

**KUNDALINI RISING**

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# How wellness retreats can boost mental health

Sometimes, the best way to recharge your mind is to step away from your everyday routine. As a yoga teacher of over 20 years, I have seen the transformative power of retreats first-hand. That's why I love taking people on wellness retreats with me. Having led over 30 retreats myself, I can say with conviction that retreats are more than just rest and relaxation; they are opportunities to reconnect with yourself in profound ways.

Wellness retreats blend the benefits of connection, meditation, and the healing power of nature. Removing yourself

from familiar environments allows you to reset your mental and emotional state. Surrounded by nature and guided by certified wellness coaches, retreats create space for you to reflect, breathe deeply, and let go of daily stress.

Imagine meditating outdoors, with fresh mountain air filling your lungs, and sharing stories with like-minded people around a fire. These experiences foster a sense of belonging and clarity that's hard to find in the chaos of city life.

Wellness retreats will also include yoga sessions tailored to restore balance



and energy. Moving your body mindfully amidst nature enhances the release of endorphins and grounds you in the present moment. With the support of experienced

instructors, you can learn tools to help you carry the inner peace you discover back home with you.

A retreat is not about escaping; it's about returning to your life with fresh eyes and a renewed spirit. If you have been feeling stuck, disconnected, or simply in need of a break, it's time to prioritise yourself. Bring a friend or be your own best friend and take yourself on a retreat. Nurture your mental health, your physical wellbeing, and create lasting memories of growth, joy, and serenity.

## ◆ HOROSCOPE ◆



**ARIES**  
(MAR. 21-APR. 20)

Bold actions bring success. Seek balance in relationships and prioritise rest amidst bustling schedules. Your lucky day this week will be Monday.



**TAURUS**  
(APR. 21-MAY 21)

Focus on financial growth and stability. Trust intuition in decisions and nurture connections that feel genuine. Your lucky day this week will be Friday.



**GEMINI**  
(MAY 22-JUN. 21)

Communication shines, opening doors to new opportunities. Embrace curiosity but avoid spreading yourself too thin. Your lucky day this week will be Wednesday.



**CANCER**  
(JUN. 22-JUL. 22)

Prioritise emotional health. Home and family demand attention but self-care ensures balance. An unexpected gift brings joy midweek. Your lucky day this week will be Sunday.



**LEO**  
(JUL. 23-AUG. 22)

Confidence leads the way. Take calculated risks in work. A surprise encounter sparks inspiration. Your lucky day this week will be Friday.



**VIRGO**  
(AUG. 23-SEP. 23)

Organisation brings clarity amidst chaos. Focus on health routines. A small achievement boosts confidence. Your lucky day this week will be Tuesday.



**LIBRA**  
(SEP. 24-OCT. 23)

Relationships flourish as harmony prevails. Collaborative efforts lead to success. Embrace creativity for fresh insights. Your lucky day this week will be Thursday.



**SCORPIO**  
(OCT. 24-NOV. 21)

Introspection reveals hidden strengths. Career prospects improve through persistence. Trust instincts. Your lucky day this week will be Monday.



**SAGITTARIUS**  
(NOV. 22-DEC. 21)

Adventure calls! Travel or new learning excites you. Stay grounded and resolve lingering tasks for guilt-free exploration. Your lucky day this week will be Friday.



**CAPRICORN**  
(DEC. 22-JAN. 20)

Hard work pays off as goals materialise. Family and close friends seek your guidance. Practicality is key. Your lucky day this week will be Friday.



**AQUARIUS**  
(JAN. 21-FEB. 19)

Break free from routine. Networking opens doors to exciting opportunities. Trust your unique vision to navigate challenges. Your lucky day this week will be Saturday.



**PISCES**  
(FEB. 20-MAR. 20)

Emotions run deep; channel them into creativity. A spiritual insight provides clarity. Nurture bonds that inspire. Your lucky day this week will be Friday.

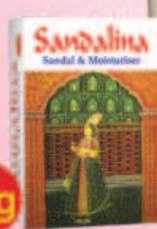


**ALOE VERA ও COCOA BUTTER সমৃদ্ধ**

**Beautina SKIN LOTION**

১টি ম্যান্ডালিনা সোপ ফ্রী

HEALTHY ত্বকে আত্মবিশ্বাসী আমি। আর আপনি?



75g







50g

\*বিউটিনা বডি লোশন ২০০মিলিঃ এর সাথে স্যান্ডালিনা সোপ ৭৫ গ্রাম এবং বিউটিনা বডি লোশন ১০০মিলিঃ এর সাথে স্যান্ডালিনা সোপ ৫০ গ্রাম ফ্রী।

**KOHINOOR CHEMICAL**