



HENRY WILSON

GLORY, GLORY GOA

IF STAYING AT A FORMULAIC HOTEL ROOM (EVEN A DE LUXE ONE) IN A DESTINATION like Goa makes you feel like you're on a business trip, try Sunbeam next time you're there. Located in picturesque Asagaon, Sunbeam is an impeccably restored old-Goa bungalow, complete with a lap-pool under a huge tree. Go to bed star-gazing through skylights set into the tiled roof above your bed, and spend lazy mornings luxuriating on the Chinese "opium bed" in the veranda. If you're a home-cooked food buff, there are daily feasts to be savoured, dished up with elegant Michael Aram-designed cutlery.

For more info: sunbeamgoa@gmail.com ■

Mindful Master

THICH NHAT HANH ("THAY"), ONE OF THE WORLD'S foremost Zen masters, will tour India over the coming weeks. An ordained monk, Thay taught at Princeton and Columbia before returning to his native Vietnam to lead a Gandhian non-violent movement. He has taught and written on 'mindfulness' in thought and action. He will lead a teachers' training session at Doon School, and hold public talks in Delhi and Nagpur as well as a retreat for MPs and social workers. www.ahimsatrust.org. Sep 25-Oct 30, Dehradun, Delhi, Nagpur etc ■

