



BRECON BEACONS

LOCATION

Wales

TRAIN TIME FROM LONDON

3 hrs



WEEKEND BENDER

Drank your body weight in beer and downed too many mince pies over the festive season? A health retreat and dose of yoga may be the perfect tonic

WORDS KIM SMITH

Going away for a weekend break is usually the perfect excuse to indulge in two of life's greatest pleasures: pigging out on naughty food and drinking lots of wine. So, it's with a little trepidation that I sign up for a weekend retreat, which focuses on detoxification and well-being instead of my usual party theme.

By the time Sunday afternoon rolls around, though, I don't want to leave my health farm. After hours of yoga and meditation in the peaceful Welsh countryside, I feel as relaxed as I would laying on a beach in Thailand.

A full-body massage may have had something to do with it. When Herbal Ayur Retreats director Sashi Mylvaganam said Linju, a massage therapist from India, "will look after you like you are a rock of gold", he wasn't kidding. It was in Linju's homeland in Kerala, a southern peninsula of India, where Mylvaganam got the idea to set