



# His 'n' hers retreats

Trying to convince your partner to join you on a retreat? Cheryl Parsons rounds up a selection guaranteed to appeal, whether you choose to roll out your yoga mat or not

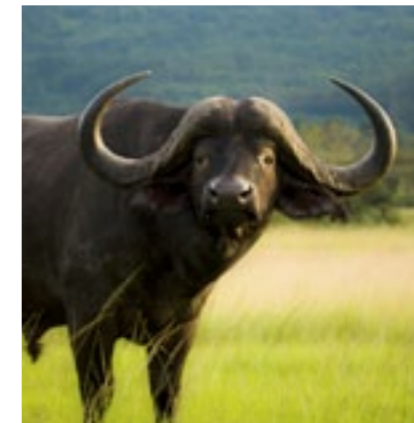
WORDS: CHERYL PARSONS. IMAGES: SUPPLIED & SHUTTERSTOCK.



## Karkloof Safari Spa Wellness and Wildlife Retreat

**WHEN:** Year round

This unforgettable five-star spa resort and game reserve is set in the heart of the beautiful region of Kwa-Zulu Natal in South Africa. Featuring more than 3,500 hectares of breathtaking landscape, Karkloof is home to three of the Big Five and an abundance of wildlife, including rhinos, buffalo, hippos, giraffe, zebra, wildebeest and monkeys, as well as over 300 species of birdlife. The resort features its own unique eco-system, with five waterfalls on site and streams running past each luxurious villa. Guests can choose their own personally tailored holiday package, including a detox or weight management programme, featuring everything from yoga classes and spa treatments to private safari tours and mountain hikes. Specialised yoga retreats also run throughout the year – contact reservations for more information on upcoming dates.



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**ON OFFER:** If you're looking to unwind, indulge in one of the 17 daily spa treatments, featuring everything from massages and body wraps to regenerating facials. Relax in the hydrotherapy facilities, which includes a floatation tank and Roman bath, or take a gourmet raw food lesson from the resort's private chef. The more spritely can hike up the Karkloof Falls or join a guided cycling session to get up

close and personal with some of the area's wildlife. Or de-stress with a Muay Thai boxing lesson.

**COST:** AED6,800 per villa per night.

**WHAT'S INCLUDED:** Unlimited food, beverages, safari tours (each villa has its own private guide and game vehicle) and all spa treatments and leisure activities.

**TO BOOK:** [www.karkloofsafarispa.com](http://www.karkloofsafarispa.com) or email [reservations@karkloofsafarispa.com](mailto:reservations@karkloofsafarispa.com)



Sicily

### Yoga, volcanoes and blue sea in Sicily

**WHEN:** Various dates in May, June, September and October  
Immerse yourself in eight days of Sicilian culture and experiences on this unique retreat set on the Aeolian island of Vulcano just off the coast of Sicily, home to two active volcanoes. Take in the area's captivating history, Greek myths and legends, stunning views and mouthwatering cuisine, and enjoy everything from yoga to guided boat tours and hidden beaches.

**ON OFFER:** Cleanse yourself with a one-day trip to the thermal mud bath pools, enjoy an ayurvedic treatment or a full-body aromatherapy massage. Partners not joining in the daily yoga sessions are eligible for a 10 per cent discount on the retreat. Use the time instead to explore the Mediterranean waters by kayak or take in the spectacular views on a guided walk around the volcano's edge.

**COST:** \$1,312 (AED4,820) per person in a double, ensuite room

**WHAT'S INCLUDED:** Seven nights' accommodation, all yoga sessions, three activities: guided walks, boat trips and a half-day deep-sea kayaking, a one-day trip to thermal mud bath pools, all local transfers, breakfast, brunch and dinners and drinks.

**TO BOOK:** [www.completelyyogaholidays.com](http://www.completelyyogaholidays.com) or email [tellmemore@completelyyogaholidays.com](mailto:tellmemore@completelyyogaholidays.com).

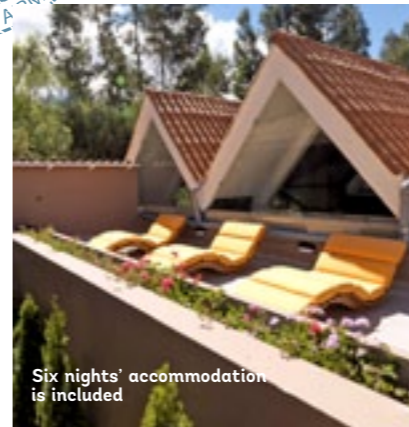


### Yoga, SUP and snorkelling in Spain

**WHEN:** June 26 to 30  
Stand-up paddle boarding, or SUP for short, has not only been making waves on the sporting scene, it is fast becoming popular with yogis worldwide. Challenge yourself with a SUP lesson in the beautiful Spanish bay of Moraira before putting your yogic balance to the test with a SUP yoga session. This dynamic retreat also includes plenty of time for snorkelling in the crystal-clear Mediterranean waters, as well as

enjoying tasty local cuisine and the vibrant culture.  
**ON OFFER:** Catch up on a novel while sipping a freshly prepared healthy juice or smoothie, or take a quiet stroll along Las Rotas beach, just a stone's throw from the hotel. Grab a snorkel mask for a fantastic view of the underwater world, or soak up the local sights and sounds on horseback.  
**COST:** EUR1,250 (AED6,240) per couple sharing a room at the

Feel Great Beachsider Hotel, plus EUR50 (AED250) for two days' paddleboard hire.  
**WHAT'S INCLUDED:** Four nights' accommodation, twice daily yoga sessions, breathe better workshops and meditation, snorkelling equipment, two SUP sessions, all vegetarian meals and juices, guided walks and bike rides.  
**TO BOOK:** [www.feelgreatbreaks.com/yoga-sup-snorkelling-spain-june](http://www.feelgreatbreaks.com/yoga-sup-snorkelling-spain-june) or email [info@feelgreatbreaks.com](mailto:info@feelgreatbreaks.com)



Six nights' accommodation is included



Set against a stunning mountainous backdrop, it is the perfect base from which to explore

### Yoga in Peru: Explore Machu Picchu

**WHEN:** May 11 to 17  
This incredible retreat, located in the rolling hills of the Sacred Valley, includes a full-day tour through one of the New Seven Wonders of the World, Machu Picchu. Unwind with two yoga sessions per day under the expert guidance of one of LA's top teachers, Brent Laffoon, and soak up the sights and Peruvian culture on this once-in-a-lifetime trip. The retreat centre is breathtaking, set against a stunning mountainous backdrop, providing the perfect base from which to explore one of the world's most awe-inspiring places.

**ON OFFER:** Sunbathe by the outdoor pool, iron out the kinks with a spa treatment or relax in the Jacuzzi. Guys will be certainly be inspired by instructor Brent and his easy-going personality and strong physique. If yoga is not your forte, then there are plenty of excursions to keep you occupied, from hiking to cycling in the surrounding Valle Sagrado.

**COST:** \$2,195 (AED8,062) per shared room

**WHAT'S INCLUDED:** Six nights' accommodation, all meals, yoga twice daily, one private yoga session, a full-day guided tour of Machu Picchu, traditional Peruvian dinner in Urubamba, full-day cultural tour and hike, and airport transfers on arrival and departure days.

**TO BOOK:** [www.theyogagetaway.com/retreats](http://www.theyogagetaway.com/retreats) or email [info@TheYogaGetaway.com](mailto:info@TheYogaGetaway.com) #

