Full of doubt?
Get back on track with your inner guide

Lifeshool
- Fall in love with a good guy
- Defuse a conflict
- Choose wonder over worry

Interview
Amanda Seyfried
On beating anxiety and having fun

18-page dossier

Restore your energy

Burning out? Learn the 5 ways to sustain yourself
Freedom! You can rid your life of energy vampires
Creative retreats to help you relish life
Queen of Retreats rates and recommends these soul-enriching getaways to help you reconnect with your inventive, imaginative self.

CRAFT YOUR VITALITY
Rancho La Puerta, Mexico
This fabulous 4,000-acre health retreat in Baja California encourages creativity in a multitude of ways, from specialty workshops on wellbeing through the arts to regular classes in jewelry making, printmaking, star gazing, sculpture and crafts. Evening programmes run by writers and architects of social change will spark your creativity, and there are creative cooking classes on an organic farm. Open all year.

LANDSCAPE OF DREAMS
Photography at Alladale, Scotland
Come and explore and photograph this inspirational Scottish Highlands with award-winning landscape photographer Douglas Cunningham, author of the Photography Scotland Guildbook. While in residence in the main lodge on a gorgeous private reserve, you’ll learn how to make the best of your camera and capture the breathtaking beauty of this most visited part of Scotland. The next retreat is 7-14 October 2018.

NATURE’S GUIDING HAND
Green Farm, England
Indulge your creative side immersed in transport nature at this tranquil retreat in Kent, where art classes and space painting is arranged, as well as yoga sessions, ESPIA (a spiritual therapy), hot tubs in the garden and woodland walks. You will stay in a magically restored 18th-century annexe. Green Farm also offers unique Singing with Lifegates sessions and is open all year.

RENEWAL THROUGH ART
Artful Retreats, Crete
An art therapy retreat is so much more than an art class. You’re invited to stay at this luxury property in a fragrant olive grove and use art, observation and decision-making as tools to connect with your inner self, and re-energize from the present moment. Upcoming retreats will be hosted from 4-7 October 2018, and 18-21 and 25-28 May 2019. Let your creativity flow in a playful setting and be rejuvenated in this beautiful place.

INSPIRED BY BEAUTY
Reel in Your Self, Japan
Lovely trips through Kyushu, Kyoto and the Japanese Alps combine thought provoking, Asanul (yoga) with traditional Japanese customs to encourage reflection and mindfulness in nature, including a tea ceremony, flower arrangement, zen meditation, forest bathing, flower viewing in cherry-blossom season and soaks in local onsen (hot springs). Upcoming retreats are from 5-12 November 2018 and 4-11 May 2019.

TAP INTO CREATIVITY
Sharpham House, England
Sharpham’s gorgeous Polynesian-style mansion on a 550-acre estate in Devon and enjoy a range of creative, mindful retreats including a three-night ‘Creating space to escape for women’. Use music making, journaling, creative writing, stillness and movement to free your creative flow and be guided towards your natural well being with joy, focus and insight. The next retreat is from 25-28 November 2018.

HISTORY AND FREEDOM
Bloomsbury Retreat at Titon House, England
The Bloomsbury Group lived freely on their own terms, and you’ll feel inspired to do the same on this retreat at Titon House in Battersea, the delightful former home of Bloomsbury economist Maynard Keynes and ballerina Lydia Lopokova. Enjoy walks on the South Downs, kitchen suppers, lively chats and visits to Bloomsbury haunts to stimulate your creative juices. The next retreat is 25-28 September 2018.

THE ISLE IS YOUR OYSTER
Sylph Holidays, Greece
Unwind and recharge in an island retreat, courses focus on creativity of all kinds, from mosaic to photography, drawing and painting, to writing with top authors, singing and comedy improvisation. There’s also yoga and body work, windsurfing and sailing, personal development courses and more – all designed to help you explore your creative potential and flourish in a supportive environment. Retreats are held until 23 September 2018.

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