

# COUNTRY & TOWN HOUSE

A woman with her hair pulled back, wearing a black spaghetti-strap top with crisscrossing cutouts and a matching high-waisted skirt, stands with her hands in her pockets. She is positioned in front of a serene landscape featuring a calm lake, distant mountains, and lush green trees with bright sunlight filtering through the leaves.

Looking  
for rest and  
renewal? Dip  
into the best  
in intelligent  
wellness  
and emerge  
refreshed

**THE  
REGENERATION GUIDE**

*Edited by Daisy Finer*



## » FEEL ALIVE AGAIN

### EUPHORIA RETREAT, GREECE

Euphoria's much-loved founder, Marina Efraimoglou, spent many years studying both Greek and Chinese healing traditions and shares the best of this timeless wisdom with the weary and confused at this magical hideaway on the edge of must-visit UNESCO-protected Mystras. The new four-night Feel Alive Again programme, created in the midst of the pandemic, offers a chance to reconnect with your inner spirit. Blending Five Elements-based meditations, breathwork, expressive dance, journaling, yoga, music and vision boards, this is a chance to reframe your life with optimism, passion and joy, and be drenched in that special Greek light. *Singles from £202 per night. [euphoriaretreat.com](http://euphoriaretreat.com)*



## A HELPING HEART



### » LEGENDARY SHAMANIC HEALING

#### PREIDLHOF, ITALY

Stefano Battaglia's understanding of the emotional language of the body is quite rare, as is his ability to uncannily release deeply held trauma using gentle osteopathically based manipulation. Alongside an elite team of unfailingly intuitive therapists, this slice of alpine charm, sitting snug in the hillside beauty of South Tyrol, is all about reigniting a lighter, happier, more joyful connection with the heart. As well as saunas, pools and soul-nourishing food, what sets Preidlhof apart is that kindness and compassion here comes straight from the heart. And, along with the tears (there will be tears!) and emotional freedom, the body softens and graciously bends to this profound healing. The release is palpable.

*From £,2479pp for a five-day Integrated Healing Retreat, incl. flights. [preidlhof.it](http://preidlhof.it)*



### » PROFOUND GRIEF RETREAT

#### THE ARRIGO PROGRAMME, SOMERSET

This five-star grief rehab is life-changing. Run by psychotherapist, Fiona Arrigo and Nici Harrison, the retreat involves five days in a divine manor house in Somerset. With daily group therapy expect instant bonding as, weeping, you listen to each other's stories of death, betrayal, abuse and obliterated hope. There's no attempt to fix grief but to witness and acknowledge it. The key is not to let it solidify in our bodies as disease. Breathing exercises, yoga, brilliantly intuitive massage and shamanic ritual all help dislodge shock and trauma. The nervous system is given time to recharge, aided by TRE - trauma release exercises - a form of autonomic body shaking to discharge adrenalin. Miraculously, you touch joy as you are aided by these skilled professionals to integrate your loss. *£2,550pp for four nights, next dates 13-17 Oct. [thearrigoprogramme.com](http://thearrigoprogramme.com)*