

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

March 2017 // £4.20

TONE UP IN TEN!

Firm your curves without the gym

BOOST YOUR GUT HEALTH

The 10 foods you need to start eating TODAY

IS YOUR JOB MAKING YOU SICK?

How to thrive in your 9-5!

28
INSTANT BEAUTY UPGRADES

PLUS: HOT GYM-STYLE BUYS | WIN A LUXE BOOTCAMP BREAK

HAPPY NEW YOU!

2017's hottest wellbeing trends

LOSE WEIGHT BY WALKING

The 6-week plan that *really* works

'I'LL GET YOU BACK IN SHAPE!'

TRY EMILY SKYE'S ULTIMATE BODY MAKEOVER

JESS ENNIS RUNNING PLAN

Go from beginner to 5K event, fast

+ Exclusive interview

Get fit for **FREE**

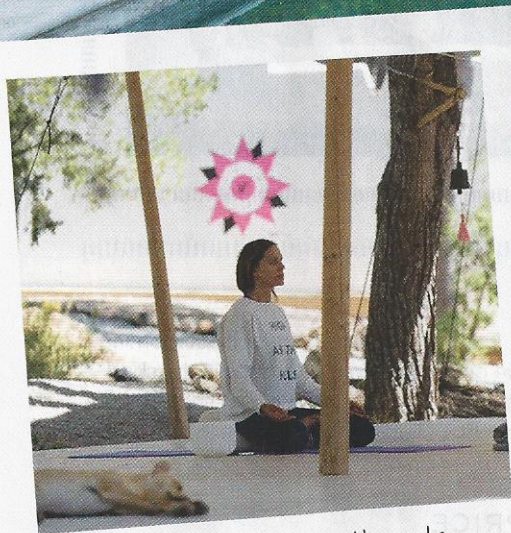
Save £££ on classes & kit

9 770957 592989 03>



HEALING HOLIDAY

Judy Bastyra tries out a therapeutic yoga break in Ibiza to help repair body and mind



Meditation takes place in the sala, surrounded by fragrant lavender bushes

Mention Ibiza and people instantly assume you're off for a week of clubbing, booze and general hedonism. However, at the

Yogarosa retreat, things couldn't be more different. Rosa Klein describes her retreat as an island within an island. Set amid a fragrant pine forest, this holistic haven is an oasis of tranquility. The soundtrack to our stay is bird song, gently accompanied by the wind rustling through the trees and a background of farmyard noises from Rosa's pet teapot pig, ducks and chickens.

RESTORATIVE POWERS

Yogarosa offers daily therapeutic yoga sessions and meditation, relaxation, massage and guided walks. It's suitable for anyone to try and is just the thing for

any yoga ability, but it's also particularly effective practice for those recovering from or living with injury or illness.

Therapeutic yoga combines restorative yoga (supported postures), gentle yoga, breath work, hands-on healing and guided meditation techniques – perfect for bringing the body into balance and reducing stress. It's a deeply meditative experience, giving you opportunity to step away from the business of the outside world and access the deeper wisdom that resides within you.

When I was pregnant with my second child, I learnt yoga at the Active Birth Movement with Janet Balaskas, and it transformed my experience of childbirth. So when, a few days before I leave for Yogarosa, I'm diagnosed with severe osteoarthritis, I wonder if yoga might help my body once more.

Rosa Klein has a beautiful air of serenity around her, no doubt enhanced by her years of yoga practice. She turned to the discipline 12 years ago after an accident left her bedridden for a year. Once she was back on her feet, she searched for a yoga

teacher in India and believes that yoga transformed her health. Rosa now sees it as her life's mission to help others.

MORNING ROUTINE

Every morning at Yogarosa begins at 8.30am with 90 minutes of therapeutic yoga – while most visitors to Ibiza are probably just making their way home after a hard night of partying. We sip on herbal tea in preparation for our yoga session, which is held in the open-sided 'sala' in the grounds, surrounded by lavender and rosemary bushes. The class begins with sun salutations before moving on to a series of asanas flowing seamlessly from one to another in standing, sitting and lying poses that lower stress and reduce pain. Rosa believes repeating asanas on a regular basis rebalances your system. And if you need an extra challenge, Rosa may suggest you practise with your eyes closed for a more meditative quality.

I'm amazed to find my yoga memory kicks in quickly and, after a couple of sessions, I feel much more supple and flowing. It's joyous to feel my body

responding to yoga in a way it hasn't to other forms of exercise for some time.

OFF THE MAT

After our morning sessions, we head to one of the two pools for a lavish brunch served on a huge reclaimed wood refectory table. It's a gorgeous sight – groaning with fresh local produce. We tuck into what tastes like the best porridge in the universe – full of healing spices, goji berries, seasonal fruit and yoghurt – and there's seeded vegan bread, different smoothies each day, vegetables and freshly laid eggs served any which way, all created by the bare-foot Austrian chef Philipp Gandler.

We spend the afternoons relaxing around the pools or enjoying one of the many massages on offer. I opt for a relaxing Swedish therapeutic massage, which takes place under the olive tree. There are inviting hammocks to doze in, driftwood sofas to dream away the day on and two more, smaller salas to relax in.

If you feel so inclined, you can build a pyramid with the rocks lying around the garden, which Rosa treats as another form of meditation. I also bribe Lola the pet teapot pig with medjool dates so I can give her a daily cuddle, and spend time with the four adorable dogs on the property.

The accommodation is rustic luxury at its best with no expense spared. Built around one of the pools, the rooms – beautifully plastered over roughly hewn dry-stone walls – have timber rafters and red floor tiles, each with a separate sitting area, fully fitted kitchen and en suite bathrooms. Everything has been chosen with comfort in mind, from the fluffy robes to the cosy, stonewashed linen sheets and soft hemp rugs. As there are only two meals a day, Rosa provides plenty of herbal teas, filtered water and healthy snacks of fresh fruit, plus seeds, nuts, berries and dried fruit in kilner jars in the rooms.

FEEDING THE SOUL

Evening mediation takes place in the yoga sala as the sun begins to fall. We start with pranayama yogic breathing practices. Slow, deep breaths help to activate our parasympathetic nervous system, which is when the body gets the chance to recuperate and regenerate.

We continue in savasana (relaxation pose) with kriya yoga mediation, where we map our body, giving a blessing to each part. This ancient practice is said to rapidly accelerate your spiritual progress, and is taught through a guru-disciple relationship, following an initiation ceremony. As we meditate, Rosa creates sound with her

beautiful crystal bowl, said to help clear blockages in the heart centre, and to heal deeper tissues on a cellular level.

After this, it's time to feed the body once more, and a dramatic sunset provides the perfect backdrop for a sumptuous evening meal. Chef Philipp performs his magic again with a three-course vegan or vegetarian meal, set on a stylishly laid dinner table. We feast upon pea and mint soup, courgette spaghetti with a rich tomato and chickpea sauce, and spelt Genoise sponge with homemade apricot jam and sliced mango. There's a generosity of spirit that encompasses each meal. Apart from accommodating every whim or dietary request, each evening, after our artistically arranged main course arrives, family-style bowls of extra food are added for second or even third helpings. It's here the group mixes and mingles, comparing life experiences and sharing what we hope to get from the retreat.

MOVING ON

By the end of the week, Rosa's insightful teaching has worked. My body feels supple and flowing again, and I feel blessed to have rediscovered my inner strength and mobility. And I'm not the only one. We all feel transformed. But perhaps more importantly, we're all going back to our lives with the confidence to continue our daily practice at home. ■

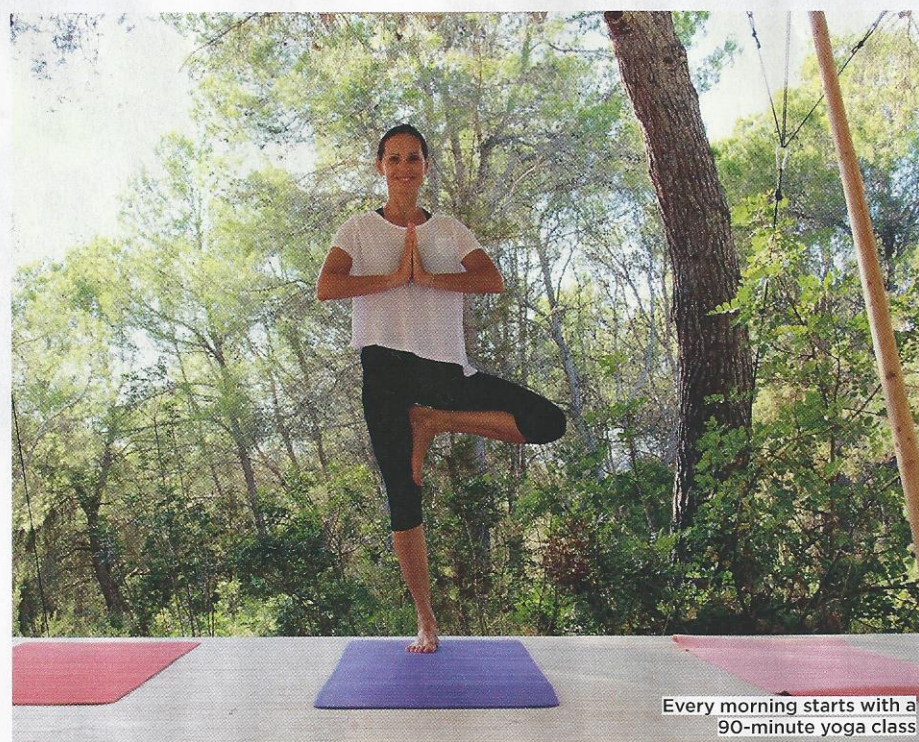


There is a generosity of spirit that encompasses mealtimes

FACT FILE

● A retreat at Yogarosa Ibiza costs from €750 for three nights, including accommodation; unlimited tea, water, nuts, seeds, dried and fresh fruit; seasonal organic vegan/vegetarian brunch and three-course dinner; morning yoga sessions; evening pranayama, meditation and sound healing.

To secure a place, email Rosa Klein mail@rosaklein.at, call 0034608 813 668, or book with yogarosaretreats.com.



Every morning starts with a 90-minute yoga class