

**WIN!**

# A RELAXING YOGA HOLIDAY IN CORNWALL



Be in with the chance to chill out, boost your flexibility and de-stress on a fantastic yoga holiday in Cornwall, courtesy of joint-care experts Lubramine

**G**ood flexibility is an essential part of being healthy and, to help you on your way to a better body the natural way, Lubramine is giving away a wonderful yoga weekend retreat for two at a choice of beautiful hotels set on the idyllic Cornish coast, Britain's most dramatic coastline. You'll enjoy at least six hours of tuition (whatever your level) from yoga experts to increase your flexibility, stamina, strength and energy.

Depending on the weekend you choose to take the prize, you could be staying at The Bay Hotel Fistral Spa in Newquay, The Buddock Vean Hotel in Falmouth or The Crantock Bay Hotel near Newquay. All hotels boast beautiful gardens, pool and spa facilities, allowing you to unwind and enhance your mobility and posture in a relaxing environment. The weekend strikes the right balance between yoga practice, time for yourself, good food, great location and comfort. All transfers, two nights' accommodation, evening meal, breakfast and yoga tuition (mats provided) are included.

Lubramine is a new blend of natural fatty acids that may help both joint

mobility and flexibility, to work with your exercise programme in maintaining healthy joints. Lubramine contains a special active ingredient, which acts as lubricant to the body's cell membranes, maintaining the fluids that cushion the body's bones and joints while also combating inflammation.

Although you may not be able to go on a yoga retreat every day, for the other times there's Lubramine. Visit [www.lubramine.com](http://www.lubramine.com) and [www.celadrin.com](http://www.celadrin.com).

## HOW TO ENTER

Just answer the question below, and text the word 'LUBRAMINE' then a space, followed by your one-word answer, then another space, then your name to 87474, before April 30, 2008.

### Q. What is the active ingredient in Lubramine?

The prize winner will be drawn and notified by **May 9, 2008**. Text entries cost £1 plus your standard text message rate. See page 10 of the main magazine for full H&F terms and conditions.



LUBRAMINE™

Terms & conditions: You must be aged 18 and over to enter this competition. There will be no cash alternative. No purchase necessary. The prize is subject to availability and must be taken before November 23, 2008. See page 10 for full H&F terms and conditions.

<b>Product feature:</b>	Lubramine
<b>Media outlet:</b>	Health and Fitness
<b>Date:</b>	April 2008
<b>Page:</b>	61
<b>Circulation:</b>	56,000