

## BEST FOR... *WORK-LIFE BALANCE*

### *Vana, Dehradun, India*

With its clean lines and glimpses of greenery through floor-to-ceiling glass, this 'modern ashram' emphasises realistic transformation, thanks to its spot-on wellness programmes and the kindest of experts. But when there's suddenly space to breathe, to reflect, a week may not suffice. Step forward Vana's Wellness Sabbatical: a 30-day journey, during which guests are guided towards long-term change and true work-life balance. Book-ended by Ayurvedic consultations, there's ample time for healing Indian and Tibetan therapies, meditation and yoga, as well as headspace to pursue creative projects (fuelled by meals that are lean on calories, yet bursting with flavour). It is an immersion in real life; without the wayward trappings of the outside world to distract. And the results are built to last.



*Healing Holidays (healingholidays.com) offers a seven-night Ashram programme, full board, from £2,449, including British Airways flights and transfers.*