

WIN A SEVEN-NIGHT STAY AT ANANDA IN THE HIMALAYAS WORTH £10,000

BE IN WITH A CHANCE TO WIN A FULL WEEK AT ONE OF THE MOST AUTHENTIC WELLNESS RETREATS IN INDIA,
SET AMONG 100 ACRES OF PRISTINE FOREST, IN ASSOCIATION WITH SPA EXPERT HEALING HOLIDAYS



Healing Holidays is offering a seven-night stay at Ananda in the Himalayas in India on the new Ananda Rebalance programme, which is particularly brilliant for anyone who is stressed out emotionally and physically. It aims to reset your internal rhythm through daily private sessions of yoga, meditation and pranayama, as well as group fitness and vedanta classes.

All this is overseen by a crack team of consultants, nutritionists and experienced therapists, and accompanied by Ayurvedic food, with menus personalised according to your dosha body type. The prize is valid for stays until 20 December 2019 and includes accommodation, meals, all activities according to the programme, Jet Airways flights and transfers. A second person can travel and share a room with the winner, but their stay will only include meals and no programme or spa treatments. For more details, contact Healing Holidays on +44 20 7843 3592



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