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HOW TO DRESS NOW

The smart buys
to take you from
winter to spring

Winter Escape 2016
Issue 18 £5

Spa Special

The global retreats
where *real change*
is possible

Michelle
Williams
*On Loss, Love
& Moving On*

A celebration of
**INCREDBLE
WOMEN**

PORTER
WINTER ESCAPE 2016
ISSUE 18 £5



PORTER presents the voices who rocked 2016: Beyoncé, Megyn Kelly, Sheryl Sandberg, Serena Williams, J.K. Rowling, Simone Biles...

Time ALONE

From a HIDEAWAY in the Catskills to a PALACE in the foothills of the Himalayas, bring the focus back to you at these GREAT ESCAPES for body, mind and soul

THE SOUL SEARCHER

Dhyana Self-Realisation Program, Ananda Spa, India

Perched in the Himalayan foothills in a former Maharajah's palace, Ananda is one of India's renowned 'spiritual spas', dedicated to classic yogic teachings and Ayurvedic treatments. With the focus on meditation (*dhyana*) rather than perfecting sun salutations, this week-long retreat is all about mastering the mind with techniques to calm and balance emotions, and reduce negative thinking.

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WHAT TO EXPECT: Days float by with one-to-one meditation and yoga sessions, breathing exercises and spa treatments. Meditation sessions include techniques such as group mantra chanting, a revelatory experience (the sound vibrations feel as though they reboot both brain and body), while posture classes seem basic but the simplest joint warm-ups and digestive stimulators become intense when practiced with full concentration. In the two daily hour-long group classes, you experience the sequences with different teachers – sometimes slow and profound, sometimes fiery and energetic. Meals enhance your wellbeing, with an Ayurvedic menu tailored to your constitution which leaves you feeling light, not hungry; for me, it even included sweet treats such as banana sponges drizzled with dark chocolate sauce. By day three, however, my mind was in overdrive and I

developed a huge headache. I was prescribed guided meditation while lying down, which elicited waves of emotions. Walking the grounds afterwards helped clear my head and something shifted. The next day, no longer tight with stress, I was finally able to let go, observe my thought patterns and release emotions. Back home, I still have a lasting shot of vitality and a new feeling of mental space. Meditating every day, using techniques I learned (mantra chanting in particular) seems to make days flow better.

NEED TO KNOW: Unplugging laptops and phones and resisting TV helps you be with your thoughts and feelings, so take a couple of books. Wearing the freshly laundered white kurta pajamas every day takes away the 'what to wear for yoga' quandary, but it's worth packing comfortable sneakers for taking the steep steps up to the yoga pavilion. Not all guests are on this dhyana program so you might see wine-drinking weekenders, but the general vibe is friendly, yet supportive of solitude, and it feels comfortable (if not preferable) to be alone.

THE MUST-TRY: Shirodhara, a warm herbal oil dripped rhythmically on the third eye to trance-like effect; shiatsu with Anand seeks out knotted tension you didn't know you had and Vilma's healing hands in the Amethyst Rejuvenation Facial makes eyes bright and skin glisten with youthful energy. *By Catherine Turner*

From £3,299, including full board, consultations, treatments, private yoga, group activities and spa; wellbeingescapes.com