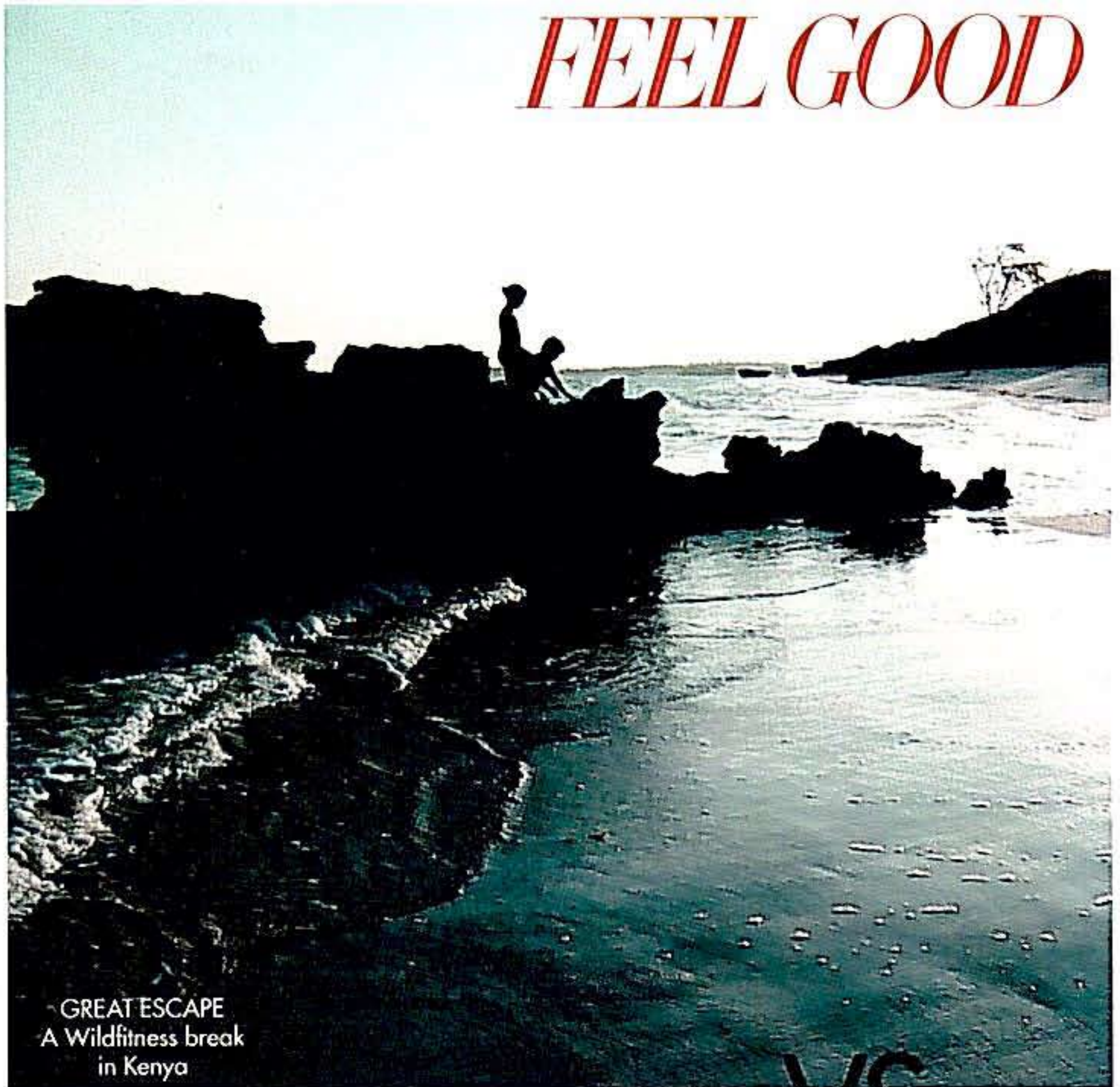


## 86 How to... LEARN TO BE HAPPY

At the Happiness Project's eight-week Be Happy programme of workshops, you'll pick up clever tools for changing negative thoughts into positive ones. 'Remember, our thoughts only feel powerful when we identify with them,' says Robert Holden of the Happiness Project. 'As soon as you acknowledge "this thought is not me", it will loosen its grip. You can choose your thoughts; they don't just happen to you.'

*Eight-week Be Happy programme, £499, the Happiness Project (www.behappy.net).*

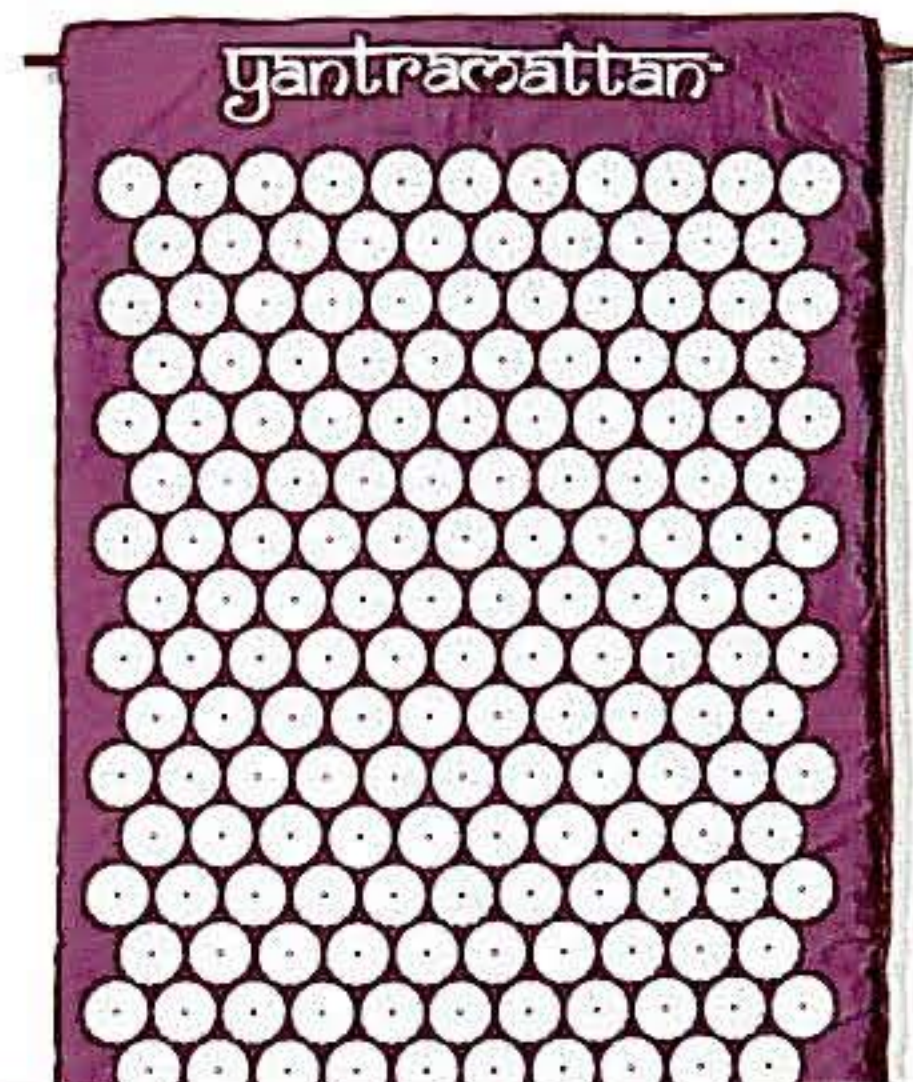
**89 THE PRO TIP:** 'The Bhastrika Breath energises you instantly,' says Alan Dolan, of Breathing Space Holidays. 'Try inhaling through the nose as you stretch your arms up. Now clench your fists as you exhale through the mouth with a "ha" sound, while bringing your hands down to chest level. Repeat vigorously 10 times. Now stop, and notice how you feel.'



GREAT ESCAPE  
A Wildfitness break  
in Kenya

**87 THE TOOL:  
THE YANTRA MAT**

Based on the same concept as lying on a bed of nails – but without the pain – the Yantra Mat, £39.95 (0845 399 0038), works on the body's acupressure points to gently release endorphins and oxytocin (the body's 'peace and calm' hormones). The result? A tremendous feeling of relaxation, and an almost soporific calmness.



**88 DIY VS PSE:  
OUTDOOR FITNESS**

**DO IT YOURSELF** Rethink your fitness regime and try a team sport. 'If you work out as part of a group or team, you're more likely to stick with it, exercise harder and see better results, as it's mentally de-stressing too,' says Nick Hudson of Virgin Active.

*For details of local clubs and classes, from hockey to netball and lacrosse, visit [www.sportsfocus.com/index](http://www.sportsfocus.com/index).*

**PAY SOMEONE ELSE** Take a Wildfitness break in Kenya or Greece. As research shows, exercising outdoors benefits us both mentally and physically – helping us re-evaluate what's important in life and releasing endorphins – and all activities here are designed around nature, from running through forests to swimming in the sea.

*Eight nights, from £1,850 a person full board, including all activities (020 7734 2526; [www.wildfitness.com](http://www.wildfitness.com)).*

**90 LET'S GO OUTSIDE:** THE CLOSER WE ARE TO NATURE, THE BETTER OUR BODIES RESPOND TO

EVERYTHING. SO TRY TO DO SOMETHING OUTSIDE THAT YOU'D NORMALLY DO INSIDE – WHETHER IT'S MEDITATING, READING OR WORKING OUT – AT LEAST ONCE A WEEK,' SAYS MEDITATION EXPERT ALAN DOLAN.