Health and Wellness Holidays

Portugal

Yoga & Meditation Retreat

Eat energizing and healthy food, after daily yoga and meditation sessions on the coast

From £652pp

Yoga Retreat in Oleiros

Tucked into the mountains of central Portugal, this oasis of tranquillity is a yogi's delight

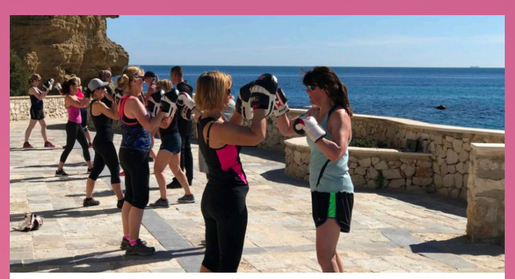
From £835pp

Spain

Yoga, Meditation & Wellbeing

Visit the Spanish Aragon Pyrenees, centring yourself with daily yoga and meditation sessions

From £1175pp



Luxury Fitness & Detox Retreat

Daily yoga, Pilates, core, HIIT, circuits at the beach, guided hikes and more in Costa Blanca

From £1145pp

Italy

Ayurvedic Yoga & Cooking

Discover the secrets behind delicious Italian cuisine while centering your mind with daily yoga in Italy

From £653pp

Yoga & Horse Riding in Casperia

Trek on horseback around the picturesque Sabina hills and combine yoga with horse riding

From £588pp

United Kingdom

Yoga, Wild Swimming & SUP

Unwind in the stunning landscape of Anglesey, Wales, getting in touch with the beautiful coastline

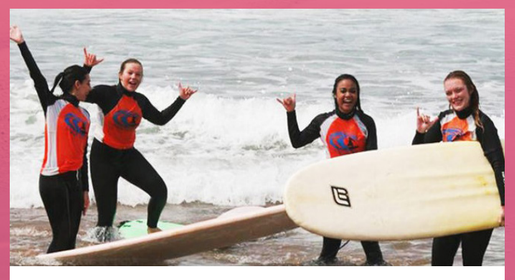
From £500pp

Nature Immersion and Farm Feast

Unplug from the rush of modern life on this 3-night couples retreat in Cornwall

From £595 per couple

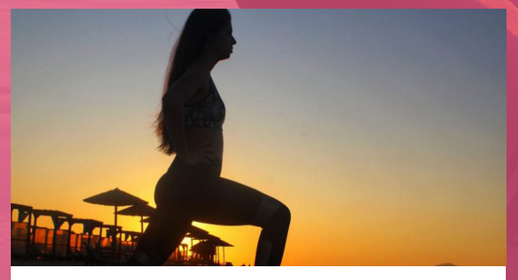
Other Wellness Breaks



Surf & Yoga in Morocco

Combine energetic surf lessons with relaxing yoga for a perfectly balanced holiday in Tamraght

From £470pp



Hippocrates Fitness & Wellness Retreat

Immerse yourself in a week of fitness and wellness on the stunning Greek Island of Kos

From £699pp

Yoga Holiday in Montezuma

Enjoy daily outdoor yoga sessions surrounded by the sounds and sights of Costa Rica's rich wildlife

From £684pp

For more details, contact your travel agent

NOT IN THE GUIDEBOOKS