



**Big Sky Country** 

Most people head to Montana for a western experience culminating in horseback riding and living a cowboy existence. Not so at the Feathered Pipe Ranch, as this is a sanctuary where east meets west. Established in 1975, it has been teaching and holding retreats ever since and is still going strong. Set in beautiful hilly country overlooking a lake, this is an ideal place to relax, unwind, and forget about the daily humdrum existence. They have a lot going on at the Feathered Pipe Ranch, Montana USA. For more information go to www.featheredpipe.com.





## RELAX... SUMMER'S HERE. WHERE ARE YOU GOING FOR YOUR HOLIDAYS?



## A Real Retreat between the Pyrenees and the sea

Treat your senses to a week of blissful relaxation and yoga at Real Retreat. Set in beautiful, tranquil surroundings in South West France, you can totally unwind, relax and chill out at this amazing holistic retreat. You can do two forms of yoga whilst staying at Retreat, namely Hatha yoga and the more physical Astanga yoga. Classes are deliberately kept small to ensure everyone's individual needs are met and are frequently held on location with many classes by the peaceful meditative river at Lourdes. Prices including daily yoga and beautiful self-catering accommodation are between £425 and £575 per couple. Real Retreat - South West France: Please contact Danya or Neil for book-