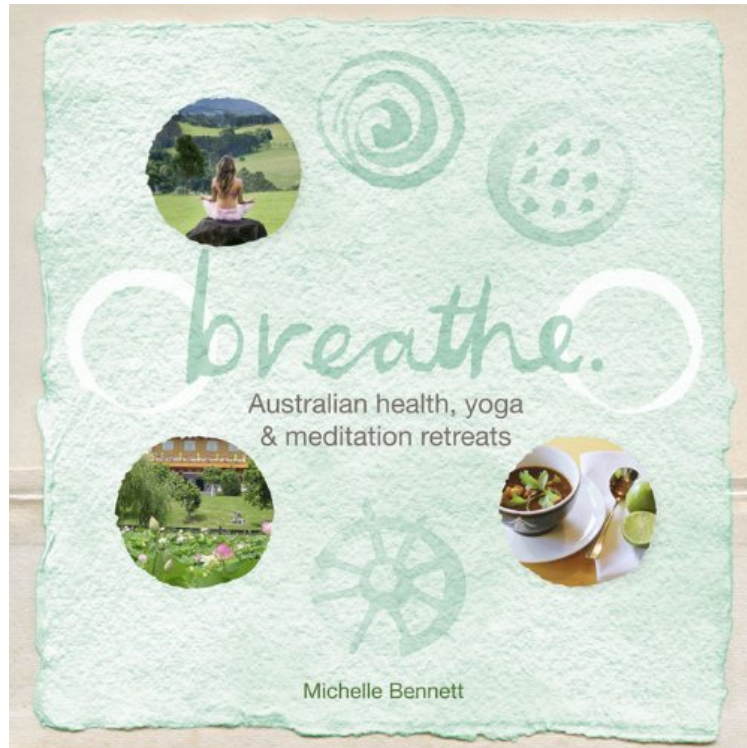


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## Breathe: Australian health, yoga and meditation retreats

*Bennett, Michelle*

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Breathe offers a vast selection of Australia health, yoga and meditation retreats in which to slow down and look after yourself. With detailed reviews, enticing photos and a beautiful design, Breathe is a travel guidebook and armchair companion, providing inspiration to look after our most important asset ourselves. While the retreats range from the absolute lap of luxury to few-frills places, and everywhere in-between, the one thing they all have in common is encouraging us to slow down and look after ourselves, to remember what it feels like to breathe.

About the Author 'Wellness' is a concept that has taken hold in recent years, emphasising the importance of nurturing our physical, emotional and spiritual sides. With detailed reviews and enticing photos, this travel guidebook and armchair companion provides inspiration to look after our most important asset.