

## BEST FOR... *LONG-TERM RESULTS*

### *Samahita Retreat, Koh Samui, Thailand*

This pared-back retreat in the island's sleepy south is time-warp Thailand from well before the full-moon parties landed – but the approach of Samahita's owner Paul Dallaghan could not be more forward thinking. The programme is heavily influenced by his regular stints in the USA (to conduct serious scientific research into yoga) as well as admirably inclusive – so there's HIIT and spin classes as well as a range of yoga styles. Instruction is top notch, particularly the breathwork, supported by realistic coping strategies to employ back home. Staff are refreshingly non-judgmental too, so guests can be as sociable or solitary as they like, with no disapproving looks if they choose to spend an afternoon by the pool attached to their phone.



*Healing Holidays (healingholidays.com) offers a seven-night Yoga Core Cycle programme, full board, from £1,499, including British Airways flights and transfers.*