



**FACT**  
Breath guru fans include Naomi Harris

**BREATHING SPACE**

**Where?** Lanzarote (there are also sessions and workshops in London, Cambridge and Dublin)  
**Best for?** Spiritual types – you'll meet 'breath guru' Alan Dolan, who has villa in the hillside village of Oasis de Nazaret, and learn how to breathe properly to boost health and wellbeing.  
**What's involved?** Two breath classes a day, plus a one-on-one session in which you learn new breathing patterns to reduce stress and increase energy.  
**What's to eat?** Health-conscious Dolan favours organic and local produce.

*Dates on application, from £1,040, [breathguru.com/retreats](http://breathguru.com/retreats)*



**CONFIDENT YOU**

**Where?** Thirsk, North Yorkshire  
**Best for?** A mind workout. Well-being coach Dr Claire Maguire will help you identify your values and learn simple techniques to think positively.  
**What's involved?** Daily group workshops of confidence-boosting exercises, complemented by kundalini yoga, countryside walks, meditation and an aromatherapy workshop.  
**What's to eat?** Three raw vegan meals a day plus fresh fruit and herbal teas to detoxify the body.

*May 22-27, from £995, [rawhorizons.co.uk/confident-you-retreat](http://rawhorizons.co.uk/confident-you-retreat)*



**THE SUGAR DETOX**

**Where?** Somerset and Dorset (also Spain and France)  
**Best for?** Ditching your sugar habit.  
**What's involved?** A sugar-free nutrition programme with low-impact exercise, such as rebounding and yoga. Group neuro-linguistic programming (NLP) is used to help you let go of self-sabotaging thoughts and behaviour.  
**What's to eat?** Nuts, seeds and pulses. A typical dish would be nut-crusted haddock with greens in garlic.

*Jun 27-Jul 1, from £1,550, [thebodyretreat.co.uk](http://thebodyretreat.co.uk)*



# IT'S TIME FOR A REBOOT

Each of these 2016 fitness retreats has a USP that'll get you glowing inside and out this summer, says **Nilufer Atik**



**THE WELL CONNECTED**

**Where?** The Lake District.  
**Best for?** Wellbeing rather than weight loss.  
**What's involved?** This three-day programme offers a detox juice cleanse, yoga and the state-of-the-art new Brimstone spa, which features a Himalayan salt steam grotto.  
**What's to eat?** Light snacks only – this is all about the juices, probiotic tonics and nut 'mylks'.

*Sep 5, from £750, [thewellconnected.co.uk](http://thewellconnected.co.uk)*



**GET FIT FAST**

**Where?** Herefordshire.  
**Best for?** Those who like to train hard, the focus is on maximum fat loss.  
**What's involved?** Five to six hours of intensive workouts, including interval training, strength workouts and boxing. Many classes run back-to-back, so there's not much rest.  
**What's to eat?** Specially adapted protein-rich meals, such as chickpea and apricot tagine. There's also nutrition seminars and supplements.

*Jun 20-24, from £1,050, [targethp.com](http://targethp.com)*

**EXTRA TICKETS JUST RELEASED!**

# ACDC

**ROCK OR BUST WORLD TOUR**

**THE STADIUM, QUEEN ELIZABETH OLYMPIC PARK, LONDON SAT 4 JUNE**

**ETIHAD STADIUM MANCHESTER THU 9 JUNE**

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