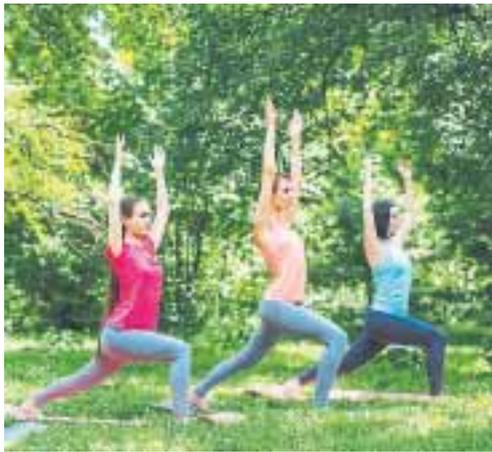


Trends Style | Wellbeing | Celebrity

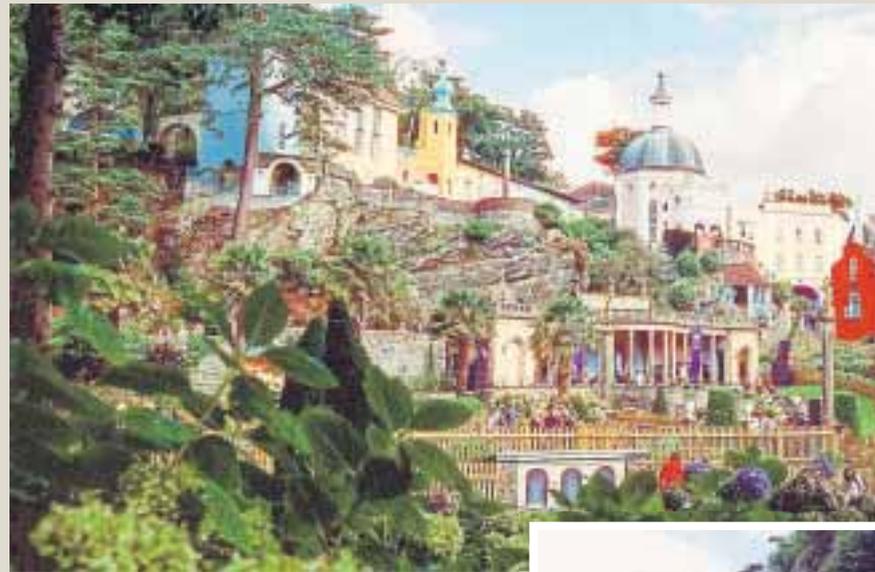
Unwind

WHEN: June 30–July 1
WHERE: Meopham, Kent
WHAT: Meditation, relaxation and creativity are at the centre of this grown-up festival. There's mindfulness, craft workshops such as stitching and painting, beauty treatments, market stalls, inspirational speakers and, of course, loads of yoga. At night it's live music or, if you're too chilled from the day's activities, small, friendly gatherings around campfires.

Day ticket from £55, unwindevents.co.uk



WE'RE GOING
FAMPI



Festival No 6

WHEN: September 6–9
WHERE: Portmeirion, Wales
WHAT: Set in a fairy tale-like village where every building has been Grade II listed, this is a festival of polarity. It has big-name music stars, including Franz Ferdinand and Friendly Fires, but the daytime itinerary goes off the party piste with guided runs in woodlands, paddleboarding in the River Dwyryd and, for those who prefer man-made sophistication, an outdoor swimming pool. There are also massages, wooden hot tubs, talks and fitness classes. To ease you into the evening party spirit, there's a torchlit procession at dusk.

Three-day ticket from £180, festivalnumber6.com



How does she keep her fur so clean?

Isle
of
Dogs

In Cinemas
TOMORROW



Soul Circus

WHEN: August 17–19
WHERE: Elmore, Cotswolds
WHAT: A wellness festival with controlled partying. In the day there's a yoga menu that stretches further than a downward dog. Choose from Curvesome yoga, Starwars yoga and 'raw chocolate flow'. There's also a spa, juice bars aplenty, cookery classes and holistic therapies. At night there are DJs, live music, locally brewed booze and supper clubs.

Day ticket from £79, soulcircus.yoga



NG

It's like glamping but with a fitness twist - and it's going to be all the rage this summer. **Helen Croydon** packs her yoga pants and picks the best events



Love Trails

WHEN: July 13-15

WHERE: Gower, Wales

WHAT: A combo of organised trail-running and live music. There are routes from 5k to 60k and quirky events like the pub crawl run, the night run, the underpants run and the sunset party run. There are also inspirational speakers and training seminars for when you're giving the hammies a rest.

Weekend tickets from £130, lovetrailsfestival.co.uk



Keswick Mountain Festival

WHEN: June 8-10

WHERE: Keswick, Lake District

WHAT: The ultimate outdoors weekend for committed endurance sport fans. In the day there are triathlons, aquathlons, 10k races and open-water swims to compete in. For the non-competitive, there

are taster sessions on canoeing, bushcraft, navigation skills, sunset or sunrise hikes and group cycles. And yes, there is live music at night - if your legs are still able to dance.

Weekend ticket from £75, keswickmountainfestival.co.uk



FELINE FRAMES

Large round sunglasses have been all the rage for years now but 2018 sees things a little differently, with angular cat's eye shapes becoming this season's must-have. The look is easier to wear than it may first appear, especially for those with good cheekbones or a heart-shaped face. Here are five of the best; now all you need is the long-lost sunshine...



CycleSurgery

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