

THE ONE PIECE OF TECH THAT BOOSTS CALORIE BURN

EASY GET-LEAN RECIPES TO COOK TONIGHT

Women's Health

It's Good to Be You™

MAY 2017 | £3.99

NO GYM REQUIRED

**STRONG
& SEXY**

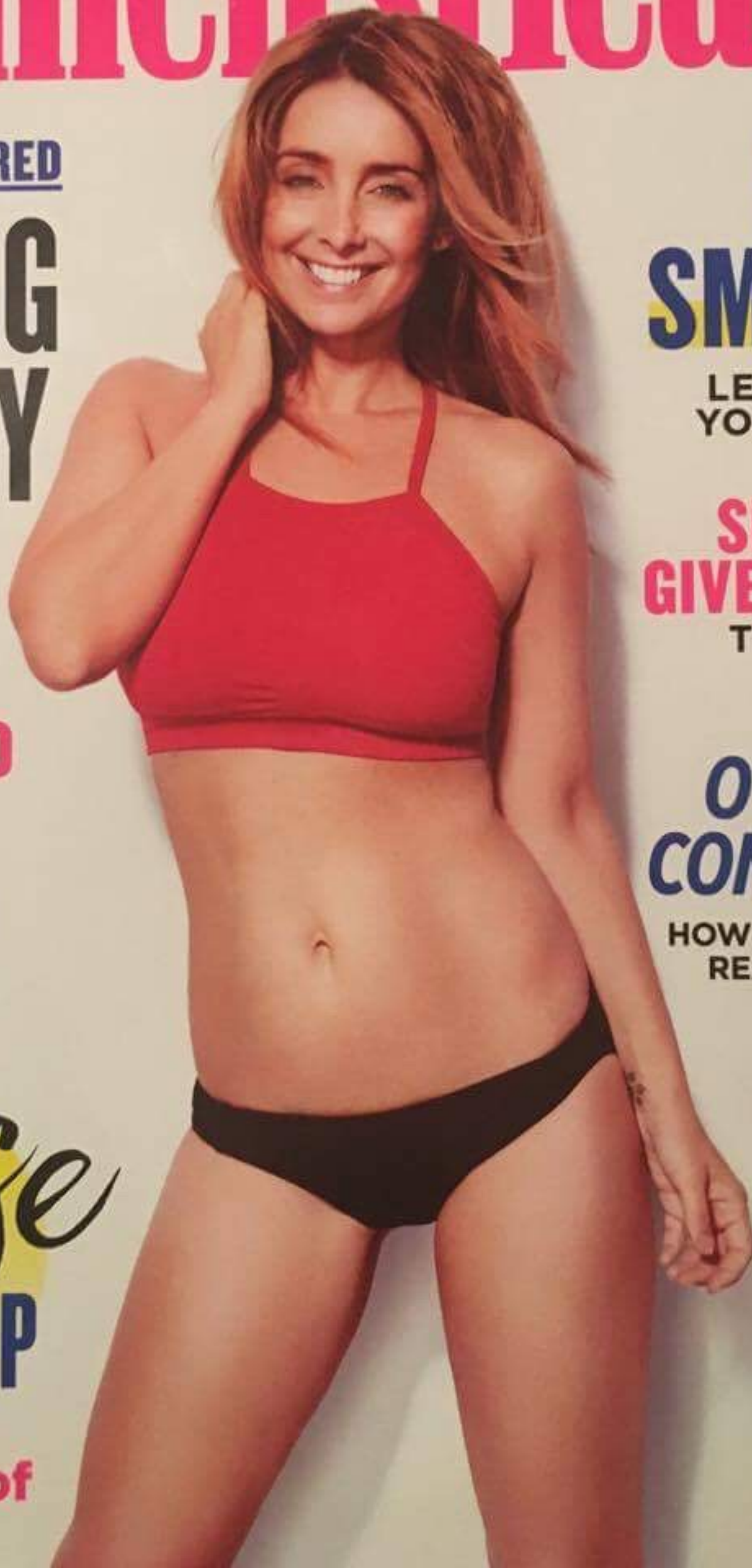
**TONED
ARMS**

**SCULPTED
LEGS**

**DEFINED
ABS**

Louise
REDKNAPP

**'I'm in the
best shape of
my life'**



**SNACK
SMARTER**

LEARN TO CURB
YOUR CRAVINGS

**SHOULD YOU
GIVE UP DAIRY?**

THE MILK MYTH
BUSTED

**OWN YOUR
CONFIDENCE**

HOW TO GET WHAT YOU
REALLY WANT IN LIFE

26

**BEAUTY BUYS
FOR BETTER
SKIN NOW**

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LEARN TO BREATHE IN... **LANZAROTE**

WHAT? Breathing Space
WHERE? Famara, Lanzarote
WHY? You want to escape the hustle and bustle for some time to catch your breath
HOW MUCH? An all-inclusive four-day workshop starts at £1,040; breathguru.com

Tell someone that you're spending your summer holiday learning how to breathe and you'll inevitably be greeted by raised eyebrows. But breathwork is one of the strongest wellbeing trends of 2017, with devotees – who include Kate Hudson and Naomie Harris – swearing that it eradicates stress, improves digestion, boosts energy levels and helps you process trauma and emotional upheaval.

'The majority of people only use 25% of their breathing capacity, but virtually every condition can be improved simply by drawing a fuller breath,' explains Alan Dolan, Europe's leading breathwork teacher. He runs his sellout Breathing

Space workshops at his tranquil retreat in the hills of sunbaked Lanzarote, just a short drive from Famara, the most strikingly beautiful surf beach on the island. Alan has a cult following among celebrities, sportspeople and burnt-out city workers for his practical and refreshingly no-nonsense approach to a tried-and-tested technique.

Between the twice-daily conscious-breathing sessions, there are volcanos to hike, delicious vegetarian meals to devour and world-class massages and bodywork sessions on offer from Martin Cairoli (martincairol.com). Even if you've never been able to sit still long enough to try meditation, and apps like Headspace lurk unused on your iPhone, Alan's easy-to-master breathing techniques promise to quieten that voice in your mind, relieve tension and leave you grounded and focused. Expect to return to reality with a brand new healthy habit in your armoury.