

The best wellness retreats in the UK and abroad for 2022

A RETREAT is just what you need when your mental and physical health aren't quite up to scratch. Can't find the right one for you? Express.co.uk has rounded up the best wellness retreats in the UK and abroad for 2022.

By **IZZIE DEIBE**

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The New Year is here and we're all laser-focused on becoming a better version of ourselves. For most people, that involves getting healthier mentally and physically. If you need a bigger push to change your lifestyle, a wellness retreat could be the perfect thing for you. There is a huge range of retreats on offer all over the world, from **yoga** retreats to body confidence retreats. Luckily for you, **Express.co.uk** has rounded up the best in the UK and abroad for 2022.



The best wellness retreats: Desperate to better yourself this year? A retreat could help (image: Getty)

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<https://www.express.co.uk/life-style/life/1546514/best-wellness-yoga-fitness-health-retreats-uk-europe-2022-evg>



The best wellness retreats: Fancy a retreat in Morocco? Try Puja's (Image: Puja McClymont)

Clarity, Rest & Rejuvenation Retreat, Marrakech, Morocco

In June 2022, Life and Business Coach and NLP practitioner Puja McClymont is hosting a wellness retreat in Marrakech.

Puja is one of London's most sought after life coaches helping her strong, ambitious clients to stop feeling pressured to achieve their life goals.

She combines spiritual and scientific techniques and is very straight-talking and intuitive, which is what helps her to change her client's life with regards to their career, relationship and health goals.

Puja is able to help clients create a balanced approach to their career, relationship and health goals.

Puja has developed her coaching style to offer a bespoke experience for her clients from incorporating counselling, CBT, NLP, positive psychology through to Ayurveda & Yogic principles, reiki and meditation.

This six-day retreat includes daily meditations, restorative activity, hiking, adventuring to the Atlas mountains, shopping in the souk, spa activity, trips to the YSI gardens, and of course indulging in traditional Moroccan culture. Find out more [here](#).



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