

# NW

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## NW on ways to face up and shape up

### Holistic holidays

Top fitness instructor Dennis Duhaney, personal trainer to many celebrities, has teamed up with NW3 Pilates instructor Sarah Rosenfield to offer some fabulous weekend retreats and holistic holidays. Their exclusive holidays include relaxation/holistic body workouts with Dennis, and Pilates, stretch and meditation with Sarah, plus aqua workout, and massage and reflexology available on site. Coming up, they have a week at La Serrania in Majorca, 21-28 June, and a weekend retreat in Devon, 29-31 June. You can also see Sarah locally – she teaches at people's houses and



The pool at La Serrania

gyms around NW3, including Karmaa, the new holistic studio in Camden Stables Market.  
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