ABOVE FROM LEFT 42 Acres Shoreditch, a relaxing co-working space that doubles up as a sanctuary for the overstretched individual in a converted school house in London; what a difference a day makes following an uplifting Ila wellness workshop in Oxfordshire; Green Farm is just the rural ticket for city dwellers who need to recharge their batteries

>>> as well as *Psychologies*' one-day immersion event 'Be still, see clear, go create' with renowned coach Chris Connors. There is also a series of talks in association with educational charity Resurgence on sustainability, spirituality, arts and the environment. **CSJ**

For more on the one-day immersion event, turn to page 56; 42acresshoreditch.com

RETREAT FOR A DAY

Ila wellness workshops, Oxfordshire

For the time-poor among us, the founder of organic skincare and therapy brand Ila, Denise Leicester, has devised a series of uplifting wellness workshops for busy women, families and even children, which can be booked in groups of five adults and 10 children.

Held at Ila's beautiful relaxing barns in the Cotswolds, workshops combine yoga, sound healing and wellbeing talks with the chance to make a bespoke product from fragrant Ila ingredients. Parents can learn to give a 'coming back together' Tibetan head massage, while children will relish the presence of Denise's Lhasa apso dog. **CSJ**

From £75 per child or £95 per adult for an afternoon workshop; 01608 677676; ila-spa.com

RETREAT AROUND THE UK

Green Farm, Kent

This warm and welcoming working farm is a real antidote to frantic city life, where you'll be hosted with care and hospitality by committed owners Martin and MaryAnn Richmond-Coggan. You can book private classes in yoga, art or gardening, go for soul-nourishing woodland walks followed by workouts, then relax with ESPA treatments in the boutique farm spa. There are hot tubs in a pretty walled garden and near the pond, and a sauna, too.

Food is home-cooked, vegetarians and vegans can be catered for, and you stay in the family home, a lovingly restored medieval property. For group rental, there is also a restored self-catering barn. Yoga mornings, days and weekends, as well as art retreats, are also on offer. **CSJ**

Day retreats from £120 pp, one-night spa stays from £190 pp, sharing a room; 01233 733997; greenfarmkent.co.uk

Satvada Retreats, Norfolk

This company, with a focus on balance, runs three-night mindfulness weekends every six weeks or so between December and March. Hosted in renovated barns with underfloor heating in the grounds of a manor house surrounded by acres of gardens and woodland, these getaways are especially suitable for anyone who baulks at more traditional meditation retreats for large groups.

Enjoy six sessions of mindfulness practice a day, taught in a nurturing, accessible way by founder Lucia Cockcroft, who leads classes with sensitivity and no enforced 'cross-legged on the floor' postures. More contemplative forms of yoga, such as restorative yoga and yoga nidra, are also available, while tasty vegetarian and vegan meals – including rather good cake – punctuate the day. It's a proper chance to pause, switch off and do less. **CSJ**

The next mindfulness weekend is from 1-4 December 2017. From £399 pp for three nights, sharing a triple room, all inclusive; 020 3695 2375; satvada-retreats.co.uk