

**HOLIDAY
HOTSPOTS
2008**

Shed up to a stone on these body-blitzing breaks

7 OF THE BEST

Relax in Portugal

ORANGE TREE YOGA

BEST FOR: Yoga fans and beginners.

WHERE: Near Faro, Portugal.

WHY GO: This Iyengar yoga camp will have you flexing lazy muscles, either for a four-day or a week-long break.

With two daily yoga classes, it's perfect for relaxation. And the location's great - hidden in orange and lemon groves, just a short drive from the beach.

WHAT'S IT LIKE? Start with a yoga class at 8.30am, followed by a healthy brunch.

Afternoons are free for sunbathing, massage, aromatherapy and other treatments. Optional extras include horse riding, surfing and hiking. In the evening, there's a group yoga class.

DON'T MISS: Fresh fruit in the morning and delicious home-made brunch and dinner.

WEIGHT-LOSS PROMISE: It's about toning up, not losing weight.

ACCOMMODATION: The Portuguese farmhouse in Quinta Mimosa has twin or single rooms with en-suites.

HOW MUCH: Week-long breaks, yoga included, start from €399, which also includes brunch but not dinner (there's a self-catering kitchen). Fully inclusive four-day breaks begin at €399. Visit www.orangetreeyoga.com or call 0 20 75 58 8 658.

GET THERE: Fly to Faro on EasyJet from around €68 return, then it's a 20-minute taxi to Quinta Mimosa.

TOUGHNESS RATING: 5/10

If you like yoga,
it doesn't get any
better than this

