

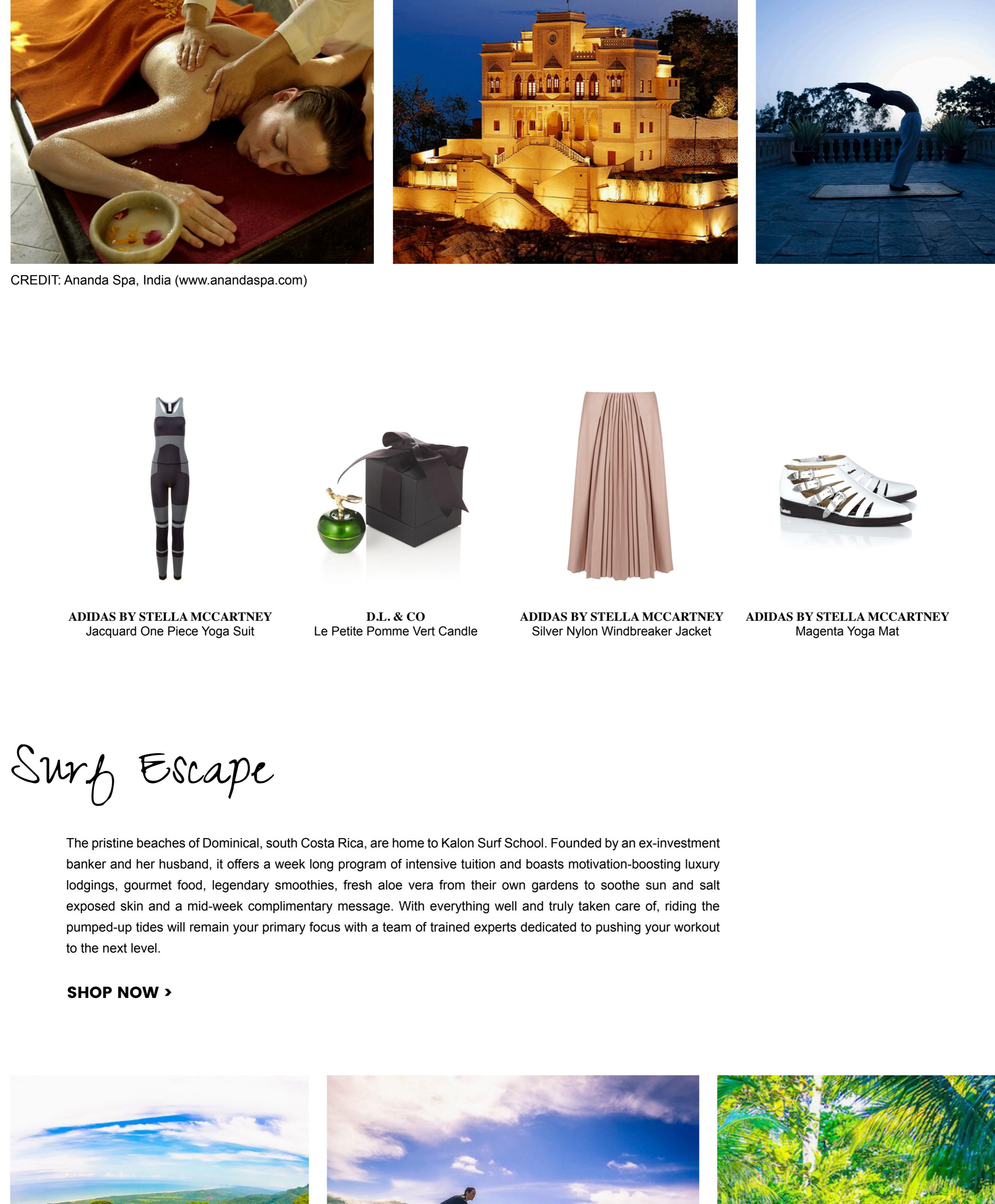
RECHARGE, REBOOT

The streets are awash with stretch-lyra and working-out is now an essential part of our weekly routine – we just can't get enough of those endorphins. So why let it all slip when you skip the city? A fitness retreat is the best way to immerse yourself in a new sport or focus on fine-tuning your practice. So whether you're looking to strengthen your sun salutations or firm up that forearm, here are four reasons to get packing.

Yoga Haven

Swap your cramped class for the sweeping, lush-green landscapes of north India, where a stone's throw from Rishikesh – the birthplace of yoga and The Beatles' meditation guru Marharshi Mahesh Yogi – Ananda Spa awaits. Fine-tune your practice with a tailor-made program of traditional yoga classes in the manicured grounds of the Marharja's Palace overlooking the Ganges river valley, sound-tracked by frolicking families of monkeys. And as for soothing stretched limbs - the 24,000 sq-ft spa offers over 80 treatments, from Ayurvedic therapies to Western spa rituals.

[SHOP NOW >](#)



CREDIT: Ananda Spa, India (www.anandaspa.com)



ADIDAS BY STELLA MCCARTNEY
Blue Bonded Jasmine Swimsuit



D.L. & CO
Le Petite Pomme Vert Candle



ADIDAS BY STELLA MCCARTNEY
Silver Nylon Windbreaker Jacket



ADIDAS BY STELLA MCCARTNEY
Magenta Yoga Mat

Surf Escape

The pristine beaches of Dominical, south Costa Rica, are home to Kalon Surf School. Founded by an ex-investment banker and her husband, it offers a week long program of intensive tuition and boasts motivation-boosting luxury lodgings, gourmet food, legendary smoothies, fresh aloe vera from their own gardens to soothe sun and salt exposed skin and a mid-week complimentary massage. With everything well and truly taken care of, riding the pumped-up tides will remain your primary focus with a team of trained experts dedicated to pushing your workout to the next level.

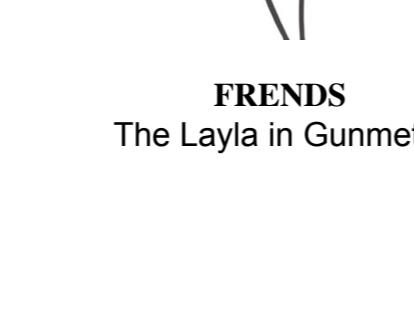
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CREDIT: Kalon Surf School, Costa Rica (www.kalonsurf.com)



LISA MARIE FERNANDEZ
Blue Bonded Jasmine Swimsuit



ZANZAN
Black Avida Dollars Sunglasses



LUCAS HUGH
White Logo Tank Top



AVEC MODERATION
Blue Fur Cross-Over Herve Slides

Trekking Adventure

Set in the Danum Valley conservation area where the trees are the oldest, tallest and most dense, Borneo Rainforest Lodge's trekking program enlists knowledgeable guides to venture into seldom-seen places beneath the jungle's canopy. Besides invigorating excursions to the Kadazan-Dusun tribal burial cliff and up the 26-metre high canopy walkway this eco-lodge, with its impeccable green credentials, is an extraordinary feast for the senses. After a day exploring the network of natural trails switch off all devices and drift off to the sounds of a cornucopia of exotic wildlife in one of 31 chalets.

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CREDIT: Borneo Rainforest Lodge, Danum Valley (www.borneonaturetours.com)



NO KA'OI
Grey Stripe Long Sleeved Nula T-Shirt



FRENDS
The Layla in Gunmetal



LUCAS HUGH
Red Technical Knit 7/8 Leggings



ADIDAS BY STELLA MCCARTNEY
Black Running Pack Away Bag

Tennis Getaway

Inspired by Wimbledon's white-clad athletes? Take your racket on tour to Mallorca's La Residencia and perfect your serve on one of the hotel's two immaculate tennis courts in the midst of the Tramuntana mountains. Look to resident professional Toni Canals for tips on how to ace those tricky volley shots and once well-practiced, sign up to one of the frequent tournaments. Partner flagging? Head for the practice hitting wall or to the pro shop to ponder a new racket, followed by a post-work-out stroll through the hotel's olive groves in the warm Mallorcan sun.

[SHOP NOW >](#)

CREDIT: Belmond La Residencia, Mallorca (www.belmond.com)

CHARLI COHEN
Seafoam Green Mesh Tank Top

ADIDAS BY STELLA MCCARTNEY
Black Essential Sports Tote Bag

MONREAL
White Pleated Back Flip Skirt

ADIDAS BY STELLA MCCARTNEY
Black Ultra Boost Running TRAINERS