

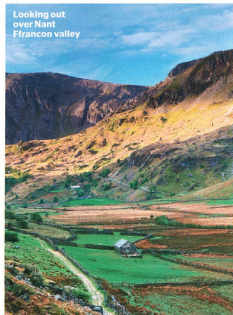
# WIN! A yoga retreat for two

**TWO PRIZES TO BE WON**

We've got four days in Snowdonia to give away, plus a two-night break in Kent and five runner-up prizes

**1ST PRIZE  
£300 CASH**

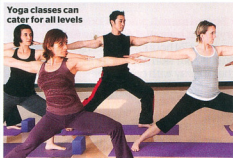
**2ND PRIZE  
£200 CASH**



Looking out over Nant Ffrancon valley



The stately Oxon Hoath House



Yoga classes can cater for all levels



Stretch out and limber up on a fabulous getaway in the British countryside with Sally Parkes Yoga. With a range of retreats in the UK and Spain, Sally's aim is to offer a routine for everybody - all abilities are welcome, and breaks often include bonus activities like meditation, vegetarian cookery, hiking and aqua yoga.

The first prize is a four-day retreat for two in the mountains of North Wales. Staying at Snowdonia Mountain Lodge from 24 to 27 August, the winner and a guest will enjoy bed and breakfast accommodation and a full schedule of yoga, Pilates and walking - you're welcome to do as much or as little as you like. The lodge is in one of the country's most stunning locations, with panoramic views of the Nant Ffrancon valley and towering mountains on either side. The winner will receive £300 cash towards transport -

or you could use it to splash out on goodies in the yoga shop instead.

The second prize is a yoga and meditation retreat for two at Oxon Hoath House in Kent, from 12 to 14 October. The winner and a guest will enjoy a weekend of dynamic hatha and restorative yoga, plus meditation, with two nights' full-board accommodation and £200 cash for the winner. Oxon Hoath is a beautiful stately home dating back to the 1300s, set in 72 acres of wonderful countryside, offering vegetarian cooking and the chance to spend the autumn evenings in front of a roaring fire.

If you don't nab one of the main prizes, five runners-up will win a lavender eye pillow and yoga mat bag from Sally Parkes Yoga, helping you practise in the comfort of your own home.

**WANT TO FIND OUT MORE?**

For more information on yoga retreats in the UK and Spain, call Sally Parkes on 07967-388363 or visit [www.sallyparkesyoga.com](http://www.sallyparkesyoga.com)

To enter, answer the following question:

**Which valley can you see from Snowdonia Mountain Lodge?**

**BY PHONE** Call 0901-030 8388 (UK, 26p per minute) or 1530-288108 (RoI, 33c per minute) and key in issue number 7.

**BY TEXT** Text SP7 followed by a space, your name, address, postcode and answer (no punctuation), to 80088 (25p).

**ONLINE** Enter via our website at [www.spiritanddestiny.co.uk](http://www.spiritanddestiny.co.uk)

**BY POST** Send your answer with your name and address on a postcard to **Spirit & Destiny July Sally Parkes Yoga Competition, PO Box 9930, Leicester LE9 6HX.**

Calls cost 26p each per call from BT landlines (RoI 33c). Entries last approximately one minute. Costs from other networks may be higher. Texts cost 25p per text plus the standard network rate. If you enter after the closing date, you will not be entered but may be charged. This is not a subscription service. UK service provider: Telecom Express, [www.telecom-express.com](http://www.telecom-express.com). RoI information provider: Telecom Express. RoI service provider: Phonovation, 0818 217100. Competition closes 10 July 2012.

**TERMS AND CONDITIONS**  
The first prize is a four-day yoga, Pilates and walking retreat at Snowdonia Mountain Lodge from 24 to 27 August 2012, with B&B accommodation for two people. The prizewinner only will receive £300 cash. The second prize is a two-night yoga and meditation retreat at Oxon Hoath House from 12 to 14 October 2012, with full-board accommodation for two people. The prizewinner only will receive £200 cash. Five runners-up will each receive a yoga mat bag and lavender eye pillow. The editor's decision is final and there is no cash alternative.



**READER OFFER** For a 10 per cent discount on retreats, plus a free yoga mat bag, simply enter the code SD10 when booking online at [www.sallyparkesyoga.com](http://www.sallyparkesyoga.com). Offer ends 31 July 2012.