

NEW

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August 2008 £2.80

HIGH SPIRIT

Magazine

For Mind, Body and Soul, Look and Feel Good Naturally

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Disorder

**THE POWER
OF YOUR DREAMS**

A VALUABLE RESOURCE

TAKING THE NEGATIVE
OUT OF THE

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PLUS

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Your Amazing In-depth Guide for August

* SPIRIT LADY * CLEAN LIVING * ORGANIC RETREATS

BLISSFUL organic *retreats*

Holiday season is here again and whether you're looking for lazy days on a Greek island paradise, a week of healthy Italian cooking or an intense detox to kick your health into shape, Dawn Mellowship offers a selection of some of Europe's best organic retreats. Enjoy...



UNITED KINGDOM

Pen-y-Dyffryn Country House Hotel The Perfect Rural Retreat

Chosen as "Country Hotel of the Year 2003" by the Good Hotel Guide and "Rural Retreat of the Year 2004" by the Which Hotel Guide, Pen-y-Dyffryn Country Hotel in the Shropshire and Welsh border hills, really is a rural idyll. The restaurant offers delicious meals using locally sourced produce (which is usually organic) and luxurious rooms, some of which boast en-suite Jacuzzis and spa baths. This hotel exudes warmth, cosiness, serenity, style and fine food. What more could you ask for? Within half-an-hour's drive of the hotel are four major National Trust properties and





the medieval towns of Chester and Shrewsbury are a short drive away, so if you ever get bored of the hotel's five acres of tranquil, lush grounds and spectacular views, there are plenty of other things to do. If you're looking for a break from noisy city life, this is the perfect place to visit.

Prices: Rates per person per night (Bed and Breakfast) start at £57. For more information see Peny.co.uk Tel: 01691 653 700.



ITALY

Organic Tuscany – The Foodie Utopia

For breathtaking scenery, first class accommodation in a 19th century villa, and delicious organic cuisine (much of which you will be cooking yourself, because this is a hands-on Italian cookery holiday), spend a week with Organic Tuscany. During your week-long visit to Villa San Giuseppe (three miles outside the medieval town of Certaldo), local chefs will guide you through the preparation of delicious dishes such as pizza, risotti, sformati (light vegetable flans with asparagus, artichokes and cardoons), arista (juicy Cinta Senese roast pork with rosemary and garlic) and tiramisu. Four of the cooking courses offered are entirely vegetarian and you are free to skip slaving away in the kitchen

on any particular day, to sample other activities the region has to offer, or just to relax and unwind.

On arrival at your apartment you will be greeted by a basket of organic goodies – including fruit, fruit juice, honey, freshly baked bread, biscuits and fairtrade tea and coffee. Not only will you be creating appetising culinary delights, but paying a trip to a nearby organic farm (where you can indulge in some award-winning wines), as well as touring Certaldo, Florence and Siena. With great organic food, a beautiful location and an education in Italian cuisine, you won't regret visiting this little piece of paradise.

Prices: £1300 per person, based on two people sharing a bedroom with a private bathroom. For more information see Organictuscany.org Tel: 0208 144 9164.



GREECE

Levendis Estate – The Greek Island Paradise

Imagine staying in a luxury eco-chic farm on a seven acre country estate, nestled on a hillside among olive trees, overlooking a pine forest surrounding by a stunning sea vista. You take a gentle walk, beyond the swimming pool and into the forest where hammocks and benches offer a secluded tranquil place to absorb the striking scenery. Feeling a tad peckish you venture to the organic fruit orchards and vegetable gardens within the estate and help yourself to fresh delicious produce, which the attentive owners rustle into an appetising healthy meal. Each morning you stroll to the coffee shop within the estate and delight in the aroma and flavour of a freshly made espresso. This is not a dream, but the holiday of a lifetime in luxury Greek Island accommodation that awaits you, on the shores of the Ionian island of Ithaca, where you can stay in one of four traditionally styled houses, each surrounded by its own garden terraces and sea views. The more-than-helpful owners of the 7 acre organic olive farm with vegetable gardens and fruit trees get most of the seasonal produce for your meals from the farm and cater for special dietary requirements



(such as vegetarian or vegan). Once at the estate you are free to tailor-make your perfect holiday with available options including: a private crewed yacht, holistic massage pavilion, fully prepared meals, cookery lessons and wildflower walks. This wonderfully eco-holiday in a truly sensational location is not to be missed!

Prices: From £2500 - £4950 per house per week (varies by season). For more information see Levendisestate.com or Responsibletravel.com, Tel: +30 6944 69 770.



SPAIN

Rumana Health – The Wellbeing Week

Feeling under the weather? A Rumana Health Retreat could be just the ticket. You will spend a relaxing week in the valley of Las Alpujarras surrounded by the breathtaking Sierra Nevada Mountains in Southern Spain. The venue, "La Cañada" ('the Gorge') is situated amidst hundred year old olive trees, and orange and lemon trees and this therapeutic retreat involves yoga, delicious organic cleansing foods, breathing and relaxation exercises, meandering walks in stunning locations and simply relaxing by the pool if you need a rest from it all! Be prepared for

a detox as the nutritional programme excludes wheat, dairy and sugar and nourishes your body with healthy raw food juices and specially selected herbs to cleanse the colon, liver and kidneys. Alongside the yoga and pranayama breathing techniques, additional therapies are available, including massage, shiatsu, reflexology and Reiki. Along with giving you a well-earned rest this health-focused retreat may well change your life.

Cost: £795 for the week, including accommodation, food, yoga, guided walks and herbal supplements (travel and additional treatments are not included).

See Rumanahealth.com, Tel: 0845 680 1418.