



Awe-inspiring retreats and ideas for yoga explorers

Feeling fine at Fykiada Retreats

REDISCOVER YOUR FEEL-GOOD FACTOR AT FYKIADA RETREATS

It has been a tough year for all, but Fykiada Retreats, a small firm running yoga holidays in the Greek islands, is making a real go of it. The business is run by two island girls, Anna Martinou and Eranthi Karamali, who have been organising up to 10 retreats a year with various internationally-acclaimed teachers.

This year they saw activity slowing down by 70% with retreats getting cancelled one after another. "It was supposed to be the most promising season for our business," says Karamali. "We didn't want to confess to each other but we were both thinking that we should look for another job!"

Yet, despite lockdowns, quarantines and pandemics, the girls have

been able to host some of the very few retreats that happened in Greece during 2020 (and most probably, worldwide). And all have been sold out, highlighting how desperate people are for a wellbeing escape in the current climate.

Both the girls confirm how surprised they were to see people longing for human connection and companionship after their first retreat of the year. "By the end of the first retreat, their posture and facial expressions had changed, their cheeks had found their colour and people were grateful they've offered this gift to themselves," says Martinou.

The final retreat of the year, in October, was also sold out — but there's a full schedule of events in the making for 2021. Check the website for details. 🧘

Visit: fykiada.com

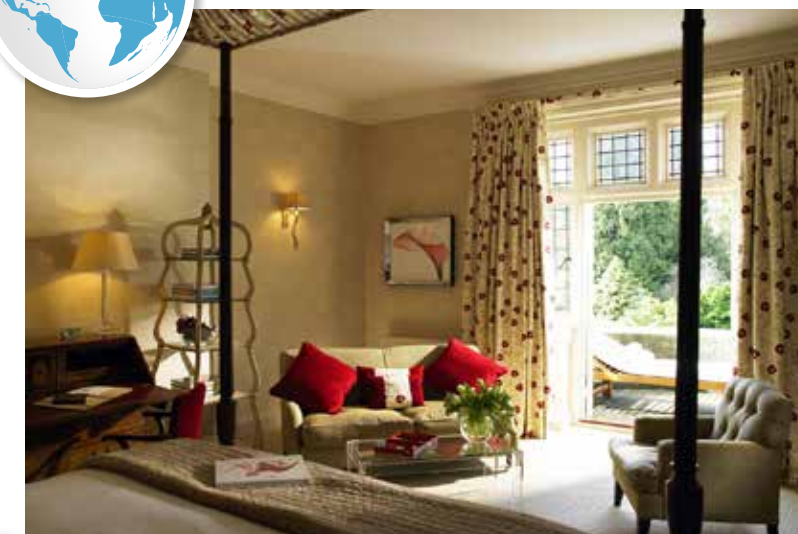
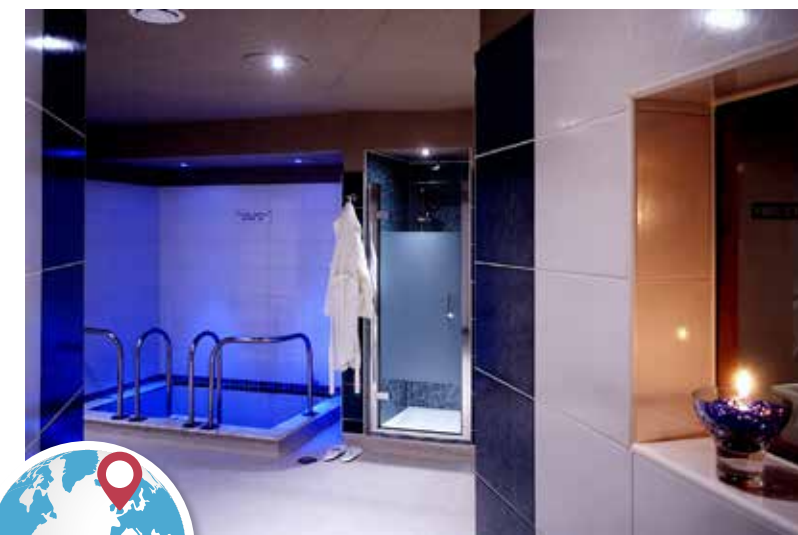
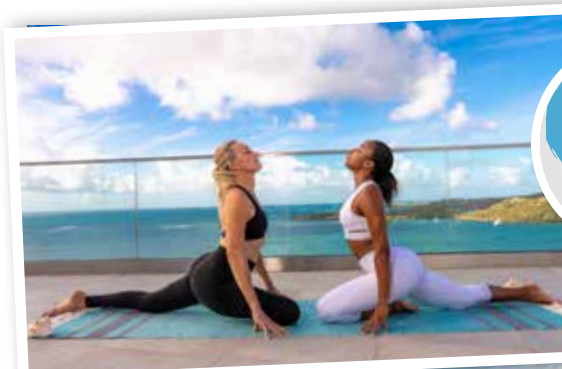


Grayshott is back

REST AND RECHARGE AT SURREY'S GORGEOUS GRAYSHOTT MEDICAL SPA

This year has been challenging for both our minds and bodies and many of us are now in need of a change of scenery, relaxation, healthy nutrition and wellbeing advice. Look no further than the lovely Grayshott Medical Spa in Surrey, which has now reopened after a brief hiatus. This specialist centre has over 50 years experience of caring for people so you'll be in very good hands. Wellbeing treatments and services to suit individual needs from classic massage to sound healing, lymphatic stimulation to acupuncture, as well as yoga and meditation, all in beautiful, luxurious surroundings. Just what we all need right now. 🧘

Visit: grayshottspa.com



Caribbean calling

OPENED IN OCTOBER, THE POINT AT PETITE CALVIGNY IS GRENADA'S FIRST DEDICATED LUXURY LIFESTYLE AND WELLNESS RESORT

The Point at Petite Calvigny is an ultra high-end, low-density boutique resort with just three villas and 12 suites situated on an 11 acre estate sloping to Benji Bay on the south coast of Grenada. The Caribbean resort features a private-access, secluded beach, a state-of-the-art gym and wellness centre including The Petite Spa, five swimming pools, a beach bar and restaurant and a private marina.

Guests seeking relaxation can while away their days on the private beach, chilling out by the pool or exploring the marine sanctuary of Benji Bay. An assortment of classes are offered including meditation and yoga. There's also the chance to experience a Grenadian style tea ceremony where participants will learn how to prepare traditional medicinal teas. 🧘

Visit: pointcalvignyparadise.com

