guests have access to the drawing rooms, library and music room in this gorgeous, 17th century manor house. Also on site are a swimming pool, tennis court and meditation room. While stillness is encouraged, allowing you as much time as needed to unwind and re-charge your batteries, you may like to incorporate a therapy or two into your retreat time: chose from yoga, meditation, massage, crystal or colour healing, reiki, Indian head massage, aromatherapy, reflexology, hot stone fusion, homeopathy and shiatsu to name a few. Or if you wish to explore your hidden depths and get to the root of any problems, or help clarify your life's path, you can also try NLP, hypnotherapy, creative



visualisation therapy, a soul purpose reading, tarot, cosmic biology or even past life therapy. With five acres of landscaped gardens, you can lose yourself among nature and will no doubt be drawn to the labyrinth, which incorporates all the elements – earth, fire, water and air – and is an exact copy of the one in Chartres Cathedral in France. This original 13th-century labyrinth was used as a tool for prayer and has come to symbolise our personal journey to the divine. Accommodation including breakfast is from £120 - £210 per room per night. Labyrinth and Stillness retreats start from £220 per day. Call 01234 781924 or visit toftemanor.com.



Focus on the future ...

Change can be daunting, whether you are at a career turning point, or just unsure where you are going in life. It's a situation businesswoman Pam Gregory (D.F. Astrol.S) has helped hundreds with in her role as an astrologer. This year, Pam has launched The Next Step – a four-day retreat in the New Forest, giving participants the opportunity to recharge, reflect and refresh themselves. The retreat is ideal for people who are unsure of what to do in life, or just going around in circles with the amount of choices. An in-depth astrological chart will form the foundation of your work during the break. The four days consist of challenging exercises to help you make decisions, combined with walks in the forest, time set aside to think, plus picnics and meals in hand-picked local pubs. The retreat is set at the New Park Manor Hotel and Spa built in the 1600s. Although a get-away break, the aim of The Next Step is to give you clarity to move ahead in your life. Visit thenextstep.uk.com or contact Pam on 01590 671072. Dates for up-coming courses are June 29 – July 2, and September 7 – 10. Prices start from £350.