

FREE

**METRO**



Your regular **METRO**  
packed with news,  
sport and features

**INSIDE** »

frappuccino®  
blended beverage

**HAPPY HOUR**  
**IS ON!**

HALF PRICE | 3-5PM UNTIL 22<sup>ND</sup> MAY





**FACT**  
Breath guru fans include Naomie Harris

#### BREATHING SPACE

**Where?** Lanzarote (there are also sessions and workshops in London, Cambridge and Dublin)

**Best for?** Spiritual types – you'll meet 'breath guru' Alan Dolan, who has villa in the hillside village of Oasis de Nazaret, and learn how to breathe properly to boost health and wellbeing.

**What's involved?** Two breath classes a day, plus a one-on-one session in which you learn new breathing patterns to reduce stress and increase energy.

**What's to eat?** Health-conscious Dolan favours organic and local produce.

*Dates on application, from £1,040, [breathguru.com/retreats](http://breathguru.com/retreats)*



#### CONFIDENT YOU

**Where?** Thirsk, North Yorkshire

**Best for?** A mind workout. Well-being coach De Claire Maguire will help you identify your values and learn simple techniques to think positively.

**What's involved?** Daily group workshops of confidence-boosting exercises, complemented by kundalini yoga, countryside walks, meditation and an aromatherapy workshop.

**What's to eat?** Three raw vegan meals a day plus fresh fruit and herbal teas to detoxify the body.

*May 22-27, from £995, [newhorizons.co.uk/confident-you-retreat](http://newhorizons.co.uk/confident-you-retreat)*



#### THE SUGAR DETOX

**Where?** Somerset and Dorset (also Spain and France)

**Best for?** Ditching your sugar habit.

**What's involved?**

A sugar-free nutrition programme with low-impact exercise, such as rebounding and yoga. Group neuro-linguistic programming (NLP) is used to help you let go of self-sabotaging thoughts and behaviour.

**What's to eat?** Nuts, seeds and pulses. A typical dish would be nut-crusted haddock with greens in garlic.

*Jan 27-Jul 1, from £1,550, [thebodyretreat.co.uk](http://thebodyretreat.co.uk)*



# IT'S TIME FOR A REBOOT

Each of these 2016 fitness retreats has a USP that'll get you glowing inside and out this summer, says **Nilufer Atik**



#### THE WELL CONNECTED

**Where?** The Lake District.

**Best for?** Wellbeing rather than weight loss.

**What's involved?** This three-day programme offers a detox juice cleanse, yoga and the state-of-the-art new Balmistone spa, which features a Himalayan salt steam grotto.

**What's to eat?** Light snacks only – this is all about the 'juices', probiotic soups and nut 'mylks'.

*Sep 3, from £750, [thewellconnected.co.uk](http://thewellconnected.co.uk)*



#### GET FIT FAST

**Where?** Herefordshire.

**Best for?** Those who like to train hard, the focus is on maximum fat loss.

**What's involved?** Five to six hours of intensive workouts, including interval training, strength workouts and boxing. Many classes run back-to-back, so there's not much rest.

**What's to eat?** Specially adapted protein-rich meals, such as chicken and apricot tagine. There's also nutrition seminars and supplements.

*Jan 20-24, from £1,050, [targettop.com](http://targettop.com)*

EXTRA TICKETS JUST RELEASED!

# AC/DC

## ROCK OR BUST WORLD TOUR

THE STADIUM, QUEEN ELIZABETH  
OLYMPIC PARK, LONDON SAT 4 JUNE

ETIHAD STADIUM MANCHESTER THU 9 JUNE

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