



The GREAT escape

See this month's round-up of gorgeous getaways and relaxing retreats to recharge your soul and spirit...

1. Yoga in the desert

Find a yoga holiday to fit your budget this summer by visiting Yoga on a Shoestring. Stretch your limbs on one of their September breaks in Morocco or Bali, or even a week's stay in the Sinai desert in Egypt, right next to the Red Sea, where you can practise daily yoga at the simple and intimate Coral Coast Hotel. In between times, Dahab offers an array of exciting excursions, from scuba diving and snorkelling, to camel riding and a visit to the local hammam, the country's signature health treatment involving mud and steam. There will also be an optional group outing to the desert one evening. Prices start at £310, excluding flights.

To find out more, call +44 020 7733 2996 or visit yogaonashoestring.com

2. Relax body and mind

Reconnect to your needs and ignite your passions on a short break in Surrey, designed to nurture and strengthen your body and mind. The new Women's Wellness weekends, designed by pilates teacher Rosa Whitehead and human potential coach Dr. Deborah Kerlake, for busy, working women, will help you find clarity, purpose and motivation, and improve your physical wellbeing through a mixture of group coaching, vision boards, power pilates, mindfulness meditation, numerology, fitness sessions and more. Taking place from November 24th at The Manor House, Godalming, the first of these all-inclusive weekends will cost £395.

Visit thekerslakecompany.com to find out more.

3. Jet off to Jersey

Relax under the open sky at a roof-top spa on the island of Jersey. The Ayush Ayurvedic luxury spa at the Hotel De France offers half-, full-day and overnight stays and is renowned for its breathtaking views over the shores of St Helier. Ayurvedic therapists at Ayush, meaning 'healthy life' in Sanskrit, use traditional techniques and ancient Indian principles to help you improve your health. With a consultation by an Ayurvedic doctor, plus professional advice to nourish and heal your body and soul, the spa aims to provide you with tools for self-healing after you leave.

For more information, visit defrance.co.uk or call 01534 614172.