



Travel | Culture | Adventure

# Escape



## RIGHT TRACKS

Why train travel  
is good for you

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# Top Ten SUMMER RETREATS

From silent omming to running up volcanoes, **Polly Humphris** has something for all health nuts

### 1. THE HARDCORE ONE

#### Como Shambhala, Bali

If you're one of those people who takes your running shoes on holiday to get ten miles in before breakfast, this is the retreat for you. Set above a high gorge near Ubud, Como Shambhala offers trekking up volcanoes, mountain-biking down steep descents and rigorous biathlon training through rice paddies and jungle gorges. You can upgrade your stay to include a private villa and butler but it's not cheap as it is and, as you'll be pushing your physical limits for around six hours daily, the communal hot tub, steam room and swimming pool will probably do the trick before you crash out from blissful exhaustion.

**From £3,120 per person for seven nights, including flights, [thehealthyholidaycompany.co.uk](http://thehealthyholidaycompany.co.uk)**

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**In the balance:**

The serene  
setting of Como  
Shambhala

UK PREMIERE TONIGHT AT THE BFI SOUTHBANK WITH TOM HANKS

# TOM HANKS A HOLOGRAM FOR THE KING

BASED ON THE BEST-SELLING NOVEL BY DAVE EGGERS



IN CINEMAS MAY 20

f /IconMovies @IconFilm



# Salute the sun, stars and undersea kingdom

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## 2. THE PARTY ONE Obonjan island, Croatia

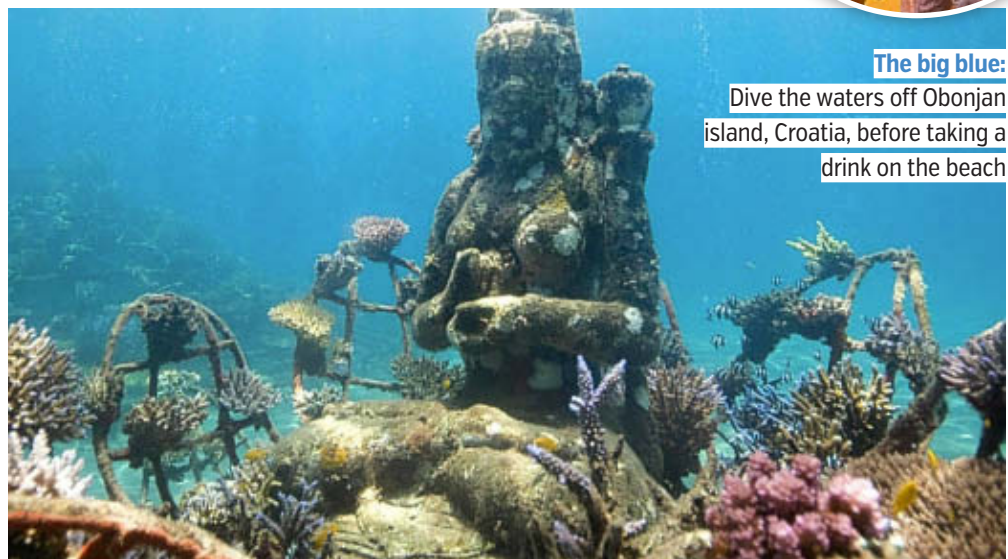
If your idea of relaxation is yoga plus techno, head to Obonjan, this summer's most anticipated opening. For two months from July 10, the tree-covered island, close to the seaside city of Šibenik, will host workshops, exhibitions, screenings, live music and lots of

lovely relaxation. Its woodland wellbeing centre has yoga and fitness classes followed by meditation, massage and spiritual healing. Dive in the Adriatic Sea before catching a set by the likes of DJs Gilles Peterson or Mr Scruff.

**From £51 per person per night, excluding flights, otokobonjan.com**



**The big blue:** Dive the waters off Obonjan island, Croatia, before taking a drink on the beach



**Perfect circles:** Entrance to Sri Lanka's Breath Of Life retreat



**Country calm:** Will Williams Meditation

## 3. THE BIG-NAME ONE Feeling Good Week, Turkey

This new retreat is a collaboration by two of London's top health and fitness experts for those who are serious about looking good. The new Feel Good Week will take part in Fethiye's Hillside Beach Club and will include Animal Flow classes – led by Christina 'That Girl London' Howells – alongside nutrition training sessions with Rob Hobson of The Detox Kitchen Bible. His secret ingredient? Furikake, an iodine-rich Japanese blend of sesame seeds and seaweed. There is also a hiking guide plus sunrise yoga sessions on a silent, adults-only beach.

**£992 per person for six nights, including flights, May 8-14, classic-collection.co.uk**

## 4. THE OLD-SCHOOL ONE Will Williams Meditation, Sussex

Rounding is an ancient yoga sequence for people who regularly meditate. It's based on breathing techniques to deepen your meditation and affect profound changes to your physiology. At the retreat you'll eat biodynamic, organic food and come away with a rounding programme that you can continue at home. Oh, and you can pay six monthly instalments of £149 if one payment is too big a hit to your bank balance, which is suitably kind.

**From £824 per person for seven nights, June 3-10, willwilliamsmeditation.co.uk**



**Wild:** Venture from Breath Of Life in Sri Lanka and you may meet this chap

## 5. THE JUNGLE ONE Breath Of Life, Sri Lanka

The steamy Sri Lankan jungle will calm the most frazzled of nerves, as will a good spine cracking from Sam Kankanamge, founder of the new Breath Of Life retreat. The osteopath works with an Ayurvedic doctor to tackle everything from anxiety and exhaustion to childhood trauma. Expect massage, yoga, osteopathic treatments, guided visualisations and even a few cacao and fire ceremonies – complete with the island's

traditional devil dancing. When you're not finding inner peace in the 23-cabana retreat, you can explore a 2,000-year-old Buddhist monastery where you can meditate with monks at sunset.

**£1,550 per person for nine nights, excluding flights, breathoflifeclinic.co.uk**

## 6. THE GIRLS-ONLY ONE Women-For-Women, Ibiza

The tiny party island also has a spiritual side. The new 'women-

for-women' retreat at Casa Lakshmi Luz uses alternative treatments including Voicessence (singing in a group, yikes) and Soul Coaching (where a therapist reads your energy vibration – cosmic).

**From £1,095 for five nights, excluding flights, June 25-30, ibizaretreasts.com**

## 7. THE CREATIVE COOKING ONE Conscious Eating And Yoga Retreat, UK

It's all very well eating fresh, plant-based foods for a few days but we quickly slip back into old habits once we're home. This retreat, which takes place in a Somerset valley, teaches guests how to cook vegan. Think courgette pasta with cashew nut and avocado pesto. And there's no wolfing it down either – the idea of 'conscious eating' is to bring more mindfulness to the eating experience, which helps the digestive process.

**From £280 per person for three nights, July 29-31, jivahealing.com**

## 9. THE STRICT ONE Vivamayr, Austria

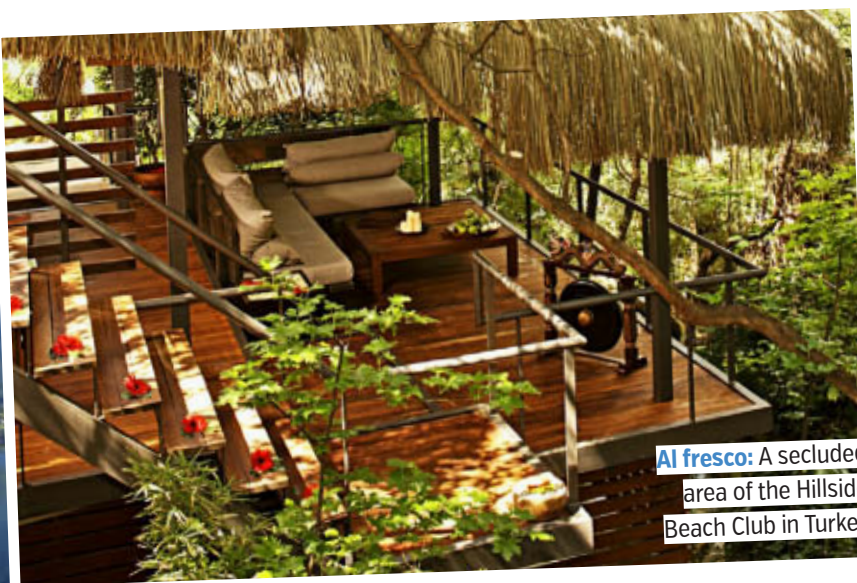
The Vivamayr medical retreat, held in Altaussee for the first time, means business. The doctors are trained in Mayr medicine, a natural cure based on intestinal cleansing to treat conditions such as diabetes, thyroid problems and stress-related burnout. Detox is at the core of each guest's treatment programme, which includes eating meals in isolation and chewing food between 30 and 40 times.

**From £180 per person per night, excluding flights, vivamayr.com**

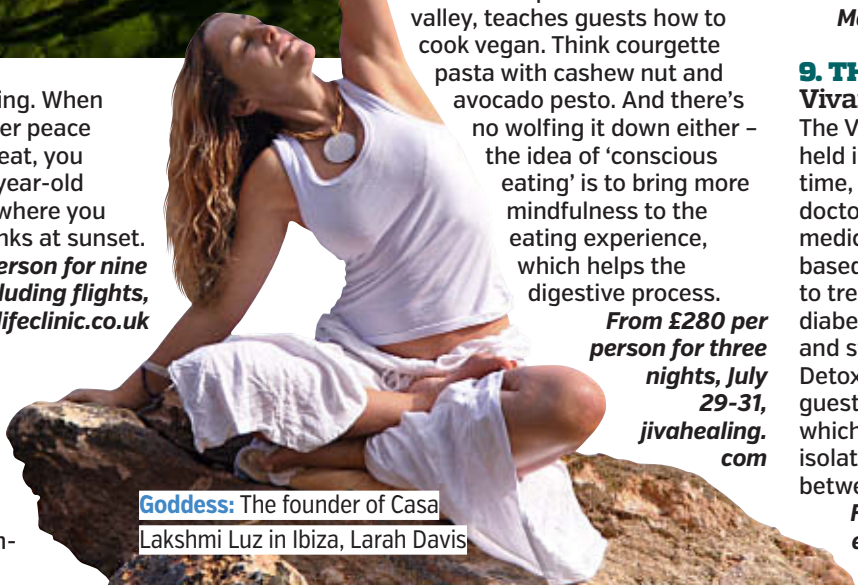
## 8. THE OFFLINE ONE It's Time To Log Off, Italy

The first It's Time To Log Off retreat of 2016 is a serious digital detox. Given UK adults spend an average of at least eight hours a day on screens, founder Tanya Goodin consulted addiction specialists to devise a regime to wean us off our modern-day tech obsession. The week starts with a 'handing-in' of e-devices before a daily programme of walking, veggie food and general silent reflection. If you prefer a more tropical environment, the same week is held in Hawaii in October.

**From £845 per person for seven nights, excluding flights, May 21-28, itstimetologoff.com**



**Al fresco:** A secluded area of the Hillside Beach Club in Turkey



**Goddess:** The founder of Casa Lakshmi Luz in Ibiza, Larah Davis

## TRAVEL BEAUTY



**Foreo's Luna Play**  
It might look a little naughty (just us?) but Foreo's Luna Play is a cleansing brush for the face. Just use it for a minute twice a day. £29, foreo.com

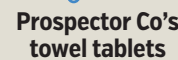
## Eagle Creek's silicone travel bottles

The soft silicone means you can squeeze out every last drop of your product. £24.95, eaglecreekluggage.co.uk



## Flo's travel USB shaver

This men's shaver is the size of a phone and approved for carry-on luggage. It allows cordless shaving for up to 30 minutes. £14.25, amazon.co.uk



## Prospector Co's towel tablets

Add water to expand to hand-size. £5, jcrew.com



## CACI's Microlift

Travel version of the skin-tightening system. £349.99, caci-microlift.co.uk



**Recipe for living:** Rustic dining at Croatia's Obonjan island

## 10. THE GNARLY ONE Soul & Surf Pop-Up, Portugal

Kerala's Soul & Surf Hotel has two surf weeks in Portugal's Casa Meranka, a clutch of cool cottages and courtyards close to the village of Figueira. Each day will begin with a surfing lesson, followed by lunch, yoga, a guided meditation and one more chance to flail around in the sea. All levels, from experienced carvers to complete novices, are welcome.

**From £670, excluding flights, May 7-21, soulandsurf.com**

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