

The UK's biggest & bestselling mindful living magazine UK EDITION

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PSYCHOLOGIES

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MAGAZINE

Full of doubt?

Get back on track with your inner guide

LIFESCHOOL

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

YOUR LOVE MOT

Book your relationship repair class

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



Learn and create

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 speciality weeks on 'Wellbeing through the arts' to regular classes in jewellery 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.

Review queenofretreats.com/retreat/rancho-la-puerta-mexico
 • rancholapuerta.com



Visual therapy

LANDSCAPE OF DREAMS

Photography at Alladale, Scotland

Come and explore and photograph the inspirational Scottish Highlands with award-winning landscape photographer Dougie Cunningham, author of the *Photographing Scotland Guidebook*. While cosseted 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 less-visited part of Scotland. The next retreat is 7-14 October 2018.

Review queenofretreats.com/retreat/alladale-scotland
 • alladale.com



Return to you

INSPIRED BY BEAUTY

Reclaim Your Self, Japan

Lovely trips through Kunisaki, Kyoto and the Japanese Alps combine thought-provoking Jivamukti 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 11-18 May 2019.

Review queenofretreats.com/retreat/reclaim-your-self
 • reclaimyourself.co.uk



Join the set

HISTORY AND FREEDOM

Bloomsbury Retreat at Tilton House, England

The Bloomsbury Group lived freely on their own terms, and you'll feel inspired to do the same on this retreat at Tilton House in Sussex, 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.

Review queenofretreats.com/retreat/tilton-house-england
 • tiltonhouse.co.uk



Fields of peace

NATURE'S GUIDING HAND

Green Farm, England

Indulge your creative side immersed in unspoilt nature at this tranquil retreat in Kent, where art classes and space to paint can be arranged, as well as yoga sessions, ESPA spa treatments, therapeutic hot tubs in the garden and woodland walks. You will stay in an immaculately restored 15th-century farmhouse. Green Farm also offers unique 'Singing with nightingales' sessions and is open all year.

Review queenofretreats.com/retreat/green-farm-kent-england
 • greenfarmkent.co.uk



Express yourself

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 discussion as tools to connect with your inner self, and be mindful in the present moment. Upcoming retreats will be hosted from 4-7 October 2018, and 16-19 and 21-26 May 2019. Let your creativity flow in a playful setting and be rejuvenated in this beautiful place.

Review queenofretreats.com/retreat/artful-retreats
 • artfulretreats.com



Release the artist

TAP INTO CREATIVITY

Sharpham House, England

Stay in a gorgeous Palladian-style mansion on a 550-acre estate in Devon and enjoy a range of creative, mindful retreats including a three-night 'Creating space' escape for women. Use mark making, journaling, creative writing, stillness and movement to free your creative flow and be guided towards your natural wellbeing with joy, focus and insight. The next retreat is from 25-28 November 2018.

Review queenofretreats.com/retreat/the-sharpham-trust-england
 • sharphamtrust.org



Sing, write, laugh

THE ISLE IS YOUR OYSTER

Skyros Holidays, Greece

On this holistic island holiday, courses focus on creativity of all kinds, from mosaics, photography, drawing and painting, to writing with top authors, singing and comedy improvisation. There's also yoga and body work, windsurfing and abseiling, personal development courses and more – all designed to help you explore your creative potential and flourish in a supportive environment. Retreats are held until 22 September 2018.

Review queenofretreats.com/retreat/skyros-greece
 • skyros.com