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Explorer

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OUT OF THIS WORLD



JAW DROPPING DESTINATIONS
ON THE MONARCH NETWORK

Do The Math!

Crunching the numbers
with Carol Vorderman

AND BREATHE...

FIND YOUR INNER SELF AT A
CANARIES YOGA RETREAT

PLUS+ SUPER SAVINGS IN THE SUNSHINE STATE

PLUS:
SUMMER BEAUTY BARCELONA TOP SPAS ITALIAN PROPERTY

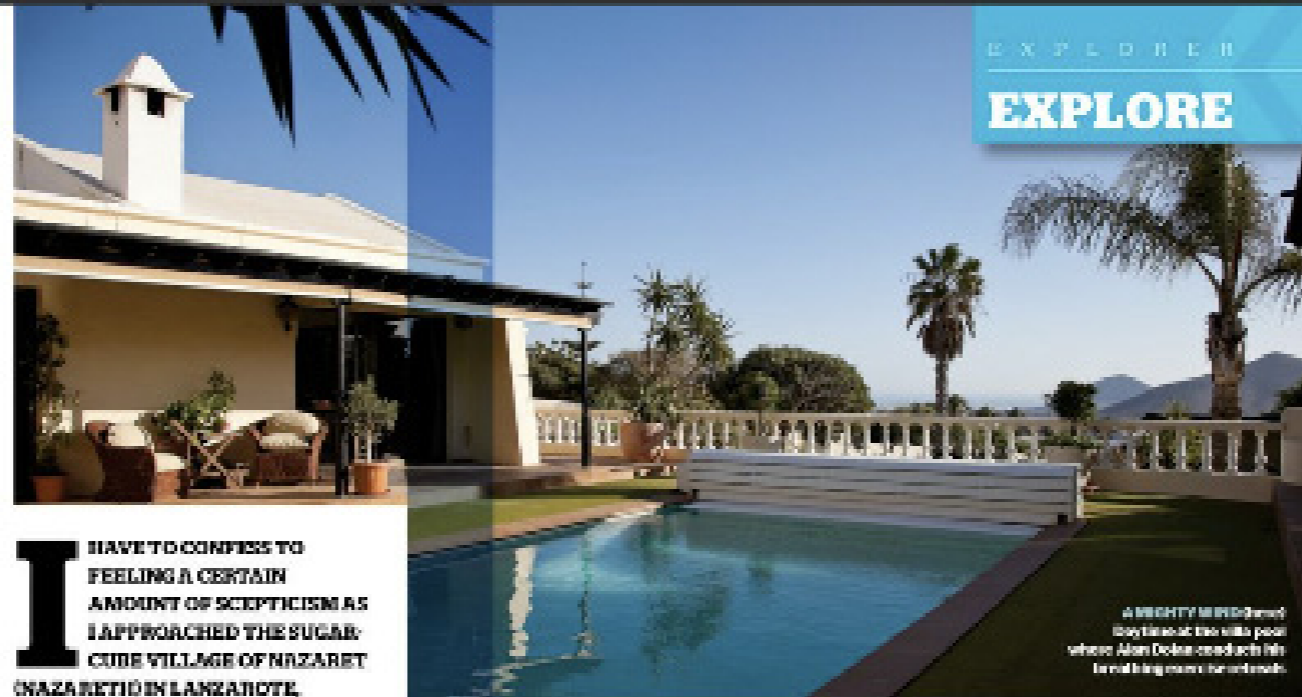
RELAX...

*Daily grind getting you down? Stress getting the better of you? Need some head space? If the answer to all these questions is yes then you need a **RETREAT BREAK** in **THE CANARIES**. If the answer's no, however, then we're sorry for troubling you...*

WORDS: JOE CAWLEY



Picture 4.png



A BEAUTIFUL VILLA (above) overlooking the sea with pool where Alan Dolan conducts his breathing course for retreats.

I HAVE TO CONFESS TO FEELING A CERTAIN AMOUNT OF SCEPTICISM AS I APPROACHED THE SUGAR-CUBE VILLAGE OF NAZARET (NAZARET) IN LANZAROTE, DESTINATION OF MY THREE-NIGHT, ONE-TO-ONE INTENSIVE SESSION OF TRANSFORMATIONAL BREATHING. Why? Because according to the website, it was going to 'bring about physical and mental-emotional healing as well as providing a means of connecting with (my) deeper self.'

I didn't even know if I had a deeper self. And if I did connect with it, what if I didn't like it? Yes, I fully expected to return home from this experience carrying nothing more than a renewed sense of cynicism and a litre of snake oil bought out of politeness. Only things didn't quite work out that way.

It was sundown. Through the curved floor-to-ceiling windows of a luxury villa, the descending sun has brushed the dusty plains of the island's interior in a rose blush. Alan Dolan sits cross-legged on a wicker sofa sipping a mug of herbal tea.

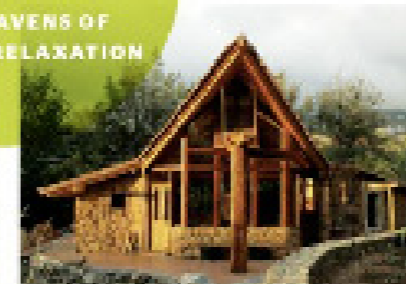
One of 2,000 or so qualified 'breath coaches' worldwide, he explains in soft tones how what he teaches is just a different form of yoga but without the spiritual trappings. "There's no theology or dogma, just the bringing together of the different forms of our being, physical, spiritual and emotional."

"The keyword is 'allowing,'" he says. "Let the body take control. Your role is to just keep breathing". How hard can that be?

But before I find out, I'm introduced to Dennis, a respected 60-something Australian wearing a turtle-neck sweater and a broad beam. Dennis is a body

Canary Retreats

MORE HAVENS OF HEALTH & RELAXATION



AZUL FIT FUERTEVENTURA

For twice or thrice daily yoga, Pilates and meditation in the eternal sunshine of Fuerteventura book yourself in to a week-long retreat at the spectacular Villa Azul. While eco-friendly systems help the environment, a range of wellness and pampering treatments will help put a glow on your face and a spring in your step. Apartment, tent and suite accommodation starts from €435 per person for seven nights, full board. Speciality weeks with emphasis on detox, Reiki and weight loss are also available. AzulFit.com, +34 992 026 829; M'Navarro, Fuerteventura.

HACIENDA CRISTOFORO TENERIFE

Located 15 minutes inland from the west coast of Tenerife, Hacienda Cristoforo bills itself as an 'Oasis of Peace', and who can argue, with ten wood and stone cottages sprinkled in a tranquil garden setting. Guests can cherry-pick a diverse range of courses, classes, seminars and therapies, from Tai Chi and Reiki to the more abstract 8Hz Music and Tibetan Singing Bowl sessions. Personal development activities for children are also available. HaciendaCristoforo.com, +34 922 241 262; Playa Paraiso, Tenerife.