

# WELLBEING



## NO1 BOOTCAMP

Norfolk (seasonal retreats in Ibiza and Portugal),  
Every Saturday-Saturday all year round

If you're looking for a body transformation retreat, No1 Bootcamp provides seven hours of training and activities per day. Designed to instil new habits, expect boxing, spinning, aerobics, weightlifting, stretching, hikes, beach circuits and evening walks. The three meals and snacks each day are all macro calculated to fit your goals. From £1,250, [no1bootcamp.com](http://no1bootcamp.com)



## THE LONGEVITY, LIFE REJUVENATION AND REVERSE-AGEING RETREAT

Chamneys, Henlow Grange, October 9 (more dates available)

Run by Dr Alka Patel, a GP, health coach and lifestyle medicine physician, her approach is centred on the knowledge that health lies in self-care and self-compassion and in valuing lifestyle first. You'll learn your chronological and biological age, how to regain the vitality of your youth and goal setting. From £280, [chamneys.com](http://chamneys.com)

## THE FOREST BATHING EXPERIENCE

Armathwaite Hall Hotel and Spa,  
Lake District, Anytime

Set in lovely surroundings – 400 acres of deer park – the hotel offers back to nature packages with holistic experts. This particular one is a guided forest bathing exploration of taste, sense and movement with a guide who encourages you to focus on the art of reflection and immersing and connecting yourself with nature. Patterns and weather are explored and then thoughts and feelings shared. The session closes with a tea ceremony and you'll get two nights dinner and bed and breakfast, plus a 55min treatment each. From £395 each, [armathwaite-hall.com](http://armathwaite-hall.com)



## SLIMMERIA

Hye House, East Sussex,  
August 22

This seven-night immersive experience has a detox menu, six unaccompanied/accompanied walks, six fitness classes, five yoga classes and spa treatments (optional). Technology devices are not allowed and the average weight loss is 7-14lbs in the week. You'll feel mentally recharged, detoxed and energised. Gail Porter, Lisa Riley and Tamzin Outhwaite have all stayed here. From £1,045, [slimmeria.com](http://slimmeria.com)



## RELAX, RESTORE AND RENEW

The Dell of Abernethy, Cairngorms  
National Park, Scotland, November 19

Staying in modern cottages for three nights, guests will enjoy a vegetarian menu and partake in forest walks, meditation, breathwork and yoga, alongside coaching and personal development workshops. From £799, [coachingbynic.com](http://coachingbynic.com)

Women are so busy dealing with the needs of others that the thought of setting aside time for themselves can make them feel guilty. And yet, time for self-care is now more important than ever.

Nichola Henderson, founder of women's wellness retreat Relax, Restore And Renew in Scotland, says she's noticed the repercussions of Covid in her clients with stress and

anxiety levels having risen dramatically post-pandemic.

'The energy women expended on dealing with everything that lockdown brought has been exponential.

'Now is a crucial time to re-evaluate and take steps to gain mental and emotional balance,' she says.

There are lots of ways to take time out, from reading a book, to meeting

friends for lunch or taking a yoga class. Retreats, whether fitness, wellbeing or health, are also a great way to totally immerse yourself in a wellbeing environment without the stresses of daily life.

'At a retreat, the only consideration is how to look after yourself that day,' says Nichola. 'Where the sole purpose is self-care, relaxation and restoring energy levels.

'When the everyday stressors are removed, rest and relaxation is easier, the mind starts to clear naturally and energy levels return, new perspective is gained, and psychological wellbeing is improved.

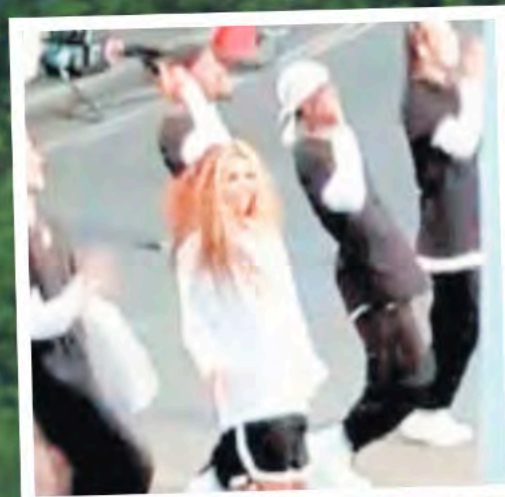
'Reconnecting to nature as well as yourself can be crucial to reducing the primary stress hormone cortisol. Meeting like-minded women also adds another psychological advantage to

any retreat, as innately social beings, supportive community environment is exactly what is needed right now.'

While a retreat can feel indulgent, Cate adds that identifying and prioritising your needs is crucial.

'If we're going to be available for our loved ones, we need to make sure we're OK first,' she says.

With this in mind we've rounded up some UK retreats worth a visit.



**Dance encounter:** Jesy's secret was out when a dad spotted her filming a video for her solo debut  
SWNS

**JES**  
*rehearsal*  
**GUILTY PLEASURES**

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## ARMY GIVES UP, PRESIDENT FLEES... BUT AFGHAN WOMEN STAND UP TO THE TALIBAN

by DANIEL BINNS

AFGHAN women show the world the true meaning of courage in the face of the Taliban – defending their rights at a protest in front of armed gunmen.

Handwritten messages on scraps of paper told the country's new regime: 'Taliban: We want our rights. No force can ignore and stifle women.'

Their quiet bravery contrasted with the Afghan army, which melted away as the poorly equipped Taliban swept into Kabul and the government fled.

Footage of two demos yesterday – the first in the capital since Sunday's take-over – went viral within hours.

American human rights activist Leah McElrath hailed their 'indescribable



**Threat:** Taliban gunmen yards away

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**Powerful:** Women protesters hold up messages as armed Taliban fighter watches  
@HAMEED MOHDSHAH

# TRUE COURAGE