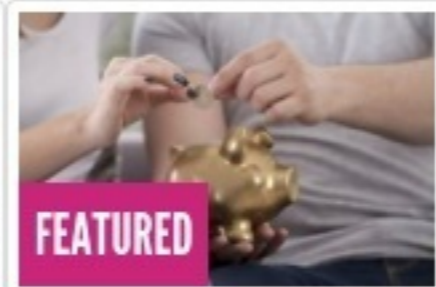
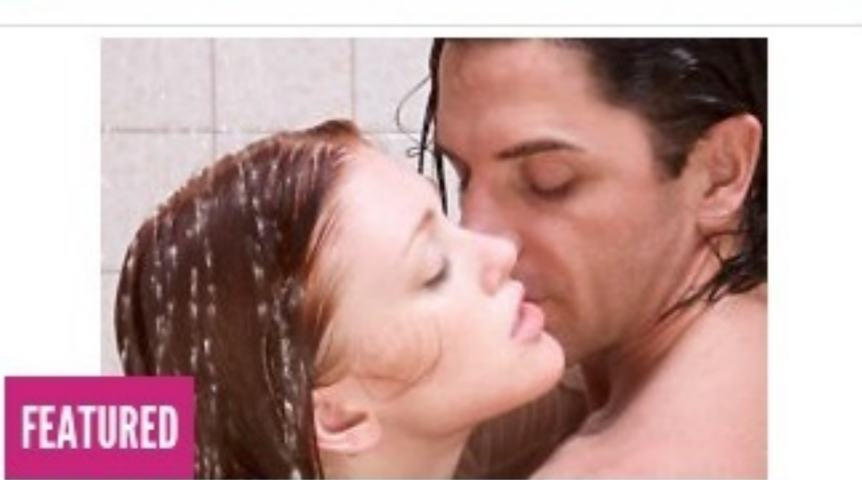


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Learning Holidays For A Healthy New You

The leading specialists in luxury wellness holidays worldwide, round up their 10 best learning holidays with a healthy twist



by Emma Barlow | 21 January 2016



Best learning holidays with a learning twist

From mastering stand-up paddle boarding upon the azure waters of Ibiza, to learning how to manage stress in the tranquillity of India's Himalayas, these healthy escapes offer the opportunity to learn a new skill that will enhance your life long after your holiday tan has faded.

Learn to Meditate in India: Shreyas Silent Retreat

Embark on a journey of self-discovery as you learn the stages of meditation at this tranquil wellness retreat, set within 25-acres of India's bountiful natural beauty. Immerse yourself in the lifestyle and wisdom of this Indian spiritual tradition by bringing together meditation, yoga and gourmet vegetarian cuisine, to cleanse the body, as you cleanse your mind. Learn meditation and return home with not only a new experience, but a new-found inspiration and inner-peace that you can tap in to at any time.

Health and Fitness Travel (0203 397 8891 healthandfitnesstravel.com) offers 7 nights at Shreyas from £2,085pp or £2,655 for single occupancy. Price includes full board, a wellness programme, return flights and transfers.~

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