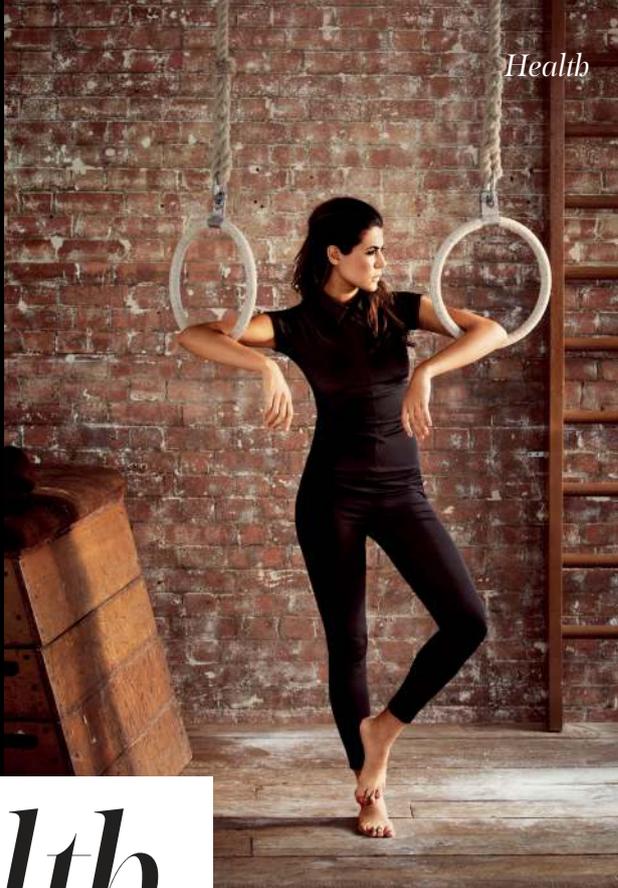


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Health UPDATE

Switch up your food, fashion and fitness routines to chime with seasonal change. By **MICHELLE O'BRIEN**.



DISCOVER YOUR DOSHA

WHAT Whether it's an introduction, or a full, immersive Ayurvedic experience, Dr Donn Brennan will prescribe a personalised blend of healing treatments, activity and repose. Did we mention the 24-hour retreat suite? **WHERE** Westport Coast Hotel, The Quay, Westport, Co Mayo **WHY** Regarded as the science of life, Ayurveda teaches us to live in harmony with our body and the environment. The ancient Indian practice believes that true health and happiness come from a positive exchange of energy through both. Dr Brennan's Ayurvedic experience runs until the end of October. Two nights B&B plus one dinner, from €195pps, 098 29000, westportcoasthotel.ie.

HIGH FLIERS
If a house full of furniture gymnasts and banister-swinging monkeys is taking its toll, sign them up to practise their circus act in safety. Anti-Gravity Kids, a unique method of movement using aerial hammocks, increases a child's flexibility and strength, while stimulating their evolving imaginations. From age six to twelve years, classes run for eight weeks, €80, labfitness.com.

AFTERNOON DELIGHT



Savoury fans rejoice! The innovative folks at Numi Organics have found a saccharin-free solution to those 3pm cravings. A warming mug of tomato mint tea anyone? Confused taste buds aside, the decaf infusions get our vote, €4.70 per box at essencecoffee.ie.



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