

# AMORE

LIFE & LEISURE

Summer Issue 2024

SUMMER DÉCOR  
PRETTY  
PASTELS

GREEN GOLD  
THE WORLD'S  
MOST  
ENCHANTING  
FORESTS

CAPPADOCIA  
CALLING  
THE  
MAGIC OF  
CENTRAL  
TÜRKIYE

FIRST PERSON  
FLIRTING  
WITH  
FLAMENCO

YO!  
YUMMY  
IDEAS  
STARRING  
YOGURT

SPARKLE &  
SHINE  
URBAN  
JEWELLER,  
TRIBAL  
JEWELLER





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Dear Readers,

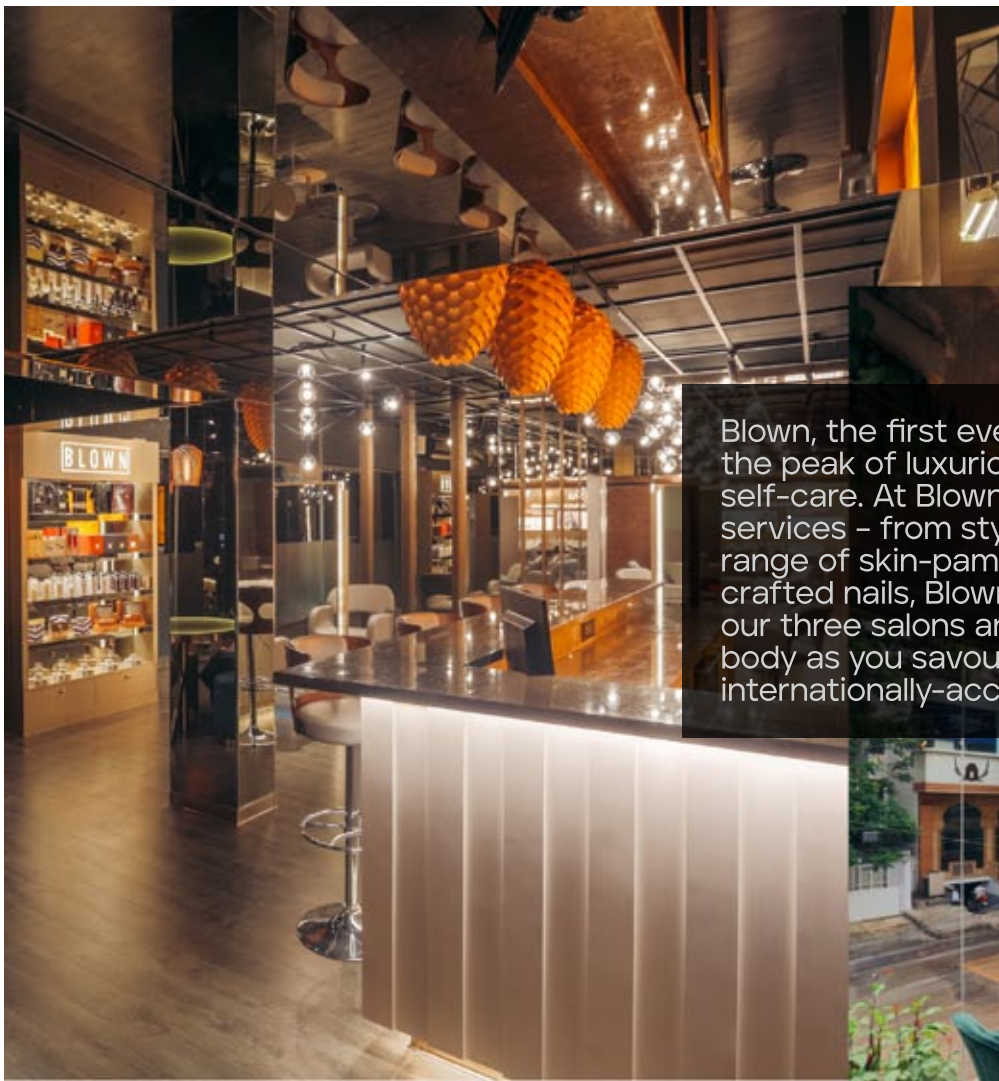
Welcome to our vibrant summer edition! As the days stretch longer and the sun beams brighter, we're thrilled to bring you a magazine bursting with the joy and lightness that only summer can offer.

This season is all about embracing the magic of the moment. Whether it's the first sip of a refreshing iced tea, the gentle sway of a hammock in the afternoon breeze, or the laughter shared at a sun-soaked picnic, summer invites us to relish in life's simple pleasures.

In this issue, we've curated a delightful array of features to help you make the most of these golden days. As you flip through our sun-kissed pages, we hope you find inspiration, joy, and a touch of the season's magic. Here's to making memories, enjoying every moment, and basking in the glorious lightness of summer.

*Amanda Joy*





BLOWN

Blown, the first ever wine bar and salon in India, is the peak of luxurious beauty and indulgent self-care. At Blown, you can expect a full array of services – from stylish haircuts and colouring, to a range of skin-pampering options, to expertly crafted nails, Blown has it all. Step into our any of our three salons and feel your stress leave your body as you savour one of our delectable, internationally-acclaimed boutique wines.



INDIRANAGAR | VITTAL MALLYA ROAD | BEL ROAD

# GET BLOWN AWAY

Blown is not just a salon, rather, it's like walking into a sleek, classy lounge, making it the perfect place for any sort of gathering, be it a girls' day pampering session, a pre-game party before a stylish night out, or a rejuvenating bachelor or hen party. Blown is not merely a salon, but an experience: you can indulge in self-care, express your unique style, and embrace your true self.



# Summer Issue 2024

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# CHENNAI'S FIRST WORLDHOMES ARE NOW READY



ACTUAL SHOT

## TOP REASONS TO OWN CHENNAI'S FINEST HOMES

1. A world so luxurious, peers will call you "Sir"
2. Views so captivating, you'll run the meeting from home
3. Homes so lavish, your party invites will be coveted
4. Amenities so elevating, you'll forget the word 'routine'
5. A location so central, errands become delightful
6. CC received - move in and make memories!



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## editor's note



Dear Readers,

Ah, summer! Can you feel the sun on your skin and the scent of sunscreen in the air? This issue is bursting with inspiration to make the most of this glorious season.

Craving adventure? We whisk you away to the enchanting landscapes of Cappadocia, with its romantic hot air balloon rides. Feeling parched? Cool down with the queen of summer soups—gazpacho.

Looking for a little love advice? We've got just the right reminders to keep your relationship rocking. Come, discover the world's loveliest forests and lose yourself awhile in the beauty of a pristine Coorg retreat.

Who doesn't love a trip down memory lane? This issue paints the lane yellow, the colour of summer, recalling the best-loved melodies starring that word. Also check out our piece on a museum dedicated to old brands.

My pick of this issue: Two jewellery makers with completely different portfolios, each an inspiring success story. So, grab your copy, soak up the sun, and fix yourself a refreshing cocktail—we've crafted a superb selection inside these pages.

Happy reading!

*Shubhra*



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# The A List

TRENDING RIGHT NOW



## SCOOPS BY BASKIN ROBBINS

Baskin Robbins introduces Doublet Bars and Ice Cream Funwich. The doublet bars come in two variants: Choco Fudge & Raspberry Vanilla. The Ice Cream Funwich presents a delightful combination of creamy butterscotch ice cream sandwiched between crunchy Italian caramel cookies.



## AER GIN

The iconic rooftop bar AER at Four Seasons Hotel Mumbai joins forces with the globally acclaimed Indian Craft Gin brand Stranger & Sons to unveil AER Gin, a spirit that embodies Mumbai's coastal charm.



## BOROSIL BOTTLES

Borosilicate glass bottles by Borosil are BPA-free, leak-proof, and easy to use and maintain. Whether you store drinks, juice, or water, they don't leave residue in these bottles. Eco-friendly and durable.





## JIMMY CHOO SUMMER COLLECTION

Whether it's a statement shoe like IXIA or a fun and vibrant Beach collection, Jimmy Choo is your go-to for chic summer accessories. Stand out in the sun and let your style shine with Jimmy Choo's summer essentials.

## TUMI HANDBAG

This chic handbag is not just a fashion statement; it's a lifestyle. Perfect for beach trips, brunch dates, or rooftop dinners, ASRA is the must-have accessory for the season. With its playful colours and versatile design, ASRA adds a touch of fun and luxury to any outfit.



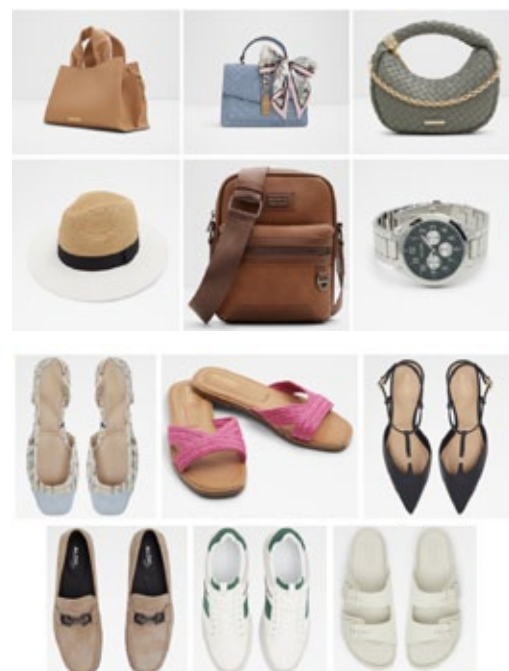
## BREAD—AND BETTER

The Health Factory introduces a wholesome range of breads, all free from added preservatives and colours, ensuring guilt-free indulgence for consumers.



## SUMMER EDIT BY ALDO

Step into the bliss of summer with ALDO's signature Pillow Walk technology, ensuring comfort and confidence with every step you take.





# REFLECTIONS ON THE SEA

“

Look at that sea, girls--  
all silver and shadow and  
vision of things not seen.  
We couldn't enjoy its  
loveliness any more if we  
had millions of dollars  
and ropes of diamonds.

- Lucy Maud Montgomery,  
Anne of Green Gables

“

The heart of man is very  
much like the sea, it has  
its storms, it has its tides  
and in its depths it has its  
pearls too.

- Vincent van Gogh,  
The Letters of Vincent van Gogh

“

There must be  
something strangely  
sacred in salt. It is  
in our tears and in  
the sea.

- Khalil Gibran

“

The sea is a desert of waves,  
A wilderness of water.

- Langston Hughes,  
Selected Poems

“

I spent uncounted hours  
sitting at the bow looking  
at the water and the sky,  
studying each wave, different  
from the last, seeing how it  
caught the light, the air, the  
wind; watching patterns, the  
sweep of it all, and letting it  
take me. The sea.

- Gary Paulsen, Caught by the Sea

“

The sea! The sea! How many years had it been since  
I'd stepped onto the shoreline, dipped my toes into  
the water, sunken head-first into the waves? I had  
dreamt of it often. This exact moment. Walking  
here, with the soft sensation of sand underfoot and  
the bright sun overhead, the chirping of seagulls  
and that endless expanse of coastline. Lost from  
the world. From time. From all of it.

- Joshua Krook , Black Friday 2050





“

The sea, like a crinkled chart, spread to the horizon, and lapped the sharp outline of the coast, while the houses were white shells in a rounded grotto, pricked here and there by a great orange sun.

- Daphne du Maurier, Rebecca

“

Doesn't it seem to you, asked Madame Bovary, "that the mind moves more freely in the presence of that boundless expanse, that the sight of it elevates the soul and gives rise to thoughts of the infinite and the ideal?"

- Gustave Flaubert, Madame Bovary

“

Life is a sea of vibrant colour. Jump in.

- A.D. Posey

“

My soul is full of longing for the secret of the sea, and the heart of the great ocean sends a thrilling pulse through me.

- Henry Wadsworth Longfellow

“

Why the sea?' he asked. I smiled, meeting his eyes and seeing the colour I was describing. 'Because it's such a magical colour, so pretty and powerful all at the same time; think about what the water is, how demanding it can be one minute, then how calm and serene it can be the next.

- Angel McGregor, A Handful of Secrets

Source: Goodreads.com



# HERE COMES THE SUN

## Sensational summer festivals across the globe

As the sun's rays stretch longer and the days grow warmer, summer unveils its vibrant tapestry of festivals around the world. From lively music celebrations to colourful cultural events, there's something for every soul seeking adventure, connection, and joy.

### GLASTONBURY FESTIVAL, UNITED KINGDOM

**Date:** Late June

Nestled in the picturesque countryside of Somerset, England, the Glastonbury Festival stands as a testament to the enduring allure of live music. With its eclectic lineup spanning genres from rock and pop to electronic and world music, Glastonbury beckons music aficionados from every corner of the globe. Yet, it's not merely about the performances; it's about the sense of community that permeates the fields, where tents form a colourful patchwork and revellers dance under the starlit sky.



### FUJI ROCK FESTIVAL, JAPAN

**Date:** Late July

Set amidst the lush forests and towering peaks of Niigata Prefecture, the Fuji Rock Festival offers a unique fusion of music, nature, and Japanese hospitality. From indie rock to electronica, the lineup caters to diverse tastes, drawing a cosmopolitan crowd eager to revel in the beauty of Mount Fuji's majestic silhouette. Amidst the tranquil surroundings, festival-goers can unwind in hot springs, sample local delicacies, and immerse themselves in the serenity of nature.



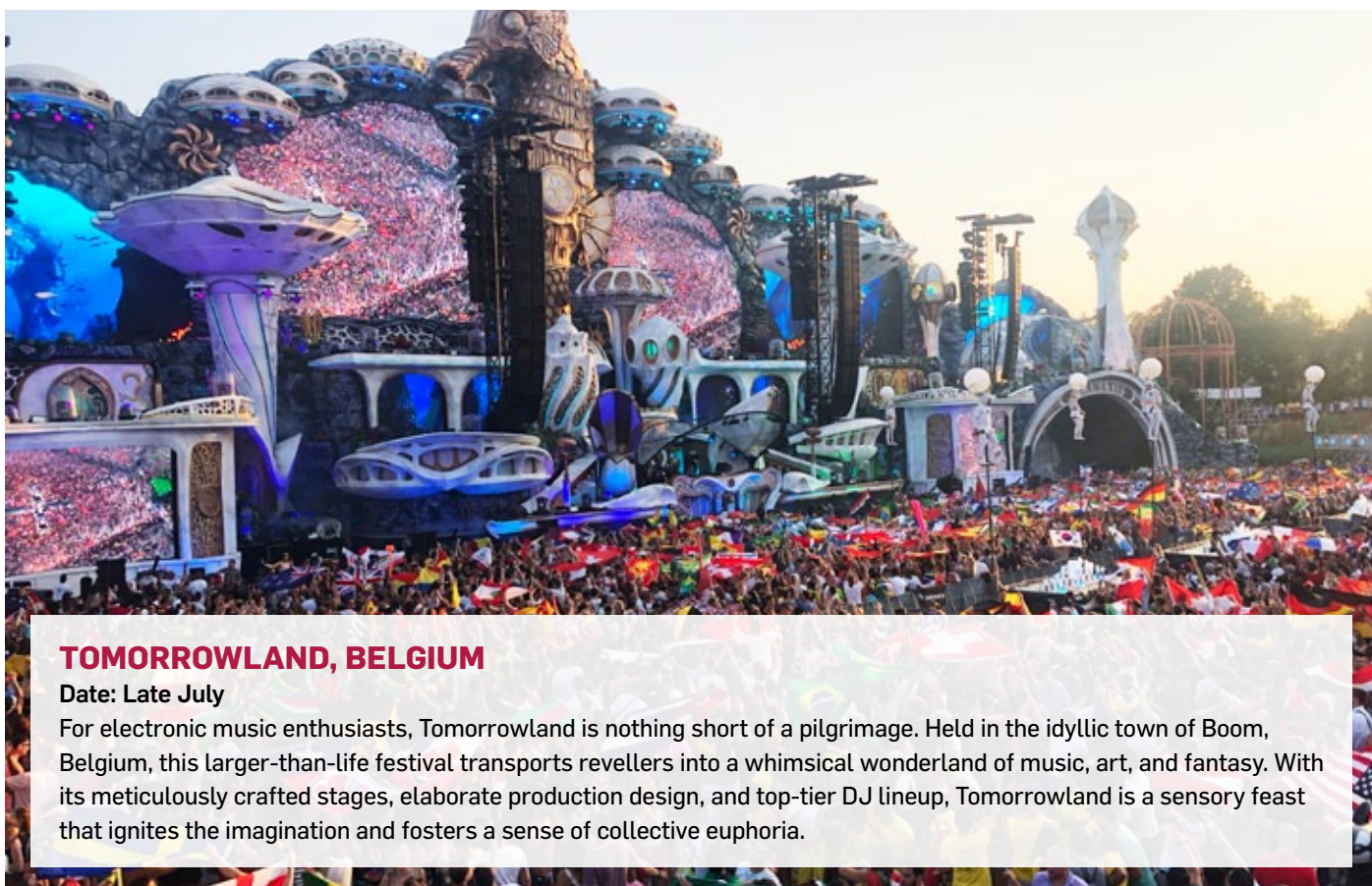


*M M Javed*  
Homini Designer

YOUR LUXURY WEAR SPECIALIST







## TOMORROWLAND, BELGIUM

**Date:** Late July

For electronic music enthusiasts, Tomorrowland is nothing short of a pilgrimage. Held in the idyllic town of Boom, Belgium, this larger-than-life festival transports revellers into a whimsical wonderland of music, art, and fantasy. With its meticulously crafted stages, elaborate production design, and top-tier DJ lineup, Tomorrowland is a sensory feast that ignites the imagination and fosters a sense of collective euphoria.



## ELECTRIC DAISY CARNIVAL (EDC) WORLDWIDE

**Date:** Mid-August

If you're craving an otherworldly experience, look no further than Electric Daisy Carnival, or EDC. With editions in cities like Las Vegas (USA), Mexico City (Mexico), and more, EDC is a global phenomenon. While EDC Las Vegas typically kicks off in late May or early June, other editions may take place in July. Expect mind-blowing stages, carnival rides, art installations, and a community united by a love for electronic dance music (EDM).



## EDINBURGH FESTIVAL FRINGE, SCOTLAND

**Date:** August

The world's largest arts festival, the Edinburgh Festival Fringe, takes over the historic streets of Scotland's capital each August, offering a smorgasbord of theater, comedy, dance, music, and more. From established acts to up-and-coming performers, the Fringe showcases creativity in its purest form, inviting audiences to immerse themselves in a whirlwind of performances that captivate, challenge, and inspire. With thousands of shows spread across hundreds of venues, the Edinburgh Fringe is a celebration of artistic expression and cultural exchange unlike any other.



# DÉCOR

IDEAS & INSPIRATION ON HOW TO MAKE  
YOUR HOME A BEAUTIFUL SANCTUARY



# Purva Atmosphere Where Art Follows Function

The Idea: To Create a “new” environment where the original functional arrangement of the space is retained, but is enhanced and transformed through the thoughtful intervention of art, sculpture, furniture, lighting and planting.

DESIGNER : SACHIN CHAVAN, OCHREINK









In architecture, the principle of 'Form follows Function' underscores the essential harmony between form and function within a design space. Building upon this philosophy, we embrace 'Art follows Function' as a guiding theme in our design process. By prioritizing art over mere form, we evoke a spiritual aesthetic that flows freely and enriches the space.

In this project, art reigns supreme, woven intricately into the aspects of the interiors to not only elevate aesthetics but also amplify the functionality of the space. Departing from conventional norms, we present artistic elevations that vividly embody the theme of 'art follows function' in every nuanced detail of our design approach.

Here we have taken a distinctive approach by integrating concrete texture paint, typically for exteriors, into the interior spaces. Applying it uniformly to the walls and ceilings throughout the house has fostered a cohesive and smooth visual continuity.

Instead of a traditional ceiling with spotlights, we designed a tessellated ceiling with surface track lights. This modern approach adds a touch of minimalism and elegance. The interplay between the unique ceiling design and the contemporary lighting enhances the character of the space, creating a cohesive and unified aesthetic throughout the house.

Every piece of furniture is meticulously designed with both aesthetics and functionality in mind. The curved sofa in the living room is a prime example of this balance, embodying the principle of form following function. Its artistic shape not only enhances the room's visual appeal but also provides increased seating capacity.

Unlike traditional linear sofas, the curvature of this sofa adds a dynamic and eye-catching element to the space, seamlessly blending art and practicality.

The TV unit, which doubles as a study area, incorporates metal ledge fabrication, exemplifying artistic installation.

Opting for metal instead of traditional materials like plywood or veneer provides a sleek and elegant look, contributing significantly to the overall design theme. This innovative use of metal not only enhances the visual appeal but also reinforces the functional and aesthetic harmony of the space.







#### ABOUT THE DESIGNER:

Sachin Chavan is the Founder & Principal Designer at Ochreink Architects & Interior Designers





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**CLERMONT**  
CHEMBUR

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INDULGENCES**



Artist's Impression

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Purva Clermont stands as a pinnacle of luxury living, offering Chembur's finest lifestyle, expansive spaces, exclusive indulgences, and seamless connectivity. This high-end development in Chembur, Mumbai, exemplifies superior craftsmanship and global living standards, catering to those with refined tastes. Combining world-inspired avenues, cutting-edge technology, and meticulous planning, it's a sanctuary designed to lavish you for a lifetime.

**Fine-tuned elements of luxury:**



A landmark address spread over 2.25 acres with abundant nature



2 residences per floor offering enhanced privacy and exclusivity



Picturesque hill & Vashi creek views



Spacious floor-to-floor height of 11ft.



## Live the BluNex™ life

Residences at Purva Clermont feature intelligent homes equipped with the revolutionary BluNex™ technology enabling home automation features can be controlled via voice commands or motion sensors, high tech main door security system, bio-metric main door lock, multiple lighting and cooling systems, pre-programmed morning settings and much more.



## Global indulgences to pamper your mind, body and soul

Living at Purva Clermont is an absolute delight, thanks to an array of globally inspired world-class amenities. The unique outdoor facilities, including an amphitheater, basketball court, aromatherapy garden, yoga deck, swimming pool, hammock garden, terrace garden, senior citizens' corner, children's play area,

and jogging track, ensure physical and mental well-being for all ages. Indoors, state-of-the-art amenities such as a crèche, gymnasium, indoor party hall, and oxygenated clubhouse provide the perfect blend of recreation and fitness activities.



## Lavish recreation on the roof top

Transform your daily routine with serene mornings and vibrant evenings on our rooftop, where top-tier amenities await. Experience the exclusive features, such as a Boutique Gymnasium inspired by the Monaco Fitness Centre, an Urban Sky

Runner Elevated Jogging Track, a lush Terrace Garden, and stargazing under the night sky. Embrace a lifestyle of luxury and relaxation with these rare indulgences and more.

## Inhale exuberance at the oxygenated clubhouse

The clubhouse at Purva Clermont features state-of-the-art technology that creates an oxygen-rich environment, enhancing your overall well-being. Designed by the globally acclaimed Andy

Fisher, a visionary architect renowned for his environmentally responsive buildings, the clubhouse embodies innovation and sustainability. With over 30 years of experience in Europe and

Asia, Andy Fisher's designs span from luxurious resorts to residential complexes, each reflecting his deep environmental commitment and diverse global influences.

## Designed by globally acclaimed Andy Fisher, Singapore

Indulgences at Purva Clermont are curated and designed by Andy Fisher who is an iconic name when it comes to shaping unique recreation spaces. Andy Fisher is a creative mastermind of unique and environmentally

responsive buildings. With projects ranging from resorts to residential complexes, his designs express a deep understanding of the

environment and locality. His design outcomes are based on innovation and impressions of global diversity.



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# Pretty Pastels

Be it blush pink for romance or powder blue for a relaxed atmosphere, your home can turn into a cool and classy spot with soft hues that spell summer!

## BLUSH PINK

**Accent Wall:** Paint one wall in your living room or bedroom a soft blush pink to add a touch of romance and warmth to the space.

**Velvet Sofa:** Invest in a plush blush pink velvet sofa as a statement piece in your living room, creating an inviting and stylish focal point.

**Rose Gold Accents:** Decorate with rose gold accents such as mirrors, picture frames, or lamp bases to complement the blush pink and add a touch of glamour.



## POWDER BLUE

**Kitchen Cabinets:** Give your kitchen a fresh look by painting the cabinets in a soothing powder blue, creating a light and airy atmosphere.

**Bedding:** Dress your bed with crisp white sheets and a powder blue duvet cover for a tranquil and relaxing sleep environment.

**Artwork:** Hang artwork featuring landscapes or abstract designs with hints of powder blue to evoke a sense of serenity and calmness in any room.

## MINT GREEN

**Accent Chairs:** Place mint green accent chairs in your living room or reading nook for a pop of colour and a touch of vintage charm.

**Planters:** Display indoor plants in mint green planters to bring a refreshing and natural element into your home decor.

**Wall Clock:** Hang a mint green wall clock in your kitchen or home office to add a playful yet sophisticated touch to the space.







## PEACH

**Dining Chairs:** Update your dining room by reupholstering the chairs in a peach fabric for a warm and inviting ambiance.

**Tableware:** Set your dining table with peach-coloured dinnerware and glassware to add a subtle pop of colour and elegance to your meals.

**Area Rug:** Lay down a peach-coloured area rug in your living room to anchor the space and infuse it with a cosy and welcoming feel.

## LAVENDER

**Bedroom Walls:** Paint the walls of your bedroom a soft lavender to create a tranquil and dreamy atmosphere that promotes relaxation and restful sleep.

**Throw Pillows:** Adorn your sofa or bed with plush lavender throw pillows to add a touch of luxury and elegance to your living space.

**Scented Candles:** Place lavender-scented candles throughout your home to fill the air with a soothing aroma that calms the mind and uplifts the spirit.



## SOFT YELLOW

**Kitchen Backsplash or Counter:** Install a soft yellow tile platform in your kitchen to brighten up the space and add a cheerful vibe to your cooking area.

**Accent Wall Art:** Hang a piece of artwork featuring sunflowers or abstract yellow patterns as a focal point on a neutral-coloured wall to inject warmth and happiness into the room.

**Throw Blankets:** Drape soft yellow throw blankets over your sofa or armchairs for a cosy and inviting look that is perfect for snuggling up on chilly evenings.





## PALE CORAL

**Accent Wall:** Paint one wall in your home office or study a pale coral to energise the space and promote creativity and productivity.

**Throw Pillows:** Add a pop of colour to your sofa or bed with pale coral throw pillows that complement the neutral tones of your furniture.

**Statement Artwork:** Hang a large piece of abstract artwork featuring pale coral accents to create a focal point in your living room or hallway.



## PALE GRAY

**Bedroom Furniture:** Choose pale gray bedroom furniture such as a dresser or nightstands for a timeless and elegant look that pairs well with any colour scheme.

**Accent Wall:** Paint a feature wall in your living room or dining area a pale gray to create a sophisticated backdrop for artwork or decorative accents.

**Textured Throws:** Layer your sofa or armchairs with pale gray textured throws for added comfort and style, creating a cosy and inviting atmosphere.

## CREAM

**Kitchen Cabinets:** Opt for cream-coloured kitchen cabinets for a classic and timeless look that complements any style of decor.

**Bedroom Linens:** Dress your bed with luxurious cream-coloured linens for a hotel-inspired look that exudes comfort and sophistication.

**Neutral Gallery Wall:** Create a gallery wall in your hallway or living room using cream-coloured frames for a cohesive and elegant display of artwork and photographs.





# CULTURE

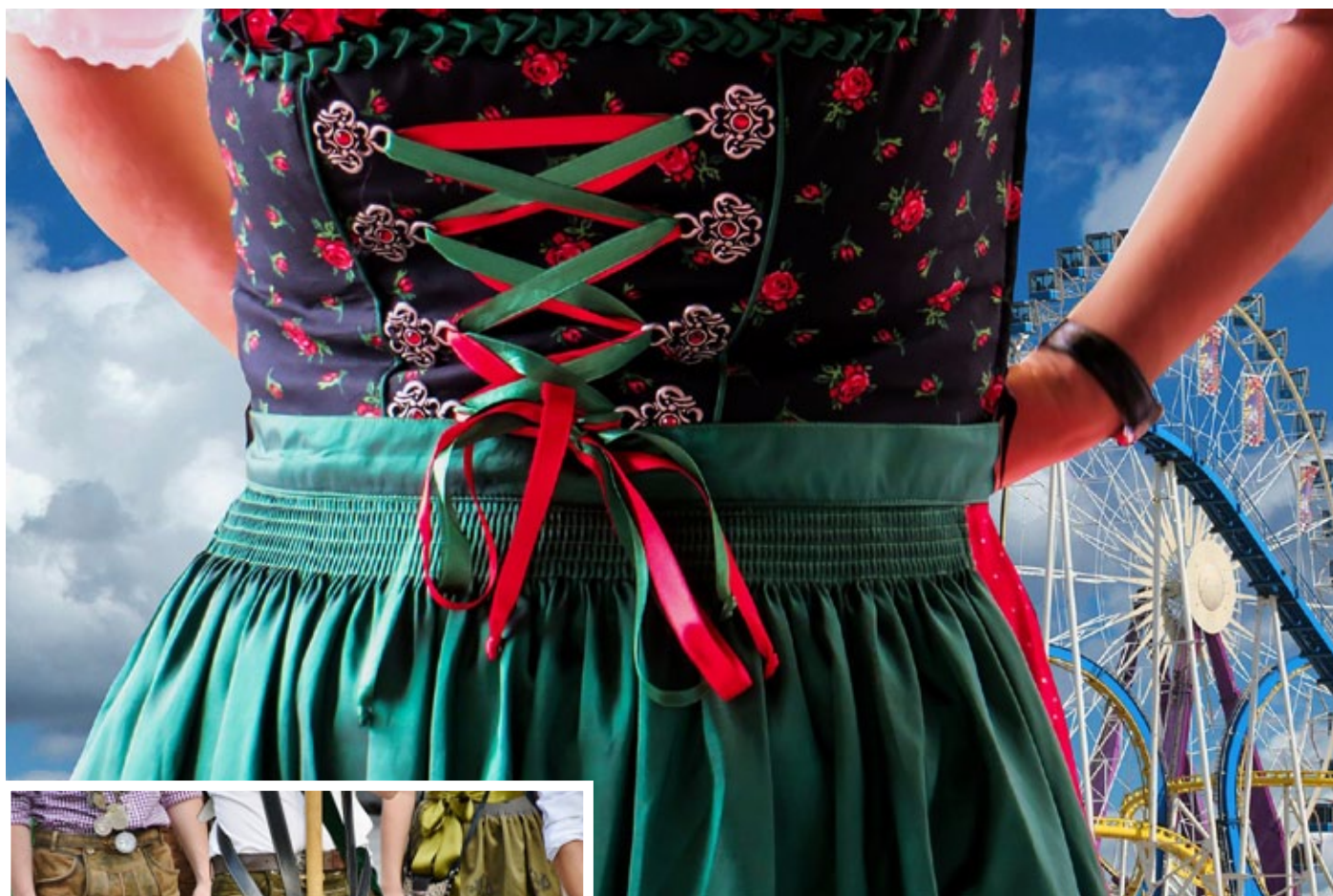
A WINDOW INTO OUR  
BEAUTIFUL WORLD





# Costumes ACROSS CONTINENTS

Let's check out what the world is wearing



## THE BAVARIAN LEDERHOSEN & DIRNDL

The Lederhosen, leather breeches worn by men, and the Dirndl, a dress with a tight bodice and full skirt worn by women, are not just costumes but symbols of Bavarian identity and hospitality. Whether worn for folk festivals, weddings, or simply a day in the countryside, these timeless garments connect Bavarians to their cultural roots and heritage.





## THE TIBETAN, HIMALAYAN REGION

High in the rugged terrain of the Himalayas, the Tibetan people have long relied on the chuba for warmth and protection against the elements. This traditional garment, typically made from thick wool or yak hair, is characterised by its long, robe-like design and wide sleeves. Often worn with a colourful sash and intricately woven apron, the chuba is not only practical but also deeply symbolic, reflecting Tibetan culture, religion, and social status. From the nomadic herders of the Tibetan plateau to the monks in monasteries, the chuba is an integral part of everyday life in the Himalayan region, embodying the resilience and spirituality of its people.




## THE MAASAI SHUKA

Made from colourful, checked fabric, the Shuka is worn draped over the body as a robe or wrapped around the waist as a skirt.

Beyond its practicality in protecting against the sun and cold, the Shuka is a symbol of Maasai identity and culture, with each colour and pattern carrying its own significance.



A full-body photograph of a man dressed in a traditional Mexican Charro suit. He stands in a city square with a large, ornate building in the background. The man is wearing a wide-brimmed straw hat with a colorful, scalloped edge. His face is adorned with black makeup, including a vertical line through the eyebrows and dark eye makeup. He wears a white long-sleeved shirt with a dark, patterned collar, a white vest, and a white jacket with wide, colorful floral and gold-trimmed lapels and cuffs. A wide, colorful belt with a central medallion cinches his waist. He wears white trousers with a gold-trimmed hem and white boots with red soles. In his right hand, he holds a small, colorful, patterned bag. The background shows a city street with other people and buildings under a clear sky.

### THE MEXICAN CHARRO SUIT

The Charro suit originates from the rural ranches of Mexico. An elaborate attire, it is worn by charros, skilled horsemen who participate in traditional rodeo events known as charreadas. The Charro suit typically consists of tight-fitting pants adorned with silver buttons, a matching jacket, and a wide-brimmed hat.





### THE JAPANESE HAKAMA

In the land of the rising sun, the Hakama stands out as a symbol of traditional elegance and refinement. Worn by both men and women, this wide-legged trouser-like garment is typically associated with formal occasions, martial arts, and traditional ceremonies such as weddings and tea ceremonies. The Hakama's pleated design not only adds a touch of grace to the wearer's movements but also reflects the cultural values of harmony and balance deeply ingrained in Japanese society.



### THE INUIT PARKA, ARCTIC REGIONS

In the frozen expanses of the Arctic, the Inuit people have developed ingenious clothing to withstand the harsh cold. The Inuit parka, traditionally made from sealskin or caribou hide, is meticulously crafted to provide insulation and protection against freezing temperatures and biting winds. With its hooded design, fur lining, and layers of fabric, the parka not only keeps its wearer warm but also reflects the intimate relationship between the Inuit and their environment.





# Experience Elevated Urban Living **Rooted in Nature!** #UrbanNature

Introducing **Provident Botanico**, where the five elements of nature come together to create an extraordinary urban tapestry adorned with best-in-class amenities. These elements converge in perfect harmony, blending seamlessly with the city's rhythm. Located at the heart of bustling Bengaluru, **Provident Botanico** is the urban haven for those who are true connoisseurs of life's experiences.





## Designed By The Five Elements Of Nature

An urban life while being in constant touch with the five elements is a luxury reserved for a few. **For you.** Air to let your wings unfurl, Water to soothe your senses, Space for you to experience the boundless, Fire to keep you invigorated, and Earth to keep you grounded. With such an elemental symphony, your life is sure to be elevated.



AIR



WATER



SPACE



FIRE



EARTH

Imagine waking up to the gentle rustling of leaves, the melodious songs of birds, and the fresh scent of the great outdoors. Living within nature is no longer a dream; it's a reality waiting for you to explore.

### A Magnificent **20,000 Sq Ft** Clubhouse

The massive clubhouse hosts exclusive indoor luxuries thoughtfully designed to appease your senses. It's where the elements come together to create an experience unlike any other.



## We Are Sustainable To The Core

Sustainability is at the centre of our innovation philosophy. We have re-engineered our processes and offerings to make them greener, ealthier, and more environment friendly. The result is a stunning residential ecosystem called **Provident Botanico**.





# EVERGREEN YELLOWWS

Let's traipse down memory lane to the tune of three classic melodies starring the cheery word "Yellow!"

## 18 Yellow Roses

**BY BOBBY DARIN**

Eighteen yellow roses came today  
Eighteen yellow roses in a pretty bouquet  
When the boy came to the door  
I didn't know what to say  
But eighteen yellow roses came today  
I opened up the card to see what it said  
I couldn't believe my eyes  
When I had read  
Though you belong to another I love you anyway  
Yes eighteen yellow roses came today  
I never doubted your love for a minute  
I always thought that you would be true  
But now this box and the flowers in it  
I guess there's nothin' left for me to do  
But ask to meet the boy that's done this thing  
And find out if he's got plans to buy you a ring  
'Cause eighteen yellow roses will wilt and die one day  
But a father's love will never fade away  
Will never fade away







## Tie a Yellow Ribbon Round the Ole Oak Tree

BY TONY ORLANDO AND DAWN

I'm comin' home, I've done my time  
Now I've got to know what is and isn't mine  
If you received my letter telling you I'd soon be free  
Then you'll know just what to do  
If you still want me, if you still want me  
Whoa, tie a yellow ribbon 'round the ole oak tree  
It's been three long years, do you still want me?  
If I don't see a ribbon round the ole oak tree  
I'll stay on the bus, forget about us, put the blame on me  
If I don't see a yellow ribbon 'round the ole oak tree  
Bus driver, please look for me  
'Cause I couldn't bear to see what I might see  
I'm really still in prison and my love, she holds the key  
A simple yellow ribbon's what I need to set me free  
And I wrote and told her please  
Whoa, tie a yellow ribbon 'round the ole oak tree  
It's been three long years, do you still want me?  
If I don't see a ribbon round the ole oak tree  
I'll stay on the bus, forget about us, put the blame on me  
If I don't see a yellow ribbon 'round the ole oak tree  
Now the whole damned bus is cheerin'  
And I can't believe I see  
A hundred yellow ribbons round the ole oak tree  
I'm comin' home  
Tie a ribbon 'round the ole oak tree  
Tie a ribbon 'round the ole oak tree  
Tie a ribbon 'round the ole oak tree  
Tie a ribbon 'round the ole oak tree



## The Moon Was Yellow

BY FRANK SINATRA

The moon was yellow, and the night was young.  
A smile brought us together, and I was wond'ring whether  
We'd meet again someday.  
The moon was yellow, and a song was sung.  
That vocal inspiration gave me the inclination  
To give my heart away.  
Here we are! Is our romance to continue?  
Will it be my luck to win you.  
May I look that far? Ah! My love is  
Ah, my love is yellow and the night is young.



# THE TOWN THAT TIME FORGOT

Rajasthan's Hidden Gem: Ramgarh Shekhawati

BY SHUBHRA KRISHAN





I'll be honest, I had not really heard of Ramgarh Shekhawati. Separately, yes: Ramgarh, of which there are probably scores in India, and Shekhawati, as a heritage-rich town somewhere in Rajasthan.

So when an invitation to attend a two-day festival in Ramgarh Shekhawati popped into my mailbox, the first thing I did was to Google the place. The ever-reliable search engine gave me a quick lowdown: a quaint town on the trijunction of Churu in the north, Jhunjhunu in the east and Sikar district in the south.

Aha! I hadn't had the chance to visit any of these places, and a heritage festival seemed like the perfect way to discover the belt.

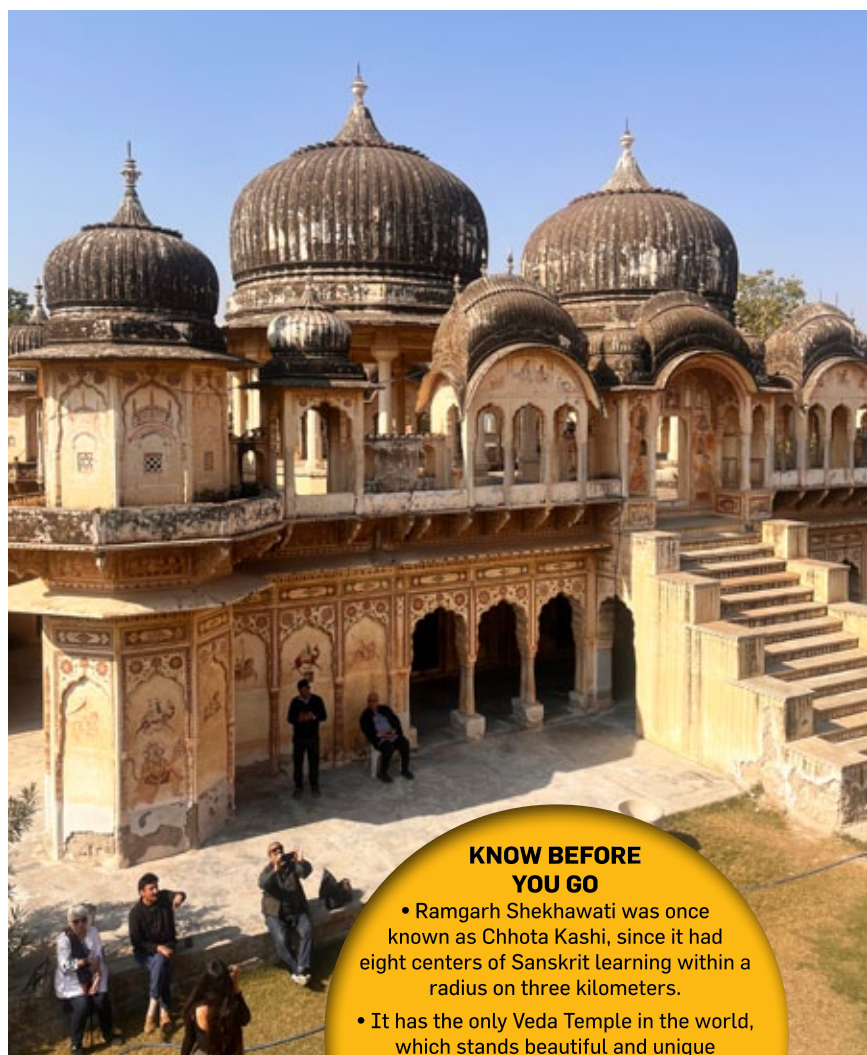
### REACHING RAMGARH SHEKHAWATI

We left Delhi at 6 a.m. and braved nearly four hours of blinding fog on the highway, before the sun rose and brushed it away in a blink. Presto! We realised we were zipping past flaming yellow mustard fields—a sight the city-weary thirst for.

The road to Ramgarh is pretty smooth, except for a few rough patches. Factoring in a pit stop or two, the journey takes you a good five to six hours, and it's probably a good idea to travel between October and March, so you can avoid the scorching summer in these parts.

### FIRST IMPRESSIONS

Driving through the streets of Ramgarh Shekhawati, you wonder what's so special about this sleepy, dusty



#### KNOW BEFORE YOU GO

- Ramgarh Shekhawati was once known as Chhota Kashi, since it had eight centers of Sanskrit learning within a radius of three kilometers.
- It has the only Veda Temple in the world, which stands beautiful and unique even today!
- Ramgarh Shekhawati is often referred to as the 'Open Art Gallery of Rajasthan' due to its myriad of beautifully painted frescoes adorning the walls of its historic buildings.





little town. There seems to be little other than somewhat dilapidated old buildings, stray cattle, and old shops in urgent need of a facelift. People stand around, buying laddoos, Rajputi outfits, Rajasthani chillies and lac bangles. An overall sense of lethargy drapes the air.

This place seems to have stopped in time, a long time ago. And therein lies its astonishing beauty, as we are soon to discover.

### A MARVEL IS UNVEILED

We receive a warm, hearty welcome into the courtyard of the beautifully preserved Mohar Haveli, now a stunning hotel. Out come the cellphones, clicking non-stop: the lavishly painted frescoes are an Instagrammer's dream! We learn that the haveli was in shambles before its owner, Shruti Poddar, decided to restore it to its old glory.

Over coffee and snacks, we learn some jaw-dropping facts about this deceptively ordinary town:

- Ramgarh was one of the richest towns of India till the 19th century and has beautiful structures – more than 200 magnificent Havelies, 36 Cenotaphs (*Chattris*), and a whopping 101 temples! which are great examples of ancient art and architecture of India.
- The town served as a prominent trading post along the ancient Silk Route, attracting merchants from far and wide.
- Each structure in Ramgarh is a living testimony to bygone times of opulence, artistic finesse, and the era of Rajputana grandeur.

### MY PICK OF THE TRIP

Has to be the Ram Gopal Poddar Chhatri, an exquisite cenotaph showcasing elaborate frescoes and architectural brilliance. Constructed in the late 1800s, the complex has a total of six structures, including four chhatris, each with a Shiv Mandir, dedicated to the Poddar ancestors, a baradari and a Jagannath Mandir. The structures have intricate traditional wall paintings depicting various scenes from legends. The complex is maintained by the Poddar family and their priest.

The Poddar Haveli Museum offers a glimpse into the town's affluent past with its impressive collection of artifacts and traditional Rajasthani artwork.

### UNMISSABLE: THE ANNUAL VEDAARANYA HERITAGE FESTIVAL

Every year, the Vedaaranya Heritage and Healing Festival (VHAH FEST) showcases a captivating blend of cultural experiences featuring performers, artists, heritage experts, and musicians from India and beyond. Expect to meet a host of renowned musicians, indigenous craftspeople, healers, designers, entrepreneurs, and leaders from governmental and institutional spheres.







Highlights include a Food and Crafts Mela, artistic workshops, exploration of the Veda Temple's architecture, and a Lime (Chuna) Technology demonstration by INTACH Shekhawati Chapter for heritage building restoration.

Participants can also engage in a Kantha Textile workshop, explore upcycled products, and join weaving sessions with Katran (Waste Material). Over the years, this fantastic festival has been graced by some of India's leading lights in the field of art and culture: Dr. Sonal Mansingh, Pandit Shubhendra Rao and Cello Maestro Saskia Rao De Haas, Guru Geeta Chandran, Satish Gupta, to name just a few.

I particularly enjoyed a Sufi Folk performance by the Mirs of Rajasthan, and a screening of "The History and Heritage of Ramgarh Shekhawati."

### CONSERVATION EFFORTS

In recent years, Ramgarh Shekhawati has witnessed a revival, thanks largely to the efforts of conservationists like Shruti Nada Poddar. Her initiative to restore the town's heritage buildings and promote sustainable tourism has garnered widespread acclaim. Through her endeavours, crumbling havelis have been rejuvenated, and the town's cultural legacy preserved for future generations.



#### DR. SHRUTI NADA PODDAR

It is largely thanks to this gritty lady's efforts that Ramgarh Shekhawati is recovering some of its lost splendour, inviting national and international visitors and getting some much-needed press coverage.

Dr. Shruti Poddar is a scion of the Poddar family—yes, the ones that founded Ramgarh Shekhawati. Through her non-profit, Shruti Foundation, she has spearheaded the conservation and restoration drive at her hometown, and the results are there for us to see.

This multi-faceted personality is also a Mentor, a Musician and Vibrational Healer, a Poet, an Educationist and Faculty Trainer, a Practitioner and Teacher of the Upanishads, and so much more.

If you go to Ramgarh Shekhawati—and you simply must—make sure you meet its brightest jewel: Shruti Nada Poddar. She is living proof that age is just a number; be it a person or a town.



# MUSEUM

THE MUSEUM OF BRANDS, PACKAGING AND ADVERTISING

## THE MUSEUM OF BRANDS LONDON, ENGLAND

**D**elve into the world of advertising and consumer culture at The Museum of Brands in London. Spanning over 150 years of British history, this museum showcases the evolution of branding, packaging, and advertising through a vast collection of everyday items. From vintage cereal boxes to retro soda cans, visitors can trace the changing trends and societal influences that have shaped consumer habits over the decades.

**Current Location:** 111–117 Lancaster Rd., Notting Hill, London W11 1QT





# INSPIRATION

IDEAS TO KICKSTART YOUR MIND





# MY CORE FOUR



## DEEPTI SHERAWAT

Meet Deepti Sherawat, a lawyer turned therapeutic nutritionist and yoga teacher who is dedicated to improving women's menstrual and hormonal health. Founder of "Heal-my-Hormones," Deepti offers Ayurveda-driven holistic wellness programs that focus on nutrition, exercise, and lifestyle habits, aiming to reduce dependence on daily medication and enhance overall health and blood markers.

I swear by these Four Core Four principles, which are integral to my personal life and professional practice.

### 1 GHEE WATER

Recognising the underrated benefits of good quality A2 cow ghee, especially with the craze of veganism catching up, I incorporate a teaspoon of it (infused with certain herbs) into lukewarm water. This concoction acts as a digestive elixir, soothing the stomach and intestinal lining, detoxifying the liver, and promoting healthy, glowing skin.



### 2 75-MINUTE YOGA AND PRANAYAMA PRACTICE

I begin my workday early, and make sure that I carve out time for my own gentle yoga and pranayama practice within 45 minutes of waking up. This routine infuses my day with mental calmness and vitality, setting a positive tone for work and personal life.



### 3 DINNER AT SUNSET

I always emphasise the importance of a well-balanced dinner, and contrary to the popular "soup and salad dinner culture" I believe in incorporating carbohydrates to fuel the body's natural detoxification process during sleep as your body needs energy (i.e. carbs) to carry out its functions while you are fast asleep. My dinner comprises either whole wheat or millet-based porridge combined with a source of protein such as cottage cheese, moong beans or whole eggs. I finish dinner before sunset, allowing my stomach to feel light and at ease by bedtime, promoting undisturbed, high-quality sleep and consequently a great start to the next day!



### 4 OILING THE BELLY BUTTON WITH A2 GHEE

Before bedtime, I follow the age-old Ayurvedic practice of oiling my belly button with A2 cow ghee. This ritual nourishes the intestines, prevents cracking of lips and heels, facilitates relaxation, and promotes glowing skin. With consistent use, this practice ensures quality sleep and overall well-being due to the dense micro-nutritional value of A2 cow ghee which gets readily absorbed through the navel.

Through my commitment to these Four Core Four principles, I advocate a holistic approach to wellness, integrating ancient wisdom with modern lifestyle practices for optimal health and vitality.





# FITNESS BY NUMBERS

We took your common questions about fitness to **Kavit Nehra**, an ACE certified fitness professional with over 8 years of experience. Kavit has trained over 200 personal clients.

## MY IDEA OF FITNESS

In my view, fitness entails being not only being disease-free, but easily able to engage in daily physical activities without any hindrance.

### HOW MUCH PROTEIN DO WE NEED DAILY?

To build muscle, you need 0.8 gram to 1.5 gram per kg of your body weight. If your weight is 70 kg, you need between 56 to 105 grams a day. But of course, it also depends on the frequency and intensity of your workout, too.

### HOW MANY MINUTES OF MODERATE-INTENSITY AEROBIC EXERCISE SHOULD ADULTS AIM FOR PER WEEK?

You should aim for a minimum of 150 minutes a week.

### HOW MANY DAYS PER WEEK SHOULD YOU INCLUDE RESISTANCE TRAINING INTO YOUR FITNESS ROUTINE?

Try to incorporate it at least 3 to 4 times in a week.

### HOW MANY MINUTES OF POST-WORKOUT STRETCHING ARE IDEAL FOR INCREASED FLEXIBILITY?

Between 10 to 15 minutes is the optimum.

### HOW MUCH WATER SHOULD ONE CONSUME DAILY?

The equation is 1 litre per 20 kg of your body weight. So if you are 80 kg, you need 4 litres a day.



# Romancing The STONES

Meet jewellery designer Tithi Goel,  
whose pieces have impressed A-listers

**T**ithi Goel specialised in jewellery from NIFT Gandhinagar and pursued her Masters in Luxury and Fashion Management from SCAD (Savannah College of Art and Design) in Georgia, USA. With 7 years of experience, Tithi has worked with renowned brands like Zoya and Raghavendra Rathore, as well as freelance clients such as Outhouse, Zariin, Pipa Bella, and Nykaa.

A career-defining moment was partnering with Rhea Kapoor on an exclusive collection for Nykaa. Her designs have been adorned by celebrities like Sonam Kapoor, Kriti Sanon, Janhvi Kapoor, Kiara Advani, Vidya Balan, Rakul Preet Singh, and more.

## FROM PASSION TO PROFESSION

My passion for jewellery design ignited during my high school days when I started creating pieces for myself and friends. The thrill of crafting, exploring new ideas, and witnessing the transformative power of design fuelled my journey. Coming up with new ideas and creating new things from scratch always gave me an adrenaline rush. I turned my passion into my profession.

I launched my brand Mareeci in 2022. Initially, I juggled freelancing as a jewellery designer and branding consultant while nurturing Mareeci. Despite initial uncertainties, I began with minimal savings, gradually reinvesting profits to fuel the company's growth.

## MORNING VIBE

I start my day with a structured routine, envisioning a productive day ahead.

## BEDSIDE BOOK

"The Lean Startup" by Eric Ries.

## LEISURE HOURS

In my free time, I explore new coffee spots and engage in workouts. I go to a lot of networking events. I enjoy exploring new hobbies periodically to enrich my life. Most recently, I delved into Chinese brush painting, finding it both meditative and fulfilling.

## MY DREAM DINNER

Would be with Rhea Kapoor, Dua Lipa, Ryan Reynolds, and Priyanka Chopra.

## BEST BUSINESS ADVICE I EVER GOT

Prioritise product quality and the people you work with for sustainable growth.

## ADVICE TO NEW ENTREPRENEURS

Embrace imperfection, start small, and refine your approach through customer input. Dare to share your vision boldly with the world, and endeavour to release the burden of overthinking.





My e-commerce  
demi-fine  
jewellery label  
was born out  
of the desire to  
offer affordable  
designer  
jewellery.





Mareeci, meaning “ray of light” in Sanskrit, is rooted in Indian culture while having a global sound. My e-commerce demi-fine jewellery label was born out of the desire to offer affordable designer jewellery.

### THE DESIGNS

Each of my product collections is inspired by a unique narrative, reflecting my passion for storytelling and empowerment. For instance, the Flow collection draws inspiration from the process of pearl formation, symbolising resilience and transformation in the face of adversity. Similarly, the Drip collection is inspired by the beauty of imperfection, encouraging wearers to embrace their flaws as inherent facets of their beauty. Through my designs, I aim to evoke emotions, spark conversations, and empower individuals to embrace their authenticity.

We have established partnerships with prestigious multi-designer stores like Ogaan, Verandah, and Hello Delhi where our products are stocked.

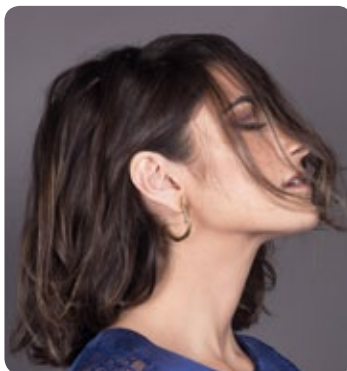
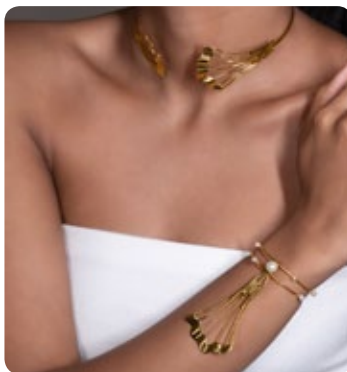
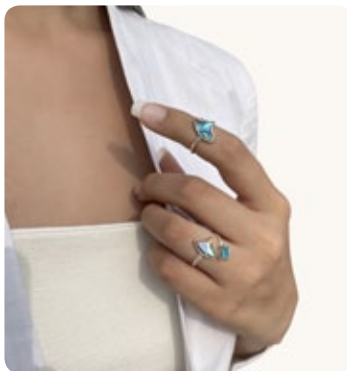
### THE CHALLENGES

Setting up Mareeci posed numerous challenges, particularly in finding reliable suppliers and navigating the complexities of starting a brand from scratch. Establishing trust and communication with suppliers and adapting to the dynamic landscape of entrepreneurship were significant hurdles. I underwent a continual process of unlearning and relearning daily.

Initially, I lacked connections with DTC brand owners, but cultivating a supportive network of mentors and fellow entrepreneurs proved pivotal in overcoming challenges and propelling Mareeci's growth. Moreover, effectively managing customer expectations in the face of occasional product mishandling presented additional hurdles.

### INSPIRATIONS

Sasha and Kabia Grewal from Outhouse have been a tremendous source of inspiration for me since my early days in jewellery design at NIFT. I've admired their



unwavering optimism, visionary mindset, and sheer perseverance. They have defied conventional norms by introducing luxury costume jewellery, which speaks volumes about their trailblazing spirit.

### WHAT'S NEXT

We're thrilled to launch a men's and unisex line, addressing untapped segments in the market. We hope to justify this with our product designs and the value we offer to our customers.

Mareeci has surpassed my expectations, and I am currently focused on scaling up our designs, inventory, and distribution channels. My vision is to cultivate a women-led business ecosystem, and expand our presence with exclusive showrooms while maintaining a robust online platform.

### GREATEST LEARNING

Working with Rhea Kapoor taught me the importance of overall looks and silhouettes in jewellery design, a very fresh perspective in the priority line of my design process. I have learnt the importance of consistency and keep moving forward no matter what.

### SOCIAL MEDIA PRO TIPS

Strive for excellent lighting and meticulous planning to enhance content quality and efficiency.

Feature customer photos on your social media platforms and website. By doing this, you not only demonstrate the diversity of your customer base but also provide social proof of the quality and style of your jewellery. This builds trust among potential customers and creates a genuine connection between your brand and your audience.

Apart from this, User-Generated Content (UGC) including photos, unboxing videos, and product reviews that speak to the quality of the jewellery pieces or customer service can ultimately shorten buyer journeys by providing realistic visuals of a product.

Finally, consistency is the key, whether it is in posting or content tone.



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carnelian, agate, onyx, bone and wood.



Adjustable choker in coral,  
shell and brass.



Konyak statement neckpiece made in  
turquoise, carnelian, agate and silver.



# HUES OF HILLS

Tribal jewellery rooted in Naga culture

By Chetna Srinivasan

HUES OF HILLS is a jewellery brand that handcrafts exquisite and unique pieces with its essence rooted in the tribal hills of Northeast India.

Jithuw Pfuzeh is the founder of the brand. Intrigued by the rich heritage of his Naga culture and the fading of traditional heirloom ornaments, Hues of Hills came to existence in the year 2020 with a vision to create niche collections of jewellery that are in a league of its own and exhibits tribal grandeur.

The core of their creation is to celebrate the ethos of tribal heritage in contemporary times by laying an emphasis on originality, artistry and rarity, and emerge with an exclusive range of designs with a universal appeal. Each piece is handcrafted in natural materials and with attention to detail. The brand spends much of its time in design, research and sourcing quality materials to create fine pieces, made to last beyond a lifetime.

At present, the brand's collection is available at Vayu store, New Delhi and Fusion Store, Nagaland. You can follow and discover their collections on their Instagram page (@huesofhills).



Earrings in turquoise, onyx and 925 silver stud polished in 18k gold.



Earrings in jade and brass



Unisex choker in nephrite, onyx, bone and brass.



Red agate and Onyx unisex necklace



Statement necklace in onyx, buffalo bone, coral and shell.



Naga necklace made of gemstones and bone.



# GORGEIOUS GRAMS

## 7 Incredible Eco-Inspired Instagram Accounts to Follow

### @eatinghealthyfeed

@eatinghealthyfeed is a vibrant Instagram account dedicated to promoting nutritious and delicious healthy eating. It features a wide range of recipes, from quick and easy meals to gourmet dishes, all focused on using wholesome, natural ingredients. The account also shares tips on balanced diets, meal prep ideas, and the benefits of various superfoods, inspiring followers to lead a healthier lifestyle through mindful eating.

### @sustainably\_vegan

Immy Lucas, the face behind Sustainably Vegan, promotes low-impact living with a focus on veganism and sustainability. Her content includes recipes, eco-friendly tips, and discussions on sustainable living.

### @ecowithem\_

Em J is an advocate for low-waste living and environmental education. Her account features simple and actionable tips for reducing waste and living more sustainably, alongside engaging educational content.

### @zerowastechef

Anne-Marie Bonneau, the Zero Waste Chef, shares tips and recipes for reducing food waste and living sustainably. Her content focuses on fermenting, cooking from scratch, and reducing kitchen waste.

### @lessplasticuk

Less Plastic shares inspiring content on how to reduce plastic use in everyday life. Their posts include practical tips, infographics, and success stories from individuals and organizations committed to reducing plastic waste.

### @greenmatters

Green Matters provides a broad range of content on sustainability, including news, tips, and inspiration for living a greener life. Their posts cover topics like renewable energy, sustainable fashion, and eco-friendly practices.

### @minimalistbaker

Minimalist Baker shares simple, quick, and delicious recipes that are often plant-based and require minimal ingredients. This account is great for those looking to adopt a more sustainable and health-conscious diet.





# LEISURE

TAKE TIME TO NURTURE YOURSELF  
IN BODY, MIND & SOUL







# — RELATIONSHIP RX — 3 THINGS TO STOP DOING IF YOU LOVE SOMEONE

BY SHUBHRA KRISHAN

*"We judge others by their actions, and ourselves by our intentions," says Stephen R. Covey, author of "Seven Habits of Highly Effective People."*

In our own mind, we are often justified in what we say and do, but it is important, every now and then, to assess whether or where we ourselves might be hurting those we love. These relationship-repair reminders can help you course-correct:



# Don't confuse “control” with caring

Do you want to know everything—or at least most things—about your partner's day, work, schedules? Do you start pacing, texting or even calling if they are “taking too long” somewhere other than being with you? And when they protest, is your answer often something like, “Oh, I was just worried about you.”

If so, sooner or later, the other person is going to start feeling suffocated. Because they care, they might dutifully tell you all about their movements and plans, but such a relationship slowly grows into one among unequals.

Of course, your concern could be genuine, but if you let it grow into a pattern, it can be perceived as an urge to control, replacing feelings of love with resentment. For you, here is a positive mantra:

*“Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your souls.”*

— Kahlil Gibran, The Prophet

## COURSE-CORRECTION TIPS

- Next time, resist the urge to call or message. Physically put the phone away.
- Occupy yourself with something that you enjoy doing alone.
- Instead of: “What took you so long?” Say: “I hope you had a good meeting/wonderful time.”
- Give more space, and you will feel yourself drawing closer.







# Don't give conditionally

So, you are the one your partner turns to in his or her time of need. That is only natural, and a wonderful sign that they feel you are there, no matter what. And of course, you offer your help and support without hesitation. But are you also offering it without condition?

While it is only human to have expectations from those to whom we give, sometimes, that expectation can ruin relationships. But this actually makes the other person feel guilty and implies that they are ungrateful. How much nicer it would be to give and to do only because you care enough. A beautiful mantra for those who tend to get weighed down by expectations:

*"If someone is facing a difficult time, one of the kindest things you can do for him or her is to say, 'I'm just going to love you through this.'"*

- Molly Friedenfeld, *The Book of Simple Human Truths*

## COURSE-CORRECTION TIPS

- Instead of: "I always but you never do..." Say nothing! Just do it with a smile, and because you want to.
- If you feel there is a genuine lack of responsiveness from your partner, talk it out clearly, rather than express it in an accusatory way



# Don't overlook the small gestures

It is only too easy to conclude that the other person—be it your parent, child, spouse or friend—does not love you. All it takes is a few refusals on their part to give you their time or not saying “those three words” often enough. But it is important to stop before you judge: sometimes, we overlook the little acts of kindness and love that our dear ones show us.

It could be something as simple as offering to do the dishes or making you a cup of tea when your back hurts. They speak of deep caring!

Also, some people are simply made such that they cannot demonstrate their love in words or even by giving you regular doses of hugs and kisses. If you have been equating lack of show with lack of love, here is a gentle reminder:

*He's not perfect. You aren't either, and the two of you will never be perfect. But if he can make you laugh at least once, causes you to think twice, and if he admits to being human and making mistakes, hold onto him and give him the most you can. He isn't going to quote poetry, he's not thinking about you every moment, but he will give you a part of him that he knows you could break. Don't hurt him, don't change him, and don't expect for more than he can give.*

- Bob Marley

## COURSE-CORRECTION TIPS

- Say “Thank you” to your partner more often.
- Instead of “He helps me with gardening but never brings me flowers,” say it the other way round: “He never brings me flowers but ...” Remember, not everyone has someone who does thoughtful things for them.
- Don't wait for them to give you a hug — go ahead and hold them close.



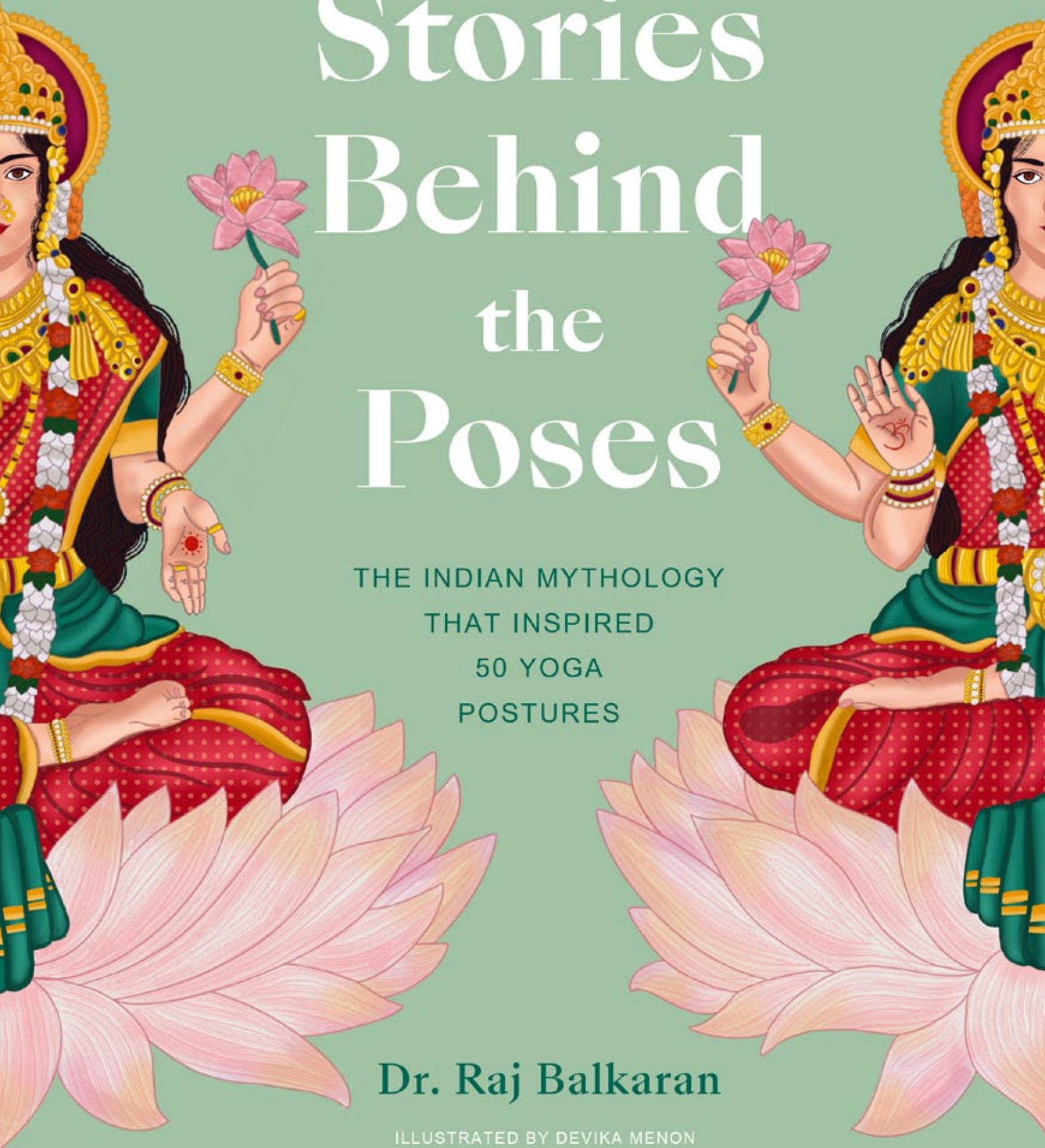


# The Stories Behind the Poses

THE INDIAN MYTHOLOGY  
THAT INSPIRED  
50 YOGA  
POSTURES

**Dr. Raj Balkaran**

ILLUSTRATED BY DEVIKA MENON





# BOOK EXTRACT

# LOTUS POSE

# PADMĀSANA

## THE CHURNING OF THE COSMIC OCEAN (PART III)

**L**ong ago, the demons and the gods had made a pact to churn the cosmic ocean in search of the Elixir of Immortality. The task was immense, but after several centuries of arduous work, the ocean began to produce great riches. First to emerge were the wish fulfilling cow, Kāmadhenu, given to the great sage Vasiṣṭha, and the great wish-fulfilling tree, Kalpa Vṛṣa, which was planted in the heavenly gardens of the gods. Then emerged the celestial nymph, Rambā, who henceforth lived among the Daityas. Next came 14 powerful gems, the ‘pearls of the sea’ most prominent of which was the Kaustubha stone. It was offered to Lord Viṣṇu, the great Preserver of the universe, who placed it at his heart. The entourage churned on.

After millennia of churning, and once the waters were crystal clear, a figure emerged from the Primordial oceans. It was the figure of the great Dhanvantari, celestial physician, born of the quest for immortality itself. As soon as his hands emerged from the blessed foam, a flash of light radiated from a vessel that he carried, and they knew at once that the nectar of immortality was therein. All were mesmerized by the brilliance of the vessel in which Dhanvantari, carried the blessed Amṛta. A deep and weighty hush fell upon the scene, but this dignified moment was suddenly interrupted as the Daityas scrambled greedily to gain possession of the elixir.

Knowing the lustful nature of the Daityas, Viṣṇu transformed into his feminine form, the seductress Mohinī, mistress of infatuation. The demons were momentarily distracted from the elixir, and pursued Mohinī instead. As the beings of darkness chased the shadow of Viṣṇu, the Devas convened by the banks of the ocean to receive the sacred nectar. But to their surprise they noticed another form emerging from the primordial oceans, this time a feminine one, seated, floating upon a white lotus, and clothed resplendently in red cloth. In contrast to the illusory mistress of infatuation that Viṣṇu projected, this form was quite different. She was beautiful, authentic, and permanent. She was flanked by two elephants, Grace and Abundance, and the celestial musicians sang her praise as the cosmic oceans gave rise to her exquisite form. She was Lakṣmī, goddess of fertility, artistry, health, beauty, refinement, and abundance.

In two of her four hands, she carried celestial lotuses, representing transcendence from the mud of mundane existence. With her remaining hands, she gestured abhaya mudra, the “fear not” symbol, and varada mudra, signifying the conferring of gifts and good

fortune. She was a mesmerizing sight. As the mistress of infatuation captivated the demons of darkness, so did Lakṣmī enthrall the beings of light, for she is light incarnate. Light knows no bounds, and so only when the universe was transformed to a state where it could hold immortality, only once the shadows were chased away, could the mother of light itself emerge.

Knowing her role as embodiment of divine love, Lakṣmī immediately sought to select a loving mate. After glancing at all of the assembled gods, she bowed before the waters and thanked them for her being. She understood that water is the locus of creativity and life; the ultimate source and symbol of purification, hydration, and sustenance for all things. From the waves emerged a beautiful garland, which she accepted as a token of her communion with the primordial ocean. She gazed into her own reflection in the water and understood her place in the universe. She knew that she was brought forth in tandem with immortality, and that she was the emissary of abundance. Like the boundless ocean, she transcended poverty, sickness, and solitude and thus brought with her the energy of prosperity, health, and love. Knowing her dharma, she walked past the assembly of gods until she was in the presence of the illustrious Viṣṇu, Preserver of the universe. To his supreme delight, she reverently garlanded him, speaking thus:

“I shall reside in your heart forevermore, O Glorious Lord, for no hearts assembled here are as vast. Your compassion is incomparable, Lord Viṣṇu! I am divine abundance, and can only dwell in a boundless space. And so, yours is the only heart wherein I may find a home. Your heart is all giving, and thus unencumbered by personal gain. Love is no mundane thing. My love for you shall be rendered boundless by your love for me, a love which we shall project onto eternity.”

*And so you have heard the story of the birth of Lakṣmī. Relish it. For your mind-stuff is the very primordial ocean of which the tale speaks, and you too, can—through tremendous upheaval—refine the layers of your consciousness to reveal the innate immortal purity that serves as the essence of your being. This essence is the ground of abundance. But you must neither ignore nor denounce your demons. They are an integral part of you. In order to acquire the most fruitful and balanced results, you must work with them. Abundance in all manifestations—fertility, prosperity, health, love—can be yours. And the lotus symbolizes all this.*

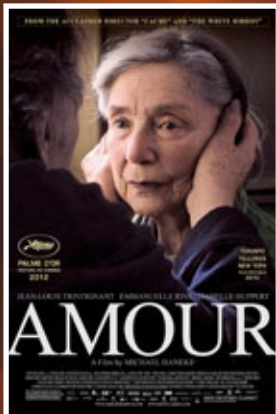


# 7 CINEMATIC GEMS

Our list of underrated love stories  
from across the world: take your pick!







### AMOUR (2012) - FRANCE

**Director:** Michael Haneke

**Plot:** This deeply moving French film portrays the enduring love between an elderly couple, Georges and Anne, as they face the trials of old age and illness together. It's a poignant exploration of commitment and love in the face of life's toughest challenges.



### 96 (2018) - TAMIL

**Director:** C. Prem Kumar

**Plot:** This nostalgic romantic drama revolves around Ram and Janu, who reconnect at a school reunion after 22 years. The film beautifully captures their bittersweet memories of a past love and the enduring emotions they still harbor for each other.



### PREMAM (2015) - MALAYALAM

**Director:** Alphonse Puthren

**Plot:** This coming-of-age romantic drama follows the life of George and his experiences with love at different stages of his life, from teenage infatuation to mature romance. It's a heartfelt and realistic portrayal of love and relationships.



### THE HANDMAIDEN (2016) - SOUTH KOREA

**Director:** Park Chan-wook

**Plot:** A thrilling and erotic tale set in 1930s Korea, where a conman hires a pickpocket to become the handmaiden to a Japanese heiress, with the aim of swindling her fortune. The film is an intricate story of love, deceit, and passion.



### WADJDA (2012) - SAUDI ARABIA

**Director:** Haifaa al-Mansour

**Plot:** This groundbreaking film is the first feature shot entirely in Saudi Arabia and the first by a female Saudi director. It follows a young girl who dreams of owning a bicycle and the subtle love and support she receives from her family and friends.



### THE SCENT OF GREEN PAPAYA (1993) - VIETNAM

**Director:** Trần Anh Hùng

**Plot:** This visually stunning Vietnamese film tells the story of a young servant girl in the 1950s and her unspoken love for the household's pianist. It's a quiet, meditative film that beautifully captures the essence of love and longing.



### COLD WAR (2018) - POLAND

**Director:** Paweł Pawlikowski

**Plot:** Set against the backdrop of the Cold War in the 1950s, this film follows the passionate yet tumultuous relationship between a music director and a young singer. It's a beautifully shot black-and-white film that explores love in difficult times.







# EYES OF THE TIGER

BY BULBUL SHARMA

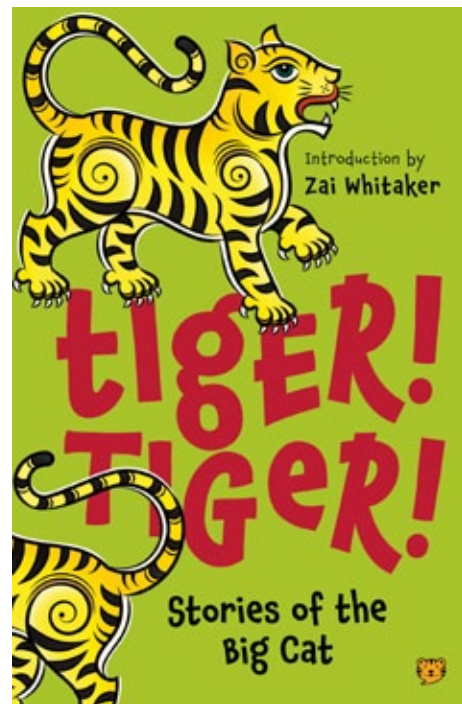
**H**ave you ever looked into the eyes of a tiger? A living, breathing tiger? Well, I have, many, many years ago.

I was a young girl then and we lived in a town called Bhilai. It was a lonely, small town then with hardly any houses and a gigantic steel plant that towered over everything. Every time we had to catch a train to go anywhere, we had to travel through a dense forest to get to the big city of Nagpur, which was the major train station closest to Bhilai. I remember it always got dark as soon as our convoy of cars entered the most dense part of the forest. Why could we not leave Bhilai earlier? I often wondered but never dared to ask any of the adults.

Anyway, once there we were travelling on the narrow, bumpy road, tall trees forming a green wall on either side of us. We always travelled in an old jeep. It was uncomfortable and filled with diesel fumes but once in a while, I caught the delicious smell of poories and many other snacks which my mother always carried in a giant tiffin box. Every half an hour she would feed us something. 'Keep room for oranges in Nagpur,' my father would say.

Slowly the last rays of sunlight vanished and the trees changed from green to black as evening fell. I could hear an owl screech somewhere deep inside the forest. Suddenly, a family of hares ran across the road and our driver had to step on the brakes quickly, giving us all a jolt. The journey seemed endless, and tired of watching the road and the line of swaying dark shadows, I soon fell asleep.

I woke to someone shaking me and I heard my father's voice whispering in my ears. 'Wake up. Look.'



I opened my eyes reluctantly and looked out. The jeep seemed to have stopped and its bright headlights lit up the entire road, making the tree trunks gleam like silver pillars. Then I saw the tiger standing in front of us. It was looking straight at the jeep, its long whiskers twitching with anger, its golden eyes glittering in the bright light like two precious jewels. It was so near our jeep that I could see its eyes clearly.

We waited, holding our breath. The tiger waited, too, unsure of what to do. The jeep loaded with humans did not look like edible prey so there was no point of charging at it but this tin box was disturbing its territory so it should be taught a lesson.



As we watched, awestruck by its presence, the handsome, majestic creature opened its jaws and gave a mighty roar. The entire forest echoed with this powerful, thrilling sound. My heart was pounding with excitement, tinged with fear, and I held my father's hand tightly.

'Are the doors locked?' asked my mother.

'Shusssh,' hissed my father. 'Don't make a noise. You might annoy it more.'

The tiger peered into our jeep and then satisfied that it had given us a stern warning, it yawned, displaying its fearsome teeth and slowly walked away into the forest.

Later—many years later—we laughed about this. Would the locked doors have stopped the tiger from attacking us? We found out that this tiger always roamed around in this area of the forest and often

I put a hand out and touched its forehead. The rough fur felt warm under my hand. I looked around to see if I could find any food to give the tiger. There was half a packet of potato chips lying on the table. I took some out and offered it to the tiger. I was a bit scared that it might bite my hand off but the tiger sniffed at the chips and took a few like a well-trained dog. Then it began munching, looking at me greedily, begging for some more treats just like my pet dog and I said, 'Good dog! Sit down.' For a moment I thought it would lie down and roll on its back like a dog wanting its stomach tickled. 'Good doggy,' I said again. The tiger stopped munching at once and gave me a shocked look.

'I am sorry. I shouldn't have called you a dog. I hope you don't mind,' I said. The tiger turned around and walked away, purring angrily, arching its back. It stopped near the door and turned its head to look at me. I saw to my surprise that it had turned into a white tiger—a very rare animal. Suddenly lightning



slept in the old, ruined temple that was close by. There was a priest who lived there and he often left food for the tiger. The tiger seemed to like khichdi and fruit. Though I am sure he or she hunted many animals like deer and wild boar that formed its normal diet, because the tiger I saw that day, lit up in the car's headlights, looked very well fed and strong.

Then one day, many, many years later, the same tiger with the same eyes filled with rage, came into my room as I sat writing. I was shocked and could not believe my eyes. A tiger in the mountains of Simla was unheard of. I stared at the tiger and the tiger stared back at me. I was petrified as it started walking towards me slowly, stealthily as if stalking its prey. It raised its head and fixed a piercing, golden gaze on me. I swallowed, knowing it was going to attack me any minute. Closer and closer it came. I could not breathe. I just waited for the last terrifying moment when it would tear me to pieces. The furious eyes were so close that I could see the tiny flecks of gold in its pupils. Its nose, furry and wet, twitched like a kitten's and I suddenly began to laugh.

Here I was, about to be eaten up alive but I was laughing like an idiot. The tiger watched me and then smiled. Yes. It smiled with its long whiskers moving in a comical way. The eyes now shone with kindness.

flashed all around us and a bloodcurdling roar filled the room but for some strange reason, I did not feel frightened at all. The roar, so powerful and majestic, sounded wonderful. It was like thunder rolling over the high mountains. I wanted to hear it over and over again. I waited for the roar to come once more. Then the light in the room changed and my friend, the potato chips eating tiger, slowly turned into a trembling, silver shadow. With another roar, it vanished.

I ran out into the hillside, searching for it in the darkness but I could not see anything at all. I heard the roar again. The deodar trees began to sway, and suddenly a golden and black tiger's head, appeared. It seemed to be smiling at me. I moved ahead and the head flew up with a roar and the body became a silver shadow.

I was left alone in the darkness but I could still hear the roar echoing in my ears. I could still feel the rough fur under my palm. I closed my eyes and knew the tiger was staring at me with its gold-specked, fiery eyes. Then it vanished into the darkness. I will never forget those magical kind eyes of my friendly tiger ghost. I am sure it will come to visit me again and that is why I have kept many packets of potato chips under my table.



# TASTE

A CORNUCOPIA OF LIGHT & LOVELY FLAVOURS,  
CURATED TO SERENADE YOUR SENSES





# A TASTE OF OPULENCE

## 5 Michelin-starred Turkish gems that welcome Indian gastronomy enthusiasts

In recent years, Türkiye has become a global culinary hub, moving beyond its cultural and architectural appeal. The rise of Michelin-starred restaurants marks a transformative period, elevating Türkiye as a gourmet destination. This culinary evolution, combining Turkish and Indian flavors, positions Türkiye as a unique and enticing spot for gastronomic exploration. Discover five Michelin-starred Turkish gems, promising a fusion of flavors that makes Türkiye a must-visit for an unparalleled gastronomic adventure.





### **TURK FATİH TUTAK - İSTANBUL**

Helmed by Chef Fatih Tutak, the mission of TURK Fatih Tutak is to honour the roots, traditions and products of a geography stretching from the Aegean to its Balkan and Anatolian borders. As the only restaurant (thus far) in Türkiye to receive two Michelin stars, TURK offers refined Anatolian-style dishes with a modern accent using top-notch ingredients in a warm, industrial-chic setting.

### **NEOLOKAL - İSTANBUL**

At stylish Neolokal, Chef Maksut Aşkar cooks Anatolian dishes with a modern interpretation. The restaurant, appreciated for its sustainability approach in the kitchen, was granted the "Green" Michelin star, awarded to restaurants working with an environmentally friendly approach to gastronomy. Traditions and lost cultures are the main sources of inspiration for Chef Maksut Aşkar at Neolokal, which defines itself as timeless. Serving in Beyoğlu from the top floor of the SALT Galata bank-turned-art centre, the restaurant's dishes are a delicious bridge connecting the old and the new.

### **OD URLA - İZMİR**

Od Urla is set in the İzmir family home of Chef Osman Sezener. Acclaimed for its sustainability and distinctive gastronomic style, Od Urla has both a Michelin star and a Michelin green star. Collaborating with local producers and serving dishes cooked over wood fires, Od Urla has won accolades for its Aegean-inspired seasonal menus. The restaurant's open kitchen offers a relaxed setting where guests can converse with the chefs while observing the creation of their meals.

### **KITCHEN - BODRUM**

At Kitchen, in Bodrum, Chef Osman Sezener of Od Urla, and his team have earned a Michelin star.

Featuring stunning bay views and consistently serving fresh, delicious dishes to guests,

Kitchen fuses Turkish cuisine with an international perspective. The restaurant distinguishes itself with its elegant deployment of herbs from the surrounding gardens, as well as charcoal-grilled octopus and fragrant sourdough bread.

### **MAÇAKIZI - BODRUM**

Featuring breathtaking views and a luxe atmosphere, Maçakızı is a special place in every way. This Michelin-starred restaurant offers diners an unforgettable experience of creative Aegean cuisine crafted by Chef Aret Sahakyan and his team. When in Bodrum, we recommend a visit to Maçakızı, which wins hearts with its flavour pairings and diverse menu.

Indulge in a journey to Türkiye, where Michelin-starred delights await. With a fusion of Turkish and Indian flavors, these culinary havens invite Indian enthusiasts for an unforgettable adventure. Let Türkiye's flavors enchant your taste buds, promising an opulent and finesse-filled experience.





SUMMER SIPS



# 4 REFRESHING COCKTAIL RECIPES TO BEAT THE HEAT

Whether you're lounging by the pool or hosting a backyard barbecue, these simple yet delicious concoctions are sure to impress your guests and elevate your summer gatherings to a whole new level of refreshment.



## CUCUMBER BASIL GIN FIZZ

Light, crisp, and oh-so-refreshing, this cucumber basil gin fizz is the epitome of summer sophistication. The subtle flavours of cucumber and basil perfectly complement the botanical notes of the gin, creating a drink that's both elegant and lovely.

### INGREDIENTS:

- 2 oz gin
- 1/4 cup cucumber, thinly sliced
- 4-5 fresh basil leaves
- 1 oz simple syrup
- 1/2 oz lime juice
- Club soda
- Ice

### INSTRUCTIONS:

- In a glass, muddle the cucumber slices and basil leaves together.
- Add the gin, simple syrup, and lime juice to the glass.
- Fill the glass with ice and stir well.
- Top with club soda and garnish with a cucumber slice and a basil leaf.



# WATERMELON MOJITO

What better way to embrace the summer season than with the quintessential flavours of watermelon and mint? This vibrant twist on the classic mojito is a sure-fire crowd-pleaser that will leave everyone feeling refreshed and revitalised.

## INGREDIENTS:

- 2 oz white rum
- 8-10 fresh mint leaves
- 1/2 oz lime juice
- Ice
- 1 cup fresh watermelon, cubed
- 1 oz simple syrup
- Club soda

## INSTRUCTIONS:

- In a shaker, muddle the watermelon and mint leaves together.
- Add the rum, simple syrup, and lime juice to the shaker.
- Fill the shaker with ice and shake well.
- Strain the mixture into a glass filled with ice.
- Top with club soda and garnish with a sprig of mint and a watermelon wedge.







## PINEAPPLE COCONUT MARGARITA

Transport yourself to a tropical paradise with this luscious pineapple coconut margarita. The sweet tanginess of pineapple combined with the creamy richness of coconut makes for a truly irresistible cocktail that's perfect for sipping under the sun.

### INGREDIENTS:

- 2 oz tequila
- 1 oz triple sec
- 2 oz pineapple juice
- 1 oz coconut cream
- 1/2 oz lime juice
- Pineapple wedge and shredded coconut (for garnish)
- Ice

### INSTRUCTIONS:

- In a shaker, combine the tequila, triple sec, pineapple juice, coconut cream, and lime juice.
- Fill the shaker with ice and shake well.
- Rim the glass with shredded coconut (optional).
- Strain the mixture into the glass filled with ice.
- Garnish with a pineapple wedge and a sprinkle of shredded coconut.



## STRAWBERRY BASIL LEMONADE SPRITZER

Nothing says summer like a tall glass of lemonade, and this strawberry basil lemonade spritzer takes it to the next level with the addition of fresh strawberries and basil. Light, fruity, and incredibly refreshing, this mocktail is perfect for all ages.

### INGREDIENTS:

- 1 cup fresh strawberries, sliced
- 4-5 fresh basil leaves
- 1/2 cup lemon juice
- 1/4 cup simple syrup
- Sparkling water
- Ice

### INSTRUCTIONS:

- In a pitcher, muddle the sliced strawberries and basil leaves together.
- Add the lemon juice and simple syrup to the pitcher and stir well.
- Fill glasses with ice and pour the strawberry basil lemonade mixture over the ice.
- Top with sparkling water and stir gently.
- Garnish with a strawberry slice and a sprig of basil.

So raise a glass to the joys of summertime sipping!  
Cheers!





# GORGEIOUS GAZPACHO

If the stunning colour doesn't get you, the incredible flavour will. One of Earth's most refreshing cold soups, gazpacho is soul-quenching on a hot day. Quick, make a batch before summer slips away.

## WHAT YOU NEED

- 6 vine-ripened tomatoes, peeled, seeded and chopped
- 1 cup cucumber, peeled, seeded and chopped
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped red onion
- 1 small jalapeno pepper, seeded and minced
- 1 medium garlic clove, minced
- 1/4 cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon toasted, ground cumin
- 1 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons fresh basil leaves

## WHAT YOU DO

- Fill a big pot halfway with water, set over high heat and bring to a boil.
- Make an X on the bottom of the tomatoes and dip them in the boiling water for 15 seconds. Remove and plop into an ice bath. Let cool for a minute, then peel, core and seed them. Juice the tomatoes and add enough water to bring the total to one cup.
- Place the tomatoes into a large mixing bowl. Add the cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt and pepper and stir to combine.
- Transfer 1 1/2 cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Cover and chill for 2 hours and up to overnight. Serve with chiffonade of basil.

A spicy cold soup starring tomatoes and raw vegetables, gazpacho is widely eaten in Spain and Portugal

The original version of gazpacho was made of stale bread, garlic, olive oil, and a liquid of some sort; most likely water and vinegar. Cooks tossed in any vegetables that were available.

Gazpacho pairs beautifully with herbed garlic bread, roasted potatoes and all kinds of quiches and kebabs.











# PARMESAN

## THE BIG CHEESE

Parmesan is the world's favourite grated cheese. Its intense flavor and granular texture make it a favorite topping for pasta, pizza, salads, and more, adding a burst of umami richness to any dish.

Known as Parmigiano-Reggiano in its native Italy, it is a culinary treasure with a rich history dating back over eight centuries. It originated in the Emilia-Romagna region of northern Italy, particularly in the provinces of Parma, Reggio Emilia, Modena, and parts of Bologna and Mantua.

Parmesan cheese has a unique nutty and savory flavour, with hints of sweetness. This distinctive taste comes from the aging process, during which enzymes break down the proteins and fats in the cheese, creating complex flavor compounds.

### 6 WAYS TO ENJOY PARMESAN

- **Pasta Dishes:** Parmesan is a classic topping for pasta dishes such as spaghetti carbonara, fettuccine alfredo, and traditional lasagna. Its salty and nutty flavor enhances the taste of the pasta and sauce.
- **Salads:** Grated Parmesan adds a deliciously sharp flavour to salads, particularly Caesar salad, where it's often used in the dressing and sprinkled on top of the greens.
- **Soups and Risottos:** Parmesan cheese is a common ingredient in soups like minestrone and creamy risottos, where it melts into the dish, enriching it with its flavor.
- **Antipasto and Appetisers:** Served alongside cured meats, olives, and bread, Parmesan cheese makes for a delightful addition to antipasto platters. It's also delicious when paired with fruit such as pears or figs.
- **Grated Over Vegetables:** Roasted vegetables such as asparagus, broccoli, or cauliflower are elevated with a sprinkling of Parmesan cheese, adding depth and complexity to their flavors.
- **Snacks:** Parmesan crisps, made by baking grated Parmesan until crisp, are a popular snack appreciated for their intense cheesy flavor and crunchy texture.





# YO!

If it's summer, there has to be yogurt. We have our lassi and neer mor. What does the rest of the world whip up?





## GREECE: TZATZIKI

In the Mediterranean region, particularly in Greece, yogurt takes center stage in dishes like tzatziki. This cool and tangy sauce is made by combining yogurt with cucumber, garlic, olive oil, and fresh herbs like dill or mint. Tzatziki is a staple accompaniment to grilled meats, souvlaki, and gyros, adding a refreshing contrast to rich and savory flavors.

Greek yogurt, known for its thick and creamy texture, has gained popularity worldwide and is often enjoyed on its own or with a drizzle of honey and a handful of nuts for breakfast or dessert. Its versatility makes it a favorite ingredient in both sweet and savory dishes, from creamy dips to indulgent desserts like yogurt cheesecake.



## TURKEY: AYRAN

In Turkey, yogurt finds its way into a refreshing beverage known as ayran. This simple drink is made by diluting yogurt with water and adding a pinch of salt. Ayran is a popular accompaniment to meals, especially during the hot summer months, as its tangy flavor helps to balance out the richness of Turkish cuisine.

Yogurt also plays a crucial role in Turkish cuisine, appearing in dishes like cacik, a yogurt and cucumber salad similar to Greek tzatziki, and manti, tiny dumplings served with a yogurt and garlic sauce. In both savory and sweet dishes, yogurt adds a creamy richness and a hint of acidity that enhances the overall flavor profile.



## LEBANON: LABNEH

In Lebanon and other Middle Eastern countries, labneh takes yogurt to a whole new level. Labneh is a thick, strained yogurt with a texture similar to cream cheese. It is often served drizzled with olive oil and sprinkled with herbs as a spread for bread or as part of a mezze platter.

Labneh is also used as a base for dips and sauces, such as muhammara, a spicy red pepper dip, and baba ghanoush, a smoky eggplant dip. Its creamy texture and tangy flavor make it a versatile ingredient that can be incorporated into both savory and sweet dishes with ease.



## IRAN: MAST-O-KHIAR

In Iran, yogurt is a staple ingredient in many dishes, including mast-o-khiar, a refreshing cucumber and yogurt salad seasoned with dried mint, salt, and sometimes garlic. This dish is often served as a side dish or appetizer alongside Persian meals, providing a cool contrast to the bold flavors of Persian cuisine.

Yogurt is also a key component in many Iranian stews, such as ghormeh sabzi and khoresh-e bademjan, where it adds richness and creaminess to the sauce. Additionally, in Iranian culture, yogurt is frequently enjoyed as a beverage, either plain or flavored with a touch of rosewater or saffron.







### MEXICO: CREMA

In Mexico, yogurt finds its place in dishes like crema, a tangy and creamy condiment similar to sour cream. Crema is often drizzled over tacos, tostadas, and enchiladas, adding a cool and slightly tart flavor to the spicy and savory dishes of Mexican cuisine.

Yogurt is also used in Mexican desserts, such as yogurt popsicles or frozen yogurt topped with fresh fruit and honey. Its mild flavor and creamy texture make it a versatile ingredient that can be incorporated into a wide range of sweet treats.



### BULGARIA: TARATOR

In Bulgaria, yogurt is celebrated in a refreshing cold soup called tarator. This chilled cucumber and yogurt soup is seasoned with garlic, dill, and walnuts, making it a light and flavorful dish, perfect for hot summer days. Tarator is often served as a starter or alongside grilled meats and other Bulgarian specialties.

Yogurt is also a main ingredient in Bulgarian cuisine's famous banitsa, a traditional pastry made with layers of filo dough filled with a mixture of yogurt, eggs, and feta cheese. This savory pie is a beloved breakfast or snack food, enjoyed by Bulgarians of all ages.



### ARMENIA: TAN

In Armenia, yogurt takes on a slightly different form in a dish known as tan. Tan is a traditional Armenian yogurt soup made by combining yogurt with water, flour, and herbs such as mint or tarragon. The mixture is simmered until thickened, creating a creamy and tangy soup that is often served warm or cold.

Yogurt is also a common accompaniment to many Armenian dishes, such as kebabs and grilled meats, where it adds a cool and tangy contrast to the savory flavors. Additionally, yogurt is frequently used in Armenian desserts, such as yogurt cake, where its acidity helps to balance out the sweetness of the dish.

### CONCLUSION

Yogurt may be a simple dairy product, but its influence on global cuisine is undeniable. From the streets of India to the shores of Greece, yogurt has earned its place as a culinary staple, beloved for its versatility, health benefits, and delicious taste. So whether you're sipping on a sweet lassi or indulging in a creamy bowl of Greek yogurt, take a moment to appreciate the rich cultural heritage that yogurt brings to the table.



# 6 STUNNING SUSTAINABLE TRAVEL CHAMPIONS

## TO EXPLORE ON YOUR NEXT VACATION

As our planet grapples with the challenges of global warming and climate change, sustainable living and eco-friendly practices have become increasingly crucial. Here are 6 destinations that seamlessly blend sustainability with tourism and hospitality.

THAILAND



**THE** Land of Smiles and Hospitality is home to countless alluring experiences and attractions that make it an ideal destination for vacations, weddings, honeymoons, and bleisure trips. To blend tourism and sustainability, the country has implemented numerous initiatives including ocean conservation, wildlife rehabilitation and ecological restoration efforts. In the hospitality space, Krabi's ultra-luxury beachside resort – Phulay Bay, a Ritz-Carlton Reserve stands as an epitome of sustainability. The property utilises reusable bamboo straws and glass bottles instead of plastic tableware. Its in-room amenities are packaged with sustainable materials, such as beeswax. Striving for authenticity, it sources its drinking water from a natural spring in the Naga Mountains and incorporates local produce and ingredients from the Chef's Garden in its culinary creations. The festive decorations in the resort are also exclusively made of natural and reusable materials, such as coconut shells, driftwood, leaves, and recycled glass bottles. Moreover, Phulay Bay encourages its patrons to contribute towards elephant conservation under the Help the Herd program at the Krabi Elephant House Sanctuary.



A photograph showing several sea turtles resting on a sandy beach. The turtles are dark in color, and their shadows are cast on the sand. A red diagonal banner with the word 'VIETNAM' is overlaid on the top left corner.

## VIETNAM

**IN** recent years, Vietnam has taken many steps to balance the surge in tourism with the need to conserve its natural and cultural resources, including eco-friendly accommodations, energy-efficient transportation, and effective waste management systems. The Anam Mui Ne, a luxury resort located on the pristine Ham Tien beach in Phan Thiet perfectly embodies Vietnam's hospitality and sustainability efforts. An easy commute from Ho Chi Minh City, the five-star resort with 1.2 hectares of spectacular oceanfront has banned single-use plastics and taken several measures to reduce its carbon footprint. It uses solar power and utilises locally sourced and in-house ingredients to render scrumptious cuisines. The Anam Mui Ne also repurposes laundry water to nurture its gardens and offers biodegradable straws, bags, and bathroom amenities. Even the resort's key cards are made of wood sourced from sustainably managed forests.

## SEYCHELLES

**THE** tropical paradise of Seychelles is known for its crystal-clear waters thriving with marine life and unique flora and fauna. To preserve the sanctity of its ecosystem, the country has taken monumental steps such as preserving its flagship tree Coco de Mer, which is known to yield the biggest fruit in the world. They have also made significant efforts to save Dudongs, a rare and vulnerable marine life found at Aldabra Atoll, from extinction. The archipelago has also implemented the BIOPAMA-funded project to set up biosecurity measures preventing invasive alien species from overriding the endemic flora and fauna on Aldabra. Pre-pandemic, the archipelago collaborated with the University of Oxford for the Aldabra Clean-Up Project to remove human-made waste, like plastic litter from the sea that harmed aquatic creatures and the ecosystem. Through these nuanced efforts, Seychelles strives to be an eco-conscious destination that prioritises sustainability and promotes positive tourism experiences.

A photograph showing a person's hands holding a woven basket filled with fresh vegetables, including carrots, tomatoes, and cucumbers. The person is wearing a light-colored shirt and a traditional Omani headscarf. A red diagonal banner with the word 'OMAN' is overlaid on the top left corner.

## OMAN

**DEFINED** by age-old culture and innovation, Oman strives to achieve a net-zero future and preserve its ecosystem by encouraging sustainable practices. In Oman's Capital, Muscat, the grand five-star resort, Shangri-La Al Barr Jissah, has taken steps to realise this vision. As one of five turtle nesting sites in the country, its beaches welcome hundreds of turtles every year, serving as a safe sanctuary for these creatures to proliferate. Guests are invited to witness hatchings and watch daily Turtle Talks at the hotel's Eco Centre to initiate the young generation into learning about biodiversity. Protecting the natural habits of critically endangered sea creatures is a priority for the team at the resort and so their Turtle Care Project aims to protect the rare hawksbill and green turtle species through supervision and protection. The resort is actively working towards eliminating the use of single-use plastic and has adopted ways like using refilled bottles, drinking water fountains across the property, and replacing plastic straws with metallic ones.



## KENYA

**HOME** to stunning landscapes and untamed wildlife, Kenya is one of the best destinations for nature lovers and adventurers. It is home to scores of wildlife sanctuaries like the Amboseli National Park which is known for accommodating thousands of African animals, birds and reptile species, in addition to the Maasai tribe. The best way to immerse into Amboseli is to book a stay at Ol Tukai Lodge, an elegant eco-rated lodge that offers stunning views of glacier-capped Mount Kilimanjaro and the wetlands of the park outside. Being at the heart of nature, the lodge demonstrates its dedication to promoting vegetation and animals by undertaking activities like reforestation. Planting trees in areas that have been deforested contributes to combating climate change to fostering biodiversity. As a result of this Ol Tukai Lodge started a tree planting project with various stakeholders. To celebrate National Tree Planting Day last year, Ol Tukai Lodge collaborated with Kenya Wildlife Service (KWS) to plant over 1,300 trees around the park. This was in line with Kenyan President Ruto's ambitious goal of planting 15 billion trees by 2030.



## SRI LANKA



**BASKING** in the diversity of Sri Lanka's natural attractions, Teardrop Hotels promotes sustainability and community wholeheartedly. Based across seven distinct locations across the country, each property embodies a unique part of Sri Lanka from the serenity of the southwest coast to the frondescence of the south-central region. These hotels are built into heritage buildings and vintage tea bungalows carefully chosen for their character and diligently restored to preserve their original features. Teardrop Hotels also believes in giving back to the local community while also aiming for zero food miles. For this reason, they use vegetables and ingredients cultivated in-house and buy seafood from local fishermen to incorporate in their delicious cuisines. All packaging in the hotel is plastic-free, and refillable water bottles are used to minimise waste.



# TRAVEL

WHERE ARE YOUR DREAMS  
TAKING YOU THIS SEASON?







# FINDING MY RHYTHM IN TAP TAP, TAP

Watching and Learning  
the art of Flamenco  
dancing in Spain



It hit me like I didn't expect it at all. There's a slow-moving elegantly dressed dancer and a deep melancholy reverberating through the hall, a guitarist who looks heartbroken and an enraptured still audience. And then the pace picks up, and so does the audience's heartbeat, the dancer moves swiftly, the hands, the feet, the body - it is almost like a trance that pulls you in, and before you know an hour has passed and all I can do is clap and repeat "Ole" but somehow my applause feels underwhelming for such a performance.

My first encounter with Flamenco was a refashioned, dramatised Bollywood song. "Senorita" from the movie "Zindagi Na Milegi Dobara" is a winsome piece of music. I loved the song and but realised it is different from the original sensual art.

When I booked the flight tickets to Spain in December, Flamenco was one of the things I was looking forward to - the thrill of watching a live flamenco dance, the dresses and the grace unfolding in front of me. I have a habit of picking up a book about the country I am visiting before the trip. For Spain, I picked "Duende" which is all about a British guy travelling in Spain's Andalusia region and learning Flamenco guitar. He experiences the underbelly of the country, dabbling in drugs, affairs, escapades. The book does not have a captivating plot yet it uncovered a lot of new insights about the art form for me, which goes much beyond tap dancing in a red skirt.

I got a chance to watch Flamenco on the first night in Seville. I wore a long red dress for the occasion, twirling on the streets post-show. I feasted my eyes on a more authentic version in Spanish Plaza the next evening, the musicians busking against the pretty sandstone background at sunset. Yet my curiosity was not fully satisfied. So on the third day in Seville, instead of booking a day trip to one of the Andalusian towns, I signed up for a









flamenco class impulsively. I wanted to be more than an audience, I wanted to dance, count the beats, and move a step or two. I wanted to be a part of Flamenco. I was well aware that I cannot learn to sing or play the guitar in a day. My ukulele lessons would not work in the case of Flamenco guitar which is thinner on top with nylon strings. Learning the dance, which is also known as Baile, was my best bet.

Flamenco's mysterious origin can be traced back to Andalusia, the South of Spain, and dates back nearly five hundred years! The arrival of the Romas or Gypsies in the 15th century made the blended potpourri which is now known as Flamenco. Originally it consisted of just singing and hand clapping. But the sounds are varied and interesting - toe and heel clicks, finger snaps, claps, and shouts. The guitar was incorporated later in the 19th century.

The lyrics of flamenco songs often explore themes of love, heartbreak, longing, and the struggles of everyday life. Today one can find a class in all the major cities in Spain - Barcelona, Madrid, Seville, Granada and so on. Yet people argue that the authentic Flamenco is in Andalusia. Seville hence was a good choice to experience the art where the roots run deep.

I booked a class through Get Your Guide and walked apprehensively to a dance school in the residential part of the city, a few lanes away from the touristy Seville church neighborhood. The dance teacher was amiable and I tried on from the array of skirts and the shawls as other attendees also started pouring in. There were women from all parts of the world and though I was called "Anina" I was filled with the feeling of sisterhood throughout the class. We started with a quick warmup and basic hand and foot movements, then onto a simple choreography of the Triana Tangos style of Flamenco. There are over 50 different types of flamenco and we learned a quirky happy one. As we

twirled around with a red flower on our heads and polka-dot skirts, the vibe of the room changed. From focusing on getting the step right we began enjoying the music. It took me back to my Latin classes three years back where we just got lost in the beats and music instead of getting the steps right. Not always an ideal scenario for an instructor!

But Flamenco is as much about surrender as about technique. The soul stirring music makes everyone lose themselves in a world bigger than the real one. So our teacher appreciated the movements even when they were not always accurate and consistent. The class ended with a flamenco party where all the participants formed a circle. Turn by turn, one person came to the center of the circle and performed while others clapped and cheered "Ole!" I trotted back happily from the class.

The class ended with a profound appreciation for the art and the artists, toiling away in their love for music and Flamenco. It surely is not easy to dance Flamenco but I was lucky to witness some over three days. From the soulful wail of a cantaora to the thunderous applause that followed a virtuoso guitar solo, each moment was etched into my memory, a testament to the enduring power of flamenco. It would take months to learn the dance, and years to perfect it but in those couple of hours, I got a close glimpse of the fiery enchanting art and I will carry that with me for a long long time.

### ESSENTIAL INFO

Best places to catch Flamenco in Seville are Peña Torres Macarena, Casa de La Memoria or Bar T de Triana. Prior reservations are usually recommended for the best seats.

Apart from Flamenco, Seville is also known for bullfighting, tapas tasting and for the adventurous ones, Skydiving.



### MEET THE AUTHOR

Ananya Vats is a product manager at Google Maps. A lover of new places and old words, she is often found slow traveling, writing in her notebooks or browsing bookstores. Her works have been published in two anthologies- "Unread" and "LampLit Parchments" and a couple of literary magazines.





## HOME OF AFRICAN PENGUINS, BOULDERS BEACH RANKED 2ND AMONGST WORLD'S TOP 100 BEACHES

With its crystal-clear waters and pristine white sand, Boulder's Beach in Cape Town has proudly claimed the 2nd spot among 100 top beaches across the world in the prestigious BeachAtlas' Golden Beach Awards of 2024. What sets it apart is its unique opportunity to get up and close with African penguins. Set against the backdrop of granite boulders, this beach offers a captivating spectacle of these charming creatures in their natural habitat.

Beyond penguin-watching, Boulder's Beach is a haven for families, boasting safe swimming conditions and a plethora of activities. Children can delight in climbing over the boulders, exploring tide pools, and play in the refreshing waters of False Bay. Furthermore, this coastal marvel is safeguarded as part of the Table Mountain National Park Marine Protected Area, ensuring its preservation as a vital ecological sanctuary.









# THE IBNII, COORG

## AN ECO-LUXE HAVEN

Perched in the lush hills of Coorg, The Ibnii offers a tranquil and luxurious escape. Discover eco-friendly elegance and unparalleled hospitality at this stunning resort.

BY SHUBHRA KRISHAN







**N**estled in the verdant environs of Madikeri, Coorg, The Ibnii invites you to reconnect with a long-forgotten friend—you. Think lakes, mist, bird songs, lush greenery, silence and that most precious of luxuries: time.

### THE SETTING

As I meander through the lush landscape leading up to the resort, it becomes increasingly clear that this isn't going to be just a stay, but an immersive experience with nature.

The Ibnii sprawls over a sprawling 125-acre plantation, cocooned by thick forests and pristine lakes. Which means you are ensconced in a world far away from the incessant sensory invasions of the city. The first thing you do upon entering is walk across a wooden bridge to a strategically positioned overlook, designed to demonstrate how immersive your time here is going to be.

I found The Ibnii to be a shining example of how to champion sustainability without compromising on opulence.

### THE STAY

Depending on your pocket, you can pick from a variety of accommodation options at Ibnii. Each is designed to provide utmost comfort and privacy.

The wooden cottage I stayed in on the first night had a private balcony, opening up to mesmerising views of Coorg's undulating hills and coffee plantations. The tree-filled vista invites you to inhale. Coming from the 500-AQI of Delhi, I drank the fresh air in like a desert wanderer would from a spring. The decor at the cottage was simple but tasteful; not a single modern need unmet.

On the second night, my cottage—ideal for a couple—had a private plunge pool under the umbrella of towering



trees, lit beautifully by the morning sun. Oh the serene vistas at every turn! On the morning walk with their in-house botanist, we discovered rare plants and flowers that almost had no business to be so beautiful.

## THE FOOD

You will rediscover the word “fresh” at The Ibnii. No compromises on quality here. In fact, they are almost obsessive about ensuring freshness and authenticity. Almost everything is made inhouse, down to the preserves and condiments. Jaggery plays a starring role in their desserts, and of course, you are in coffee heaven.

Just the way they showcase their buffets is super-refreshing. We do 20 per cent of eating with our eyes, and at The Fig, those colourful mounds of fresh tomatoes, peppers and greens both whet and sate your appetite.



What makes them even more appealing is that they are organic and locally sourced.

Just make sure you don't waste an ounce here. Call it being quirky or particular, they impose a fine for wasting food.

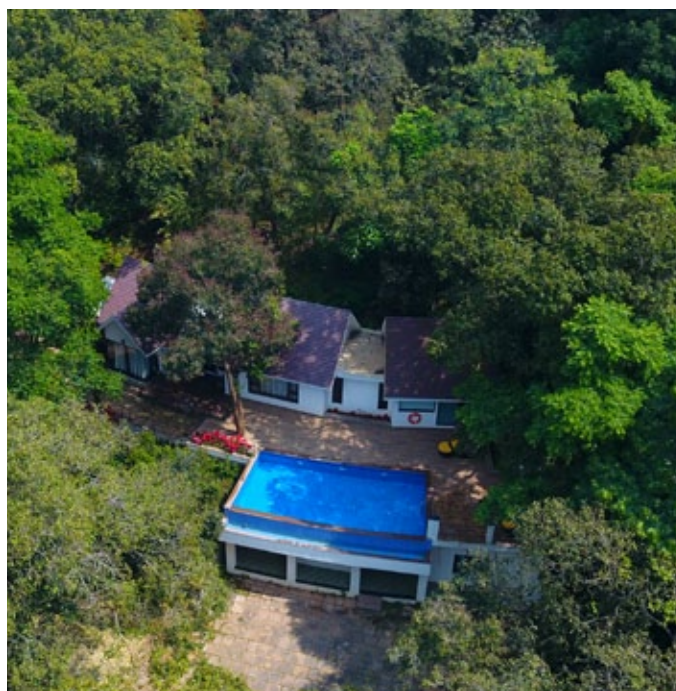
Kaldi Kappee has to be among the most scenic coffee shops I've been to. I mean, you are sitting on a bench, gazing at a fountain in the middle of a large pond, while the breeze rustles branches and myriad birds sing. The cookie-baking class at the coffee shop was lots of fun; we made them using just four ingredients, including jaggery. My creations turned out to be delicious, but looked like rudimentary Harappan tablets!

From Fig's traditional Kodava dishes and pasta-pizzas to a wholly unexpected but totally delightful vegetarian Rajasthani kitchen named Baalelle, the menus at The Ibnii are created and curated by inventive and experienced chefs. I cannot pick a single item that didn't delight my palate.

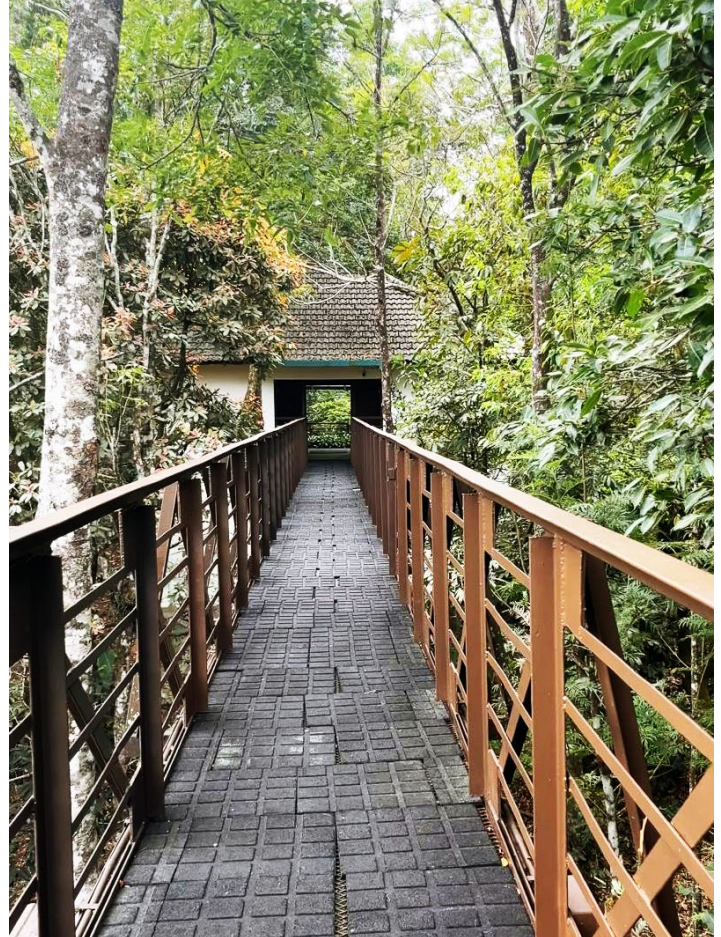
Come evening, and it's time to head to Elevate, the estate's lounge and bar. Enjoy their signature Coorg-inspired 'Chukku Kaapi Cocktail' under the stars, or sit inside and enjoy the music and the conversation over some incredible artisanal cocktails.

## ECO-FRIENDLY INITIATIVES

A standout feature of The Ibnii is its commitment to sustainability. The resort employs various eco-friendly practices, including rainwater harvesting, solar energy, and waste management systems. They have also established a no-plastic policy and use biodegradable products wherever possible. The Ibnii's focus on minimal environmental impact sets it apart as a leading example of sustainable luxury in the hospitality industry.







### THINGS TO DO

I would say, don't come to The Ibnii looking for things to do, though of course you could go trekking and sightseeing. Left to me, I would spend my entire time inside the estate, simply soaking in the quiet beauty of nature. I would make maximum use of their ayurvedic treatment centre, where I received top-class massage using herbalised oils. And I would walk. A lot.

### THE SERVICE

The hospitality at The Ibnii is impeccable, with a staff that is both attentive and unobtrusive. I chatted with some of them, and loved how appreciative they were of the privilege to live and work in the heart of nature. No wonder their smiles felt genuine and you felt welcome.

### GETTING THERE

Leave early in the morning from Bengaluru, and you'll be at The Ibnii inside four hours, or maximum five. The Mysore highway ensures a brake-free drive, and when it ends, you can enjoy the country-like feel of the smaller roads. Do stop en route for thatte idli and coconut water, served in its original container right under a tree. "Thatte" means "plate" and this flat idli is a hot local favourite.

**Secret Sunset Spot:** One of the hidden gems at The Ibnii is the secret sunset spot located near the lake. Ask the staff for directions, and they'll guide you to a secluded area where you can watch the sun dip below the horizon, painting the sky in hues of orange and pink. It's a perfect moment to sip on freshly brewed coffee from the plantation and let the serenity of the surroundings wash over you.



# ENCHANTED WILDERNESS

## Exploring the World's Most Beautiful Forests

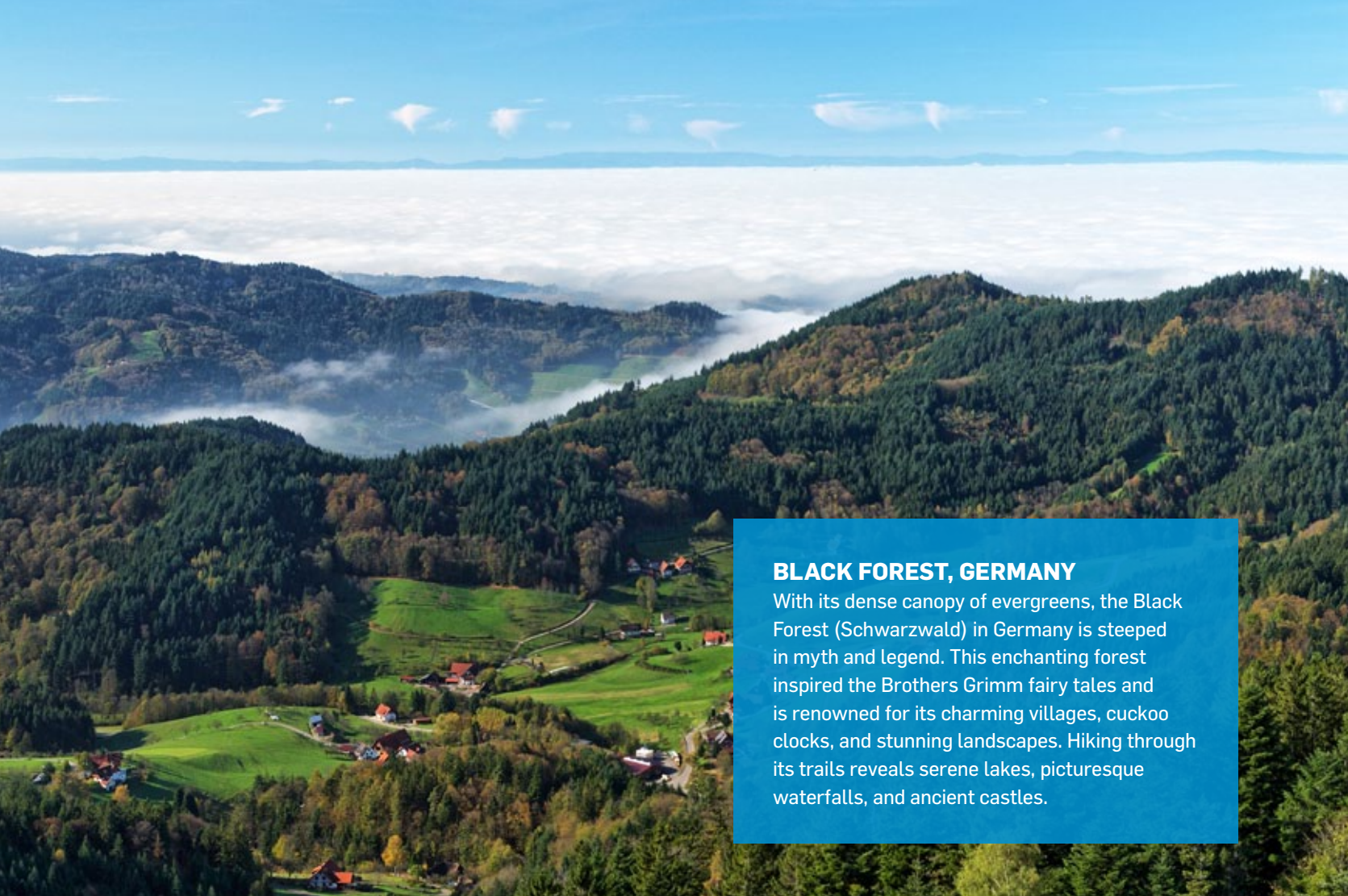
Nature's majesty unfolds in myriad ways, but few spectacles are as universally captivating as the world's most beautiful forests. These verdant realms offer more than just a visual feast; they are sanctuaries of biodiversity, history, and mystery. From towering giants in North America to the ethereal groves of Asia, let's embark on a journey through some of the planet's most stunning arboreal landscapes.



### AMAZON RAINFOREST, SOUTH AMERICA

Often referred to as the "lungs of the Earth," the Amazon Rainforest spans across nine countries, with the majority residing in Brazil. Its vast canopy shelters an astounding array of wildlife, including jaguars, sloths, and countless species of birds and insects. The Amazon is not only a visual marvel but also a critical component of our global ecosystem, influencing weather patterns and climate.





### **BLACK FOREST, GERMANY**

With its dense canopy of evergreens, the Black Forest (Schwarzwald) in Germany is steeped in myth and legend. This enchanting forest inspired the Brothers Grimm fairy tales and is renowned for its charming villages, cuckoo clocks, and stunning landscapes. Hiking through its trails reveals serene lakes, picturesque waterfalls, and ancient castles.



### **ARASHIYAMA BAMBOO GROVE, JAPAN**

In the outskirts of Kyoto, Japan, lies the Arashiyama Bamboo Grove, a place where nature and serenity intertwine. Walking through the towering bamboo stalks, which sway gently with the wind, is a surreal experience. The grove is particularly enchanting during the early morning when sunlight filters through the leaves, creating a mesmerising, otherworldly glow.





### **BIAŁOWIEŻA FOREST, POLAND AND BELARUS**

One of Europe's last and largest remaining parts of the primeval forest that once covered much of the continent, Białowieża Forest is a UNESCO World Heritage site. This ancient woodland is home to the European bison, the continent's heaviest land animal. The forest is a living museum, preserving a unique ecosystem that has remained largely unchanged for millennia.

## **FOREST** *Fun Facts*

- **OLDEST FOREST**

The Daintree Rainforest is estimated to be around 180 million years old, making it one of the oldest rainforests in the world.

- **LARGEST TREE BY VOLUME**

The General Sherman tree in California's Sequoia National Park is the largest tree in the world by volume, standing at 275 feet tall and over 36 feet in diameter.

- **BIODIVERSITY HOTSPOT**

The Amazon Rainforest is home to more than 400 billion individual trees, representing 16,000 species.

- **TALLEST TREES**

The coastal redwoods of California can reach heights of over 379 feet, taller than the Statue of Liberty.

- **FAIRY TALE FOREST**

Germany's Black Forest inspired many of the Brothers Grimm's fairy tales, including "Hansel and Gretel."



### **REDWOOD NATIONAL AND STATE PARKS, USA**

Home to the tallest trees on Earth, the Redwood National and State Parks in California offer an awe-inspiring experience. These ancient giants, some of which are over 2,000 years old, create a cathedral-like atmosphere with their towering trunks and vast canopy. Walking among the redwoods is a humbling reminder of nature's grandeur and resilience.





## **DAINTREE RAINFOREST, AUSTRALIA**

Believed to be one of the oldest rainforests on Earth, the Daintree Rainforest in Queensland, Australia, is a living testament to the planet's evolutionary history. Home to an incredible diversity of flora and fauna, including the elusive cassowary, this forest offers a glimpse into the ancient world. Its lush greenery, winding rivers, and pristine beaches create a paradise for nature lovers.



## **BWINDI IMPENETRABLE FOREST, UGANDA**

Nestled in the mountains of southwestern Uganda, the Bwindi Impenetrable Forest is a biodiversity hotspot, renowned for its population of mountain gorillas. This dense and mist-covered forest offers a challenging but rewarding trekking experience, allowing visitors to encounter these majestic primates in their natural habitat. The forest's rugged terrain and lush vegetation create a truly unique and mystical environment.



## **ONE UNUSUAL FOREST**



## **CROOKED FOREST, POLAND**

Nestled in the village of Gryfino, Poland, the Crooked Forest (Krzywy Las) is a grove of approximately 400 pine trees, all of which have an unusual and mysterious bend at the base. Planted in the 1930s, the reason behind the curvature remains a subject of debate. Some theories suggest human intervention, such as deliberate manipulation for boat building, while others propose natural causes like heavy snowfall. Regardless of its origin, the Crooked Forest's peculiar appearance continues to captivate and intrigue visitors from around the world.



# CAPPADOCIA CALLING

From sunrise balloon rides to exploring the underground cities, unveil the wonders of Central Türkiye





Step into the captivating world of Cappadocia, a city nestled in the heart of Central Türkiye, where each corner tells a story and every landscape is a masterpiece waiting to be explored. Renowned for its awe-inspiring wonders and rich cultural tapestry, Cappadocia depicts a remarkable intersection of history and natural beauty. For Indian travellers seeking a destination that seamlessly blends ancient charm with modern allure, Cappadocia emerges as an irresistible gem. This city, with its iconic fairy chimneys, underground cities echoing with tales of civilizations past, intricately carved churches, and vibrant museums, offers a kaleidoscope of options to keep visitors entertained.

From the thrill of a sunrise balloon ride to the depths of ancient subterranean worlds, Cappadocia beckons all travellers, making it an absolute must-visit when

exploring the wonders of Türkiye. Here's a list of must-visit places and things to do when in Cappadocia.

- **The Fairy Chimneys:** These whimsical rock formations, shaped by volcanic forces, wind, and rain over millions of years, are the highlight of Cappadocia. Known as fairy chimneys, these conical wonders adorned with hat-like formations have become iconic landmarks. The fairy chimneys have become one of the landmarks of Cappadocia and you can find them all over the region. Used throughout history for various purposes, including housing and churches, they now stand as an epitome to natural beauty, history, and unique architecture.
- **Balloon Tour:** Soar above the fairy chimneys at dawn on a balloon tour, a popular and enchanting





experience in Cappadocia. As balloons gracefully navigate the sky, offering stunning views of the dramatic landscape, the memories created are truly unforgettable. Capture the magic with your camera and, who knows, you might even witness a marriage proposal in the clouds. Don't miss this opportunity to see Cappadocia from a breathtaking perspective.

- **Tokalı Church:** Tokalı Church (Tokalı Kilise) right at the entrance to the Göreme Open Air Museum is one of the oldest known churches. Set in rock, it's composed of four spaces – the Old Church, the New Church, the Church under the Old Church, and the Chapel on the Northern Side of the New Church, each resembling a picture gallery with vibrant frescoes. Tokalı Kilise, carved right into the rock face, is reckoned to date back to somewhere between the middle of the 9th and 10th centuries. The frescoes in the inner wall portion and upper

portion of the vault deal mostly with the life of Jesus, and there are also depictions of the life of Saint Basil of Caesarea and many other saints.

- **Göreme Open Air Museum:** From the 4th century to the 13th, the Göreme Open Air Museum was mostly used as a monastery and today is very popular due to all its incredible structures set into the rock face. There are many different types of places carved into the rock that at one point in time met all the needs of the people who lived there. Churches, chapels, dining halls and houses were all carved into the rock, and as you walk around, you'll almost feel as if people are going to jump out of the rock doors at any moment! Wander through this open-air museum to witness how nature and art seamlessly blend into the daily life of the people who once inhabited these rock-carved spaces.
- **Nevşehir Museum:** This museum in Nevşehir is one of the most visited open air museums in Türkiye, which means the city centre also gets quite a few visitors along with the museum. There are two exhibition halls with archaeological and ethnographic artifacts in the museum. Amongst the fossils found in the region, some of the most interesting are those of ancient sea creatures, which prove that this region was once under the sea. The terracotta artifacts, coins and statues brought in from the surrounding ancient cities are all part of the museum's collections showing the past ways of life in Nevşehir.
- **Uçhisar Castle:** This incredible place was carved out of the top of the hill's rock face, a characteristic of Cappadocia. For over a thousand years, in fact all the way up until 1950, people lived in this spot carved out of the rock. When you begin to climb the hill to the castle the views get all the more stunning as you go up, and words can't describe the views from the peak. At that point, the only sound you'll hear is the sound of your camera clicking away at the breathtaking vistas of the modern structures, rock formations and the many other scenes quintessential to Cappadocia. Central to this amazing view are the glorious Mount Hasan and Mount Erciyes rising up before you.
- **Derinkuyu Underground City:** There are many underground cities in Cappadocia, all carved out of the soft rock. While it may not be known exactly when and why they were built, it's generally believed that the underground cities were built for the purposes of defence and concealment. The biggest underground cities are Derinkuyu and Kaymaklı right next to it. In Derinkuyu, narrow corridors connect all the halls, cellars, kitchens and food stores, ventilation shafts, water wells and churches that in turn are protected from outside danger by huge stones that cover up doorways.







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