

*“A well-chosen holiday can teach you so much about yourself – and you can learn new skills”*



## ‘My relaxation break revitalised my health’



**Alison Wilkinson, 47, a criminal lawyer, found a yoga break abroad helped solve her stress problems.**

‘Two years ago, I was completely stressed out. My job involves long hours in court, and I had permanent tension in my shoulders, constant headaches and sinus problems. I was in desperate need of something

to help me de-stress, but while I’d tried all sorts of exercises, such as yoga, Pilates and aerobics, I never stuck at anything.

‘Then, one day, I spotted a holiday in Turkey that offered the chance to study the

Putkisto method, a stretching and relaxation technique invented by dance and movement specialist Marja Putkisto. The last thing I wanted was to go on some hippy-style retreat, but this looked very different, so I took the plunge.

‘The group was small, just 10 women and the instructor, who was really patient and explained all the moves to us. We had two Putkisto sessions a day, each lasting two hours: the first at 8.30am, and the second in the afternoon – all in the wonderful gardens of the hotel against a beautiful backdrop of the sea. After the first session, I ached, but within a few days, I felt increasingly revitalised.

‘Putkisto has aspects of Pilates, but it goes deeper – it’s more about releasing the shortness of tight muscles and increasing the “springiness” of the diaphragm to help breathing. And it works – my health issues completely disappeared, and

all that clear mountain air gave me the time and space I needed to relax completely.

‘I enjoyed the social aspect, too. In the evenings, we would sit round the pool chatting, or enjoying a drink on the terrace before eating a healthy dinner together. After the holiday, we were all given a programme to do at home. Not only did I stick to it, but I recently qualified as an instructor myself. Putkisto has helped improve my health – now I want to share that with others.’

### GET THERE!

Exclusive Escapes offer Method Putkisto Breaks at the Dionysos Hotel in Turkey, from £1,300, including flights, plus seven nights’ half-board accommodation. The next course takes place from 10 October – for more information and to book your place, visit [www.exclusiveescapes.co.uk](http://www.exclusiveescapes.co.uk) or call 020 8605 3500.



Alison de-stressed on her break