



The retreat

triyoga's urban retreat

Skip the plane journey and book in for triyoga's urban retreat at its Primrose Hill centre, London. Known for the best yoga classes and inspiring workshops this retreat is something not to be missed. This year, the retreat is to be led by celebrated yoga teachers Anna Ashby and Joey Miles who will take you through restorative poses and a guided meditation. An extra treat is you will get to enjoy Kirtan chanting with the talented Nikki Slade and nourishing food by Madder Rose Cafe. Expect to have a clearer head, less aching limbs and a better understanding of the direction you want to take your life in 2012.

triyoga.co.uk



Wear it

Yoga charms

Why is yoga inspired jewellery so appealing? I've been addicted to these trinkets for years and used to hunt them down in New York or LA. Luckily, they're now more available in the UK. My long-term favourites are Satya, well known for their signature delicate pieces and a firm favourite among leading yoga teachers. LA celebrities love Energy Muse for its rustic edge. To me it offers a promise of idyllic California living. New kid on the block Daisy London's Daisy Chakra collection has already become a cult item on many a yogi's wrist. The simple line of bracelets are chic and created with the intention of enhancing your wellbeing by balancing your chakras. With seven chakra colours to choose from you are spoilt for choice.

daisyjewellery.com

Use

Dr Duve Ampoules



Super charge your skin with Dr Duve anti ageing + boosting face fluid and get your post yoga glow on. Expect skin to feel lifted and revitalised quickly - helping to repair and hydrate winter skin and giving the perfect canvas to apply your make up. The instant moisture boost helps reduce redness and irritations, skin is soothed and calmed fast. How? The growth factors activate collagen production and help to firm the connective tissue while the butternut extract helps to strengthen the skin repairing and protecting against further environmental damage. The hyaluronic acid restores volume and elasticity and minimises fine wrinkles. End result? Smoother, firmer and more youthful skin. Expect that post yoga skin without even one down dog.

doctor-duve.co.uk