

# 21 ways to be happy in 2021

Health Friendships Family Sex Fitness

→ Feast  
**Hello sunshine**  
Comfort on cold days



Feast  
Saturday  
9 January 2021  
£3.20  
From £1.75 for subscribers



→ Weekend

# The Guardian

## 'People are terrified': on the front line of an NHS in the grip of crisis

As Covid deaths and cases hit record highs yesterday, prompting London's mayor to declare a major incident, the Guardian was given rare access to a hospital battling to contain the pandemic

Helen Pidd



In a private room by the locked entrance of the intensive care unit, Dilip Sharan is sitting up in bed, a plate of stew in front of him. He navigates his spoon around the breathing tube keeping him alive, every mouthful soundtracked by a discordant symphony of beeps and bongs from the monitors keeping tabs on his vital organs.

It is his fifth day in the last-chance saloon of Covid care. He gasps for air, barely able to speak.

Sharan, 53, seems shockingly young to be so ill with coronavirus. But he is far from an anomaly in the ICU at Milton Keynes University hospital, where lunchtime passes almost unnoticed by patients being fed through tubes.

This unit currently has no one over 70 and



▲ Dr Joy Halliday, a consultant, with Daniyal Rizvi, who is pregnant and has Covid-19 PHOTOGRAPH: DAVID LEVENE/THE GUARDIAN

### Trump faces impeachment and is banned from Twitter

President likely to face historic second action and is permanently barred from Twitter, as he says he will not attend Joe Biden's inauguration this month.

News Page 30 →

### Firms suspend exports to EU as new levies hit home

Retailers including Marks & Spencer and Tesco counting cost of Brexit shock as food and clothing intended for sale abroad attract tariffs.

News Page 17 →

Time for a financial MOT

→ Money



# Travel

## Reboot camp 15 of the best virtual wellbeing retreats for 2021

We can't do a detox in Spain or yoga in India right now, but **Caroline Sylger Jones** has perfect online breaks to calm, heal and rejuvenate

**1 My Body is My Temple retreat with Yobaba Lounge**  
Running 13-28 January, then available as a recording to dip in and out of, this yoga and meditation retreat will be beamed live via Zoom from Yobaba Lounge's serene chateau yoga studio in the south of France. Owner Gertrud Keazor will share her gently effective approach to yoga, which she calls embodied meditation, in live sessions every other day, with supportive written content, extra micro-practices, and three live group calls during the retreat for sharing, asking questions and feeling encouraged. There are lessons in breathing, mindfulness and visualisation techniques, and tools to help participants take better care of themselves in daily life.  
● £150, [yobabalounge.com](http://yobabalounge.com)

**2 Plant-based reset plan with La Crisalida**  
Starting 15 January for a week, with later dates available, this virtual healthy-eating retreat beamed from Spain via Zoom and Facebook will ease you into following a plant-based diet and cleanse you ready for the year ahead. You'll get a menu plan, recipe pack and shopping list in advance, with the choice of a standard or a lower-calorie plan for those who want to lose weight. After two or four days of juices or

smoothies plus soups, you will learn to cook delicious plant-based meals and snacks in your own home. A daily live online meeting with La Crisalida's co-owner and nutritionist Lisa Brant, daily inspirational emails and access to a closed Facebook group will guide and support you.  
● €27, [lacrisalidaretreats.com](http://lacrisalidaretreats.com)

**3 Ultimate home detox, yoga and healing with Platinum Healing**  
Running monthly from 15 Jan, 12 Feb, 12 March and 16 April for between three and 28 days, these retreats offer a guided deep detox alongside live classes, educational talks, coaching workshops and fitness. Sessions are also recorded so you can dip in and out of them. You'll receive a home detox box at the start, with nutritional supplements, dry skin body brush, ayurvedic tongue cleanser and colon cleansing kit, and there is support and guidance via online Q&A sessions with nutritional therapists, counsellors, a hypnotherapist and a fitness trainer. Raw juice deliveries are on offer at an extra cost.  
● From £499, [platinum-healing.com](http://platinum-healing.com)

**4 Virtual happiness retreat with Tuscan Getaway**  
Running 16 and 17 January, and available as a recording for six months after, this virtual weekend combines a schedule of yoga, journaling, life coaching and mindfulness with Tuscan recipes and cooking demos, and interviews with inspirational people. The course is filmed in and around the villa near Montefollonico, south-east of Siena, where Tuscan Getaways usually take place. Meditate under the olive trees, do yoga in the hills, learn to bake bread on an organic farm, and hear Frances Mayes, author of *Under the Tuscan Sun*, talking from her home in Cortona, about what it's like to follow your dreams. It is all fronted by owner and retreat leader Debbie Travis.  
● \$175, [tuscangetaway.com](http://tuscangetaway.com)

**5 Meditation retreats at home with the Sharpham Trust**  
Running 21-24 January for three nights, this mindfulness meditation retreat will enable you to enjoy guided meditations and share with others, with optional weekly check-ins for two weeks



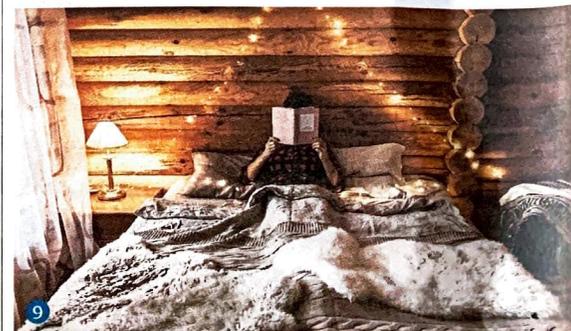
after the end of the retreat. As well as live dharma talks and guided nature-connection practices with Sharpham's teachers - who usually run Buddhist-focused retreats at the Barn on Sharpham's estate in Devon - there are downloadable mindful movement routines and practices such as qigong and yoga, scheduled individual time and Q&A sessions.  
● Suggested donation £145, [sharphamtrust.org](http://sharphamtrust.org)

**6 Courage to Shine coaching retreat with Kate Emmerson**  
Running 22-24 January, with other dates available on request, this is a private, tailored retreat for those about to make bold moves or decisions. It pivots on three private live online coaching sessions of an hour each with lifestyle coach, author and speaker Kate Emmerson - one to strategise, the second to support, the third to help reflect on and integrate insights. Lighthearted and full of vigour, Kate is an ideal person to help you identify your next step. She will devise a schedule of bespoke exercises, processes, rituals and questions to ponder, and is on hand throughout the weekend for additional support.  
● £495 for the weekend, [kate-emmerson.com](http://kate-emmerson.com)

**7 Virtual weekend yoga and pilates retreat with Azulfit**  
Running 22-24 Jan and 5-7 Feb, these three-day virtual yoga and pilates retreats include five live sessions to help you relax and recharge, a menu of vegetarian meals you can make yourself at home following video cooking tutorials, and a retreat workbook packed with tools and tips to help you create space and set your intentions for the year ahead. You'll also get lifetime access to Azulfit's on-demand yoga, meditation and pilates videos to keep up the

good work at home with the same teachers who take the live sessions - all recorded on Azulfit's outdoor yoga deck on Fuerteventura, to give you a dose of virtual sunshine.  
● \$147 (about £108), [azulfit.com](http://azulfit.com)

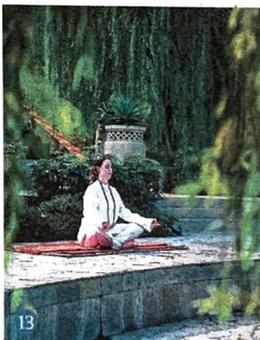
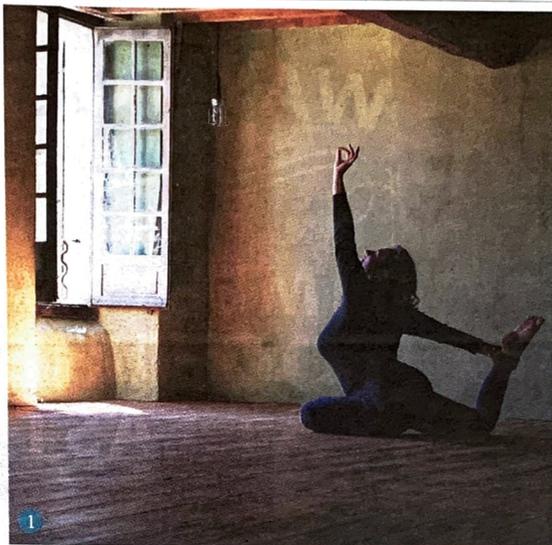
**8 Evolving women retreat with Fiona Arrigo**  
Running on 12-14 February, this online holistic retreat for women led by psychotherapist and biodynamic psychologist Fiona Arrigo is a nourishing group programme of live sessions to help empower women from all walks of life to find inner



# Real deal

## Actual retreats in the UK and Europe for later in the year

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anyone with any writing project, large or small.  
 ● By donation, [urbanwritersretreat.co.uk](http://urbanwritersretreat.co.uk)

**13** **Ayurveda at Home with Ananda in the Himalayas**  
 Take a carbon-free trip to India and create a retreat with live video consultations and private classes led by the experts at this destination spa. Various wellbeing packages are available. The Ananda Starter includes an in-depth ayurvedic consultation with a doctor to review your mental, physical and emotional health and assess your body type (dosha) and current imbalances; a set of signature dosha-based recipes; an individual yoga consultation and assessment; and a private class (choose hatha yoga or meditation) with tailored advice and adjustments.  
 ● About £140, [anandaspa.com](http://anandaspa.com)

**14** **Bespoke virtual healing retreats with Lynn Jackson**  
 Running from two to seven days, these fully supported private home retreats pivot on live online sessions of energy work, counselling and meditation with energy healer Lynn Jackson, and are for people who need help with stress, anxiety, relationship issues, life re-direction and more. A pre-retreat consultation establishes your needs and helps get you ready with the tools and space required. You're advised to digitally detox and avoid all stimulants, and Lynn will offer guidance on nutrition, additional online classes, books to read, music to dance to and nurturing activities from forest bathing to bath soaks.  
 ● From £247, including three 60-minute online sessions over two days or more, [bespoke-retreats.co.uk](http://bespoke-retreats.co.uk)

**15** **Emotional therapy with Château de Mouillac**  
 For anyone looking for significant life change, these two-to-five-day private retreats via Zoom enable you to tap into the expertise usually offered at this gorgeous retreat in France run by Desri Goodwin, an experienced strategic intervention coach, and her partner, Robin, a master neurolinguistic programming practitioner, hypnotherapist and energy healer. They use various emotional therapy techniques to tap into your unconscious, help you change your perspective on past events, free you of negativity and resolve the issues that limit your potential. The tailored retreats feature over four hours of one-to-one time each day, plus an energy healing session.  
 ● £950 for two days [chateaudemouillac.com](http://chateaudemouillac.com) (Guardian readers can get a 10% discount on the cost of this online retreat with Château de Mouillac, plus a complimentary follow-up call/session (value £150 and lasting approximately an hour) a week after the retreat, subject to availability. Quote "Guardian Reader Offer" when booking)

strength and guidance in difficult times. From 6pm to 9pm on Friday, and then 10am to 5pm on both Saturday and Sunday, the interactive programme will include meditation, breath work, movement, nurturing group sessions and time to reflect, with the aim of working out how to live an empowered rather than an exhausted life.  
 ● £238, [aplacetoheal.co.uk](http://aplacetoheal.co.uk)

**9** **Two-day home retreats in aid of NHS workers**  
 Proceeds from these by-donation, pre-recorded virtual retreats go to Reclaim Yourself's free retreat for exhausted NHS frontline Covid workers. Designed to help find some stillness and navigate the year ahead, they comprise a day of "rest and refuge", with positive affirmations, a restorative yoga class, meditations, a podcast list and a sound healing, and a second day of "clarity", to help you reflect and set intentions for the year ahead with yoga classes led by yoginis Emma Henry and Jean Hall, vision boarding and a guided facial. You'll get a weekend menu with recipes and shopping lists from healthy-eating outfit Bettina's Kitchen.  
 ● Minimum donation £25, [reclaimyourself.co.uk/home-retreats](http://reclaimyourself.co.uk/home-retreats)

**10** **DIY home retreats with Adventure Yogi**  
 These half- and whole-day at-home virtual retreat packages are designed to be booked whenever you want, and themed by the feeling you want to achieve - calm, empowered or strong. Pick a day to suit your needs and go for a short taster experience or a full-on immersion. Schedules include a mix of wake-up and bedtime routines, healthy breakfast, lunch and dinner recipes, workshops on your chosen theme, audio meditations, poems to read, yoga nidras, live yoga classes

with Adventure Yogi teachers in different styles, and pre-recorded evening yin yoga classes.  
 ● From £9.99 to £34.99, [adventureyogi.com](http://adventureyogi.com)

**11** **Go wild for your health online with the Department of Wellbeing**  
 Available from this month for guests to spend a whole weekend on or dip in and out of at their leisure until June 2021, this retreat experience mixes sessions of meditation, sound healing, personal training, hatha yoga, yoga nidra, plant-based

recipes, fireside nutritional talks and a podcast for a guided walking exercise in nature - all pre-recorded at Tilton House in East Sussex, where the team usually hold their actual retreats. Hostess Polly Moore introduces the retreat and offers a simple grounding meditation to get you started, and there's a closed Facebook group so you can ask the experts questions and connect in real time.  
 ● £130, [departmentofwellbeing.co.uk](http://departmentofwellbeing.co.uk)

**12** **Short online writing sessions with Urban Writers' Retreat**  
 This innovative company is offering mini-retreats on Mondays (10am-12pm and 1-3pm) and full-day retreats (10am-4pm) on Saturdays for anyone who wants to devote time and energy to their writing, be it non-fiction or fiction, professional or for pleasure. Run through a Facebook group, the retreats offer the same motivation and guidance from Charlie Haynes that she offers on her actual one-day writing retreats in London and residential retreats near Newton Abbot in Devon. Charlie has been running retreats since 2008 and is skilled at helping procrastinators understand and overcome their blocks. For



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