

Where **Orange Tree Yoga in Quinta Mimosa**, an old farmhouse surrounded by citrus groves and 15 minutes from the Algarve coast, near Faro.

The teaching Experienced yoga teacher Rachel leads two Iyengar sessions a day (this style of yoga focuses on postures in a slow and measured way) in the fully equipped, air-conditioned yoga studio, to suit all levels in a simple and calm style (no whale music). The two-hour yoga session at 8.30am is followed by brunch and then you are free until another shorter class at 5pm. If you want to work up a sweat, you can spend the afternoon swimming, surfing, walking or riding – or you could have a massage, reflexology, cupping or aromatherapy treatment.

Food and accommodation A hearty brunch – cereal, fruit, boiled eggs, homemade bread – and a three-course dinner are provided every day, all vegetarian and home-cooked. The en-suite rooms are comfortable but you'll spend most of your time in the welcoming lounge, kitchen and outdoor area overlooking the citrus groves.

Best for Top-to-toe relaxation in a laid-back, super-friendly environment.

■ A four-night yoga break costs £399 including meals, yoga and shared accommodation. To book, call Rachel on 020 7558 8658 (UK) or 00 351 913839621 (Portugal) or visit www.orangetreeyoga.com. EasyJet flies to Faro. To book, visit www.easyjet.com.

Portugal



www.zest.co.uk