

Footprint

# Body & Soul escapes Britain & Ireland

Caroline Sylger Jones



# Wellbeing Break

## Reclaim Your Self



07939-907501

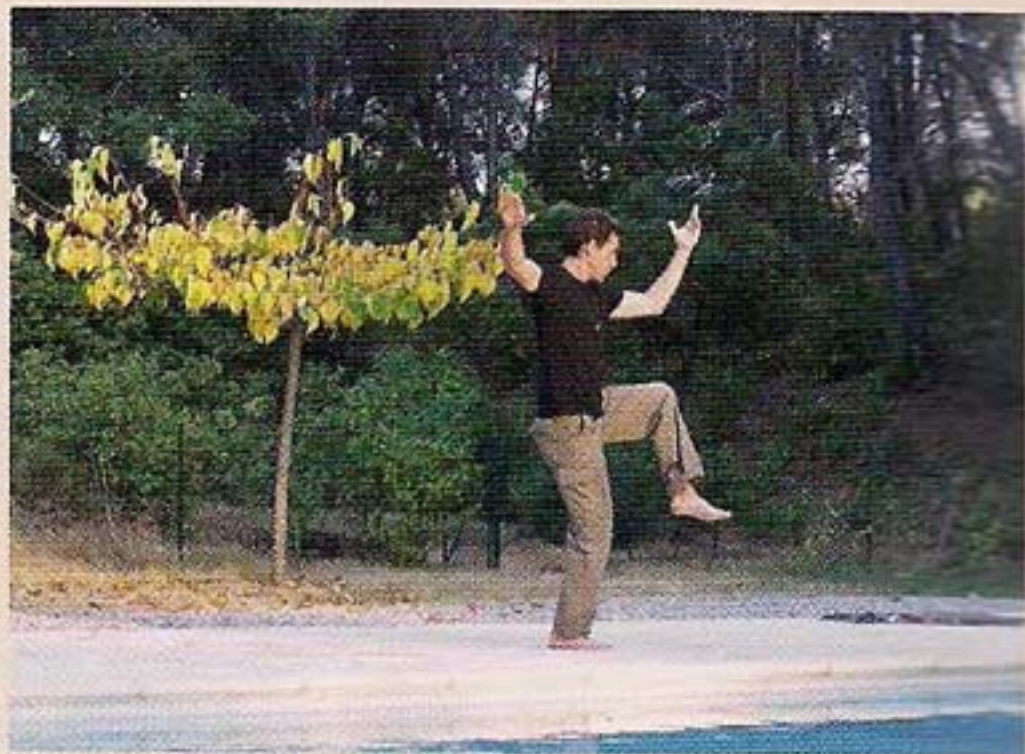
reclaimyourself.co.uk

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Set up by down-to-earth and dynamic massage therapist Julia (aka Jools) Sampson, Reclaim Your Self offers inventive wellbeing holidays in Europe, Africa and India, and creates similar weekend retreats in the UK – bespoke week-long retreats can also be organized, and regular 'Bliss' days are run in London. Everyone is welcome.

The weekends are inspired by Jools's own experience while working in a stressful, isolating government job in Tanzania: a massage teacher, she says, 'saved her', teaching her about food, nutrition, exercise and yoga to help her 'reclaim herself', cope with her job and, eventually, leave it to do what she really wanted.

She sources her team very carefully. A stress-free diet of tasty vegetarian meals, with fish options, using no wheat, sugar or salt, is prepared by nutritionist-chefs Lizzie Jones or Ella Scott, whom Jools met while training at the College of Natural Nutrition ([natnut.co.uk](http://natnut.co.uk)). A vital part of the weekend is a workshop on natural nutrition, which encourages you to eat and live your life according to your own health story and in tune with your constitution, and you'll get a booklet of recipes and tips to take home.



Yoga is taught by Scaravelli teacher Helen Noakes, co-director of Brahmani Yoga in India, or by Tanya Goodman-Bailey, a craniosacral therapist and yoga teacher at Triyoga in London. Tanya fuses dynamic flow and yin yoga in her classes, and works closely with the nutritionists to ensure that asanas aid digestion or sleep, for example.

You practise yoga before breakfast, and enjoy treatments in the afternoons. Jools gives expert deep tissue and hot stone massages; you can also have one-to-one nutrition consultations and holistic therapies such as craniosacral therapy and chavutti thirumal (see glossary). Israeli therapist Ariel Rubin offers Tibetan healing, combining acupuncture, osteopathy, bodywork, stretches and Tibetan medicine in his sessions. The weekends include two treatments. During a week-long retreat there is one day of silence.

Jools chooses different houses in rural locations for her retreats, such as Holycombe House in the Cotswolds. The weekends take a maximum of 15 people. Refreshingly, Reclaim Your Self offers monthly payment plans.