

COMPETITION

Win a yoga weekend in Cornwall

Two prizes, worth £1,500, to be won

LUBRAMINE™



Good flexibility is an essential part of good health. And courtesy of Lubramine, a natural joint-care supplement, two readers will each win a two-night yoga weekend retreat for two at a choice of beautiful hotels set on the idyllic Cornish coast. During the weekend, which is suitable for all levels of yoga enthusiasts, you'll enjoy at least six hours' tuition by experts, to increase your flexibility, stamina, strength and levels of energy.

The hotels boast beautiful gardens, a pool and spa facilities, allowing you to reduce stress 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.



This prize also includes travel to Cornwall, all evening meals, breakfast and yoga tuition. Yoga mats will also be provided.

Lubramine is a new blend of natural fatty acids that may help both joint mobility and flexibility, therefore assisting your exercise programme in keeping joints healthy. It contains the ingredient Celadrin, 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.

● For more information about Lubramine, visit www.lubramine.com and www.celadrin.com

How to enter

Just answer this question.

What ingredient does Lubramine contain?

a) Carbon b) Celadrin c) Iron

If you know the answer, you can enter by post, phone or text by midnight on the closing date, 9th May 2008.

By post

Write your answer on a postcard, together with your name and address, and send it to: **Cornwall/ WW 29th April Competition, PO Box 502, Leicester LE94 0AB.**

☎ 0905 652 0511 (UK)
1516 303152 (RoI)

☎ Text WWA followed by a space and your answer, your name, house number/name and postcode to 86611 (UK); 53307 (RoI). Eg, WWA answer c Chloe 16 NN32 6PX.

BT calls cost £1 per call (UK); 150 cents per call (RoI). Texts cost £1 per entry (UK); 120 cents per entry (RoI), plus network charges. Calls from other networks may cost more than the charge shown. Service provider: Eckoh (UK) Ltd, Herts HP3 9HN.

RULES Standard Woman's Weekly rules apply, see page 65. The prize is a two-night yoga weekend for two, sharing a room, at one of three Cornish hotels — Budock Vean Hotel, The Bay Hotel, home to the Fistrall Spa, or the Crantock Bay Hotel. The hotel selected will depend on the dates available. The prize includes travel, breakfast and evening meal, and yoga tuition. Any additional expenses are not included. The prize must be taken by 30th November 2008, subject to availability. The first two correct entries drawn after midnight on the closing date, 9th May 2008, win the prize.

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