

HOPE & BELONGING: Learn the simple, easy way to influence others UK EDITION

PSYCHOLOGIES

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MAGAZINE

BE WILD & FREE

*How to find
adventure
everywhere*

LIFE SCHOOL

- Make happy memories
- Have better sex
- Slow down

Do less!

The real secret to
achieving more

*"I don't like
my mother"*

DEALING WITH A
DIFFICULT MUM

WE LOVE

**Natalie
Portman**

*Inspired,
passionate,
real & honest*

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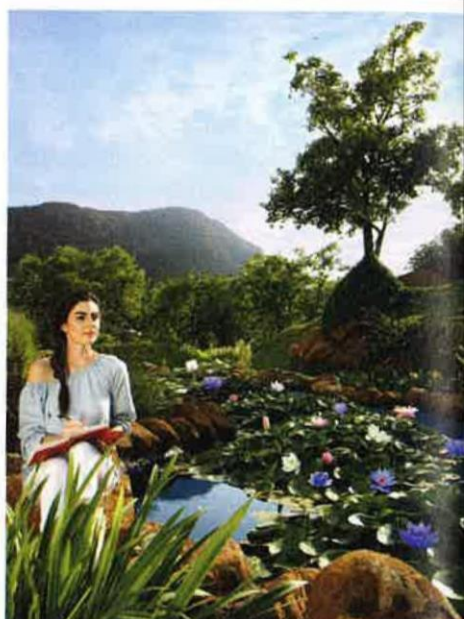
LET IT GO AND MOVE ON

*Release the past, make space for what you love
Say goodbye to what's holding you back*





CLOCKWISE FROM BOTTOM LEFT Buddha has pride of place in the grounds of Atmantan Luxury Spa and Wellness Resort in Maharashtra, India; Kerala's Blooming Bay is a tropical paradise of dramatic waves, sandy beaches and flourishing trees; do yoga with the Maharashtrian earth under your feet or walk up the mountain for sunrise meditation; the sky floods in at the Scarlet spa on the Cornish coast; spend valuable me time on the powdery beach at Mawgan Porth; journal alongside jewel-like lilies at Atmantan; Hotel Tresanton offers rest at the seaside



Connect with your physical and spiritual self

ULTIMATE WELLNESS IN MAHARASHTRA, INDIA

Top up your wellness reserve at the award-winning and serene Atmantan Luxury Spa and Wellness Resort

THIS IDYLIC, LUXURIOUS destination overlooking sun-dappled Mulshi Lake is perfect for retreat newbies and seasoned retreaters accustomed to elaborate Eastern health programmes.

There is a choice of seven holistic and personalised packages, to which you can add your own bells and whistles. From Ayurvedic panchakarma (detoxification involving massage and herbal therapies) to holistic treatments, all include a mixture of therapies and fitness recommendations, from acupuncture and shirodhara (a treatment involving oil gently being poured onto your forehead), to paddleboard yoga and spinning classes.

A hike to the top of the mountain for sunrise or sunset is a heart-expanding must, as is the divine 'Atmantan signature massage', which includes hot stones and guided meditation. Whether you need your muscles kneaded, your body exercised or your life re-evaluated, you will find what you are looking for here.

If you're on a cleanse, enjoy the juice and tea menu at the restaurant, otherwise sample a tempting array of delicately put-together Buddha bowls, thalis and imaginative multiple-course meals. Quality not quantity is the order of the day. Atmantan is a glorious setting for rest, relaxation and reprogramming.

● *Retreats vary from three nights to 28-day packages. From £975 pp for three nights, including meals and spa therapies; atmantan.com*

YOGA AND AYURVEDA IN KERALA, INDIA

Begin the year with a rejuvenated body and mind on tour with Tamsin Chubb in the spiritual home of yoga

START 2020 WITH your best foot forward on a 10-day retreat in the peaceful town of Varkala with retreat leader and owner of Little French Retreat Tamsin Chubb. At the Blooming Bay Resort, you'll have an Ayurvedic cleanse, personalised health advice, twice-daily classical hatha yoga, treatments and coaching to provide practical, easy solutions to help you bring the changes you most want to your life. Tamsin's yoga classes are suitable for all levels, in a steady, gentle flow focused on breath, strength and rest – to realign energy and increase vitality.

● *This retreat is 8-18 January. From £1,255 pp, all-inclusive; tinyurl.com/y6lzo4df*

EXERCISE BODY AND MIND IN CORNWALL

Yoga with Movement for Modern Life's Zephyr Wildman complements holistic treatments and coastal walking

SET IN THE seaside village of St Mawes with stunning sea views from its terraces and rooms, Hotel Tresanton is a calm, understated and stylish place to go on a retreat. Every November, a special yoga and coastal walks retreat takes place here with vinyasa flow teacher Zephyr Wildman – a perfect way to prepare for the festive season.

Come for twice-daily yoga and meditation, blended with guided or solo daily coastal walks, a meeting of like minds over lavish, nourishing meals plus ample opportunity for downtime and body- and soul-enriching treatments.

Zephyr is a passionate teacher who offers plenty of yogic philosophy. Practise in spiritual surroundings after using angel cards to help you find clarity on where you are in life. Evenings are spent on restorative yoga, followed by a group meal. Enjoy daily treatments with holistic therapist Sarah Greenhalgh, from holistic massage and reflexology to aromatherapy and hot Thai poultice massage, all using lovely locally made organic products.

● *The next retreat is 4-8 November. From £1,550 pp, all-inclusive and sharing a room, plus transfers from St Austell train station; tresanton.com*

RENEWAL AND REST ON THE CORNISH COAST

Have a mini retreat surrounded by natural beauty and inspiring art in a venue for adults only

ABOVE the shortbread sands of Mawgan Porth and on the South West Coast Path, the luxury eco Scarlet spa hotel offers a three-night 'Eat, sleep, treat, repeat' retreat which delves a little deeper into Ayurvedic principles.

The retreat begins and ends with an advisory call with Brighton-based Kerala Ayurvedic doctor Shijoe Mathew, who will diagnose your dosha (body type) imbalance and advise Scarlet's therapists of your needs. He also offers bespoke dietary and lifestyle advice to retreaters.

Between treatments, spend time soaking in a hot tub overlooking the beach and visit the outdoor wooden sauna with a magnificent ocean view. Be brave and have a dip in the reed-filled outdoor pool and emerge renewed. Staff at the Scarlet are friendly and attentive. Ask for a room with a sea view and emerge from this revitalising experience with a renewed sense of calm.

● *A three-night retreat is from £2,145, based on two sharing; scarlethotel.co.uk >>>*