



# Red

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## Summer STYLE

THE 7-PIECE HOLIDAY CAPSULE WARDROBE

INSIDE ALEXA CHUNG & CLAUDIA  
SCHIFFER'S BEACH BEAUTY KITS

SNEAK PEEK: THE NEW SEASON'S  
GOT-TO-HAVE PIECES

*Red's talking about...*

- ELLE MACPHERSON'S health breakdown - and breakthrough
- Admit it, are you a semi-smoker?
- ETHAN HAWKE'S vulnerable side

FASHION

SHOPPING

BEAUTY

FOOD

HOMES





CLOCKWISE, FROM TOP: The unspoilt beach; Brigid, the happy yogi; peace at the pool



## I'm in the mood for... ...SWITCHING OFF

WITH AN OVERACTIVE MIND AND A STRESSED-OUT BODY, A YOGA HOLIDAY WAS THE PERFECT ANTIDOTE FOR RED'S HEALTH DIRECTOR BRIGID MOSS

On Formentera, Ibiza's little sister island, with less traffic, less buildings and much less tourism, you can still feel the original hippie heart of the Balearics beating. I'd heard great things about Formentera Yoga and its charismatic founder, Jax Lysycia. Her teaching brought me here: one of 26 bodies on a wooden yoga platform, with one side open to the elements. There's a gentle sea breeze, birds tweeting and the sound of hotel guests breakfasting next door. We're all doing our best to get into a shoulder stand by using our breathing, as instructed by Jax.

As someone who took up yoga 18 months or so ago, compared to the super-fit German girls next to me, I was one of the least experienced. As I wobbled in a plank, abs tightening, I wondered how I'd manage two 90-minute yoga sessions a day. Jax structures the break so you learn a different yoga technique each day: so, day three was abdominal breathing. It was technical, and I struggled a bit, but Wednesday and Thursday were more fun, with evening sessions held on the beach and hotel lawn.

By the end of five days, I definitely felt stronger and calmer (slightly thinner, too). Because it's held in a chic beachfront boutique hotel (Gecko Beach Club), not a retreat house, the food, served by super-helpful staff, is healthy rather than detox - crudites and beetroot dip, carrot soups, paella, Thai curry. Breakfast is the best meal, and believe me, it's one I very much looked forward to after an 8.30am yoga session. Fruit, yoghurt and eggs are the healthier options but there's also bacon, cheese, ham, croissants, and lots of strong Spanish coffee. Formentera Yoga does hold more strict detox retreats, but this break is more relaxed, all about great yoga, maybe a glass of local Terramoll white at night and early to my cosy bed in my minimal white room. There are daily morning silent meditation walks (I was too impatient for it) and a weekly three-hour hike with a guide along the coast, where you see local plants including posidonia, the sea plant coating the Balearic beaches (along with the naked sunbathers. They are *everywhere*).

Yoga sessions are morning and early evening, which gave me and a couple of the other yogis plenty of time to borrow hotel bikes and cycle to Formentera's most famous beach, Illetes, for lunch overlooking the white sand and turquoise sea. (Be warned: some of the ride is on busier roads.) On Wednesday, we drove to the weekly evening market at El Pilar de la Mola, to browse stalls filled with handmade jewellery and crafts.

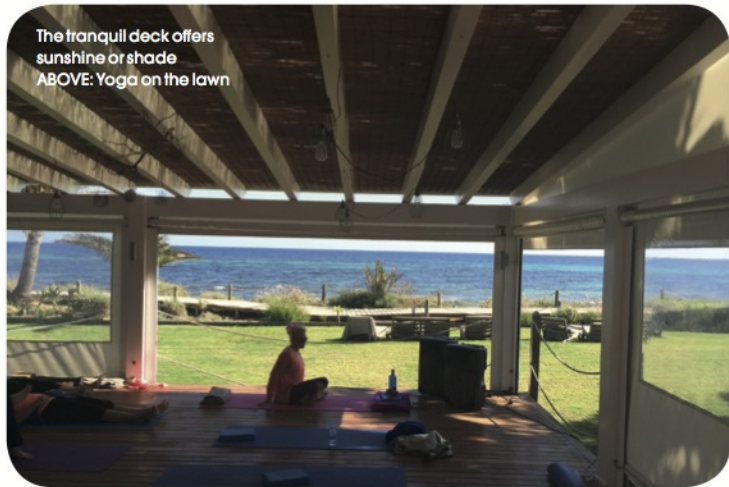
But it was the yoga that was the real reason to go. Working so hard in class, the rest of the day I felt completely justified lying on the poolside sunbeds under a white umbrella, looking over the unspoilt beach. And even though my mind took three days to stop churning, my body was extremely happy all the time.

### Trip notes:

Formentera Yoga breaks at Gecko Beach Club cost £806 for four nights; [formenterayoga.com](http://formenterayoga.com). Getting there: BA flies to Ibiza from London Gatwick, City Airport and London Heathrow, from £49 one way; [britishairways.com](http://britishairways.com); Easyjet flies from Belfast, Liverpool and Bristol, and London airports, from £49 one way; [easyjet.com](http://easyjet.com). Formentera is a 30-minute ferry ride from Ibiza port for around £35 return, [trasmapi.com](http://trasmapi.com)



The tranquil deck offers sunshine or shade  
ABOVE: Yoga on the lawn



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