

Retreats to restore your body and mind

Queen of Retreats rates and recommends these yoga and mindfulness breaks to help

get you back on track physically and emotionally



Care that lasts

REGAIN BALANCE

Kali Yoga, Italy & Spain

Experience a life-changing retreat in beautiful, back-to-nature locations, with hand-picked yoga teachers, homely accommodation, tasty vegetarian food and a team dedicated to rejuvenating you. Pop into yoga classes, unwind with therapeutic treatments and feel deep peace, the benefits of which will linger for months.

Reviews queenofretreats.com/retreat/kaliyoga-italy; queenofretreats.com/retreat/kaliyoga-spain
 • kaliyoga.com



Unplug in a gorgeous place

ISLE REJUVENATION

Silver Island Yoga, Greece

This beautiful haven offers magical yoga holidays and retreats of a lifetime in an unspoiled, relaxing island setting from mid April to mid October. Come for delicious vegetarian meals, gentle walks, aesthetically pleasing rooms and excellent yoga to bring you peace, abundance, serenity and mindful living. Being off grid allows for an authentic digital detox, too.

Review queenofretreats.com/retreat/silver-island
 • silverislandyoga.com



Far away from it all

FREEDOM TO FOCUS

Yoga on a Shoestring, Sri Lanka

Join Ali Gilling for nourishing yoga and mindfulness on a sun-drenched adventure at the luxurious Sri Devi Villas, set in nature near the turquoise sea on Sri Lanka's southern coast. Immerse yourself deeply in your practices and open up to new possibilities through your breath, body and mind. Book for 27 October to 3 November or 3-10 November 2018.

Review queenofretreats.com/retreat/yoga-on-a-shoestring
 • yogaonashoestring.com/all-holidays/mindful-retreat-ali-oct18



Prepare for a new season

LIFT YOUR SPIRIT

My Island Retreats, Ibiza

For autumn retreats rooted in spirituality and holistic wellbeing, stay in a beautiful villa with two pools and fragrant grounds, practise yoga in a Mongolian yurt with world-renowned Suzanne Faith, enjoy hikes to stunning spots and indulge in healing treatments. Vegan meals are colourful and delicious. Book for 30 September to 6 October or 21-27 October 2018.

Review queenofretreats.com/retreat/island-retreats-ibiza
 • myislandretreats.com



Gentle touch

NURTURED IN LUXURY

Satvada Retreats, Norfolk

Wintry long weekends are a dose of deep self-care in a luxury rural setting, where rooms are en suite and solo occupancy comes with a double bed. Accessible, nurturing mindfulness practices and silent morning walks are twinned with gentle, calming and restorative yoga and yoga nidra sessions. Book for 30 November to 3 December 2018 or 18-21 January 2019.

Review queenofretreats.com/retreat/satvada-retreats-norfolk
 • satvada-retreats.co.uk



Warm and relaxed

MOUNTAIN HIDEAWAY

Vale de Moses, Portugal

At this gorgeous, laid back and friendly retreat in the stunning mountains of central Portugal, you can practise yoga twice daily, eat delicious veggie and vegan food, walk in uninhabited forests, swim and mud bathe in rivers and restore your body with massage and acupuncture. Some weeks feature workshops on Pilates, Ayurveda and sleep. All abilities welcome.

Review queenofretreats.com/retreat/vale-de-moses
 • valedemoses.com



Wellness and walks

INSPIRED BY THE SEA

The Cliffs of Moher Retreat, Ireland

Come to this clifftop world-class retreat for a variety of packages that include yoga, meditation, food experiences and coastal hiking. Meals are delicious, mostly using organic produce grown on-site, and there's a fabulous wellness area for treatments and a top-notch, glass-fronted yoga studio with panoramic views of the Atlantic Ocean.

Review queenofretreats.com/retreat/cliffs-moher-ireland
 • cliffsofmoherretreat.com



Fitness and joy

FEEL ON TOP THE WORLD

AdventureYogi, worldwide

This long-established company offers yoga holidays for fun-loving people in inspiring destinations all over the world – ideal for beginner and intermediate yogis seeking relaxation. Mix well-taught yoga with activities such as skiing, surfing, hiking and diving, as well as detoxing and general wellness. Food is super tasty, healthy and usually vegetarian, with some fish included.

Review queenofretreats.com/retreat/adventureyogi-retreats
 • adventureyogi.com