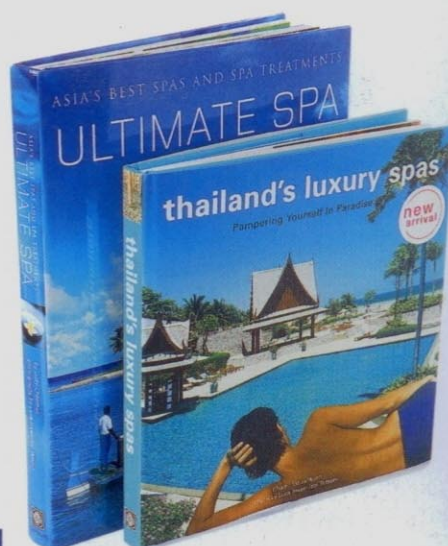


Salute to the sun

Retreat to the South Pacific for an exotic battery recharge.

Fiji And there we were thinking yoga was all about pain and getting up early. To banish these negative thoughts, Sydney Yoga School has devised a series of exotic Yoga To Go retreats in some of Asia's best boutique resorts. One of the next to be held is at The Pearl South Pacific in Fiji, from 8-14 January 2007, during which participants will be treated

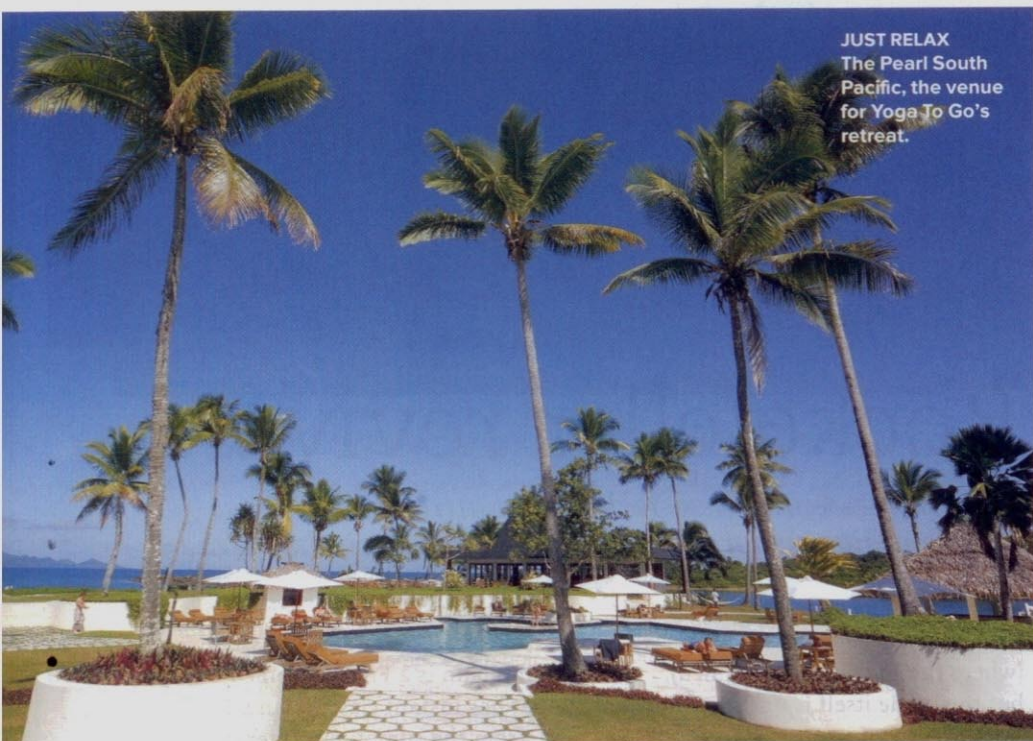
to twice-daily yoga instruction by YTG director Nikki Massaioli, exotic spa treatments, cultural activities and the local cuisine. The seven-day package is \$2399 per person for a single room (excluding flights), and beginners are positively encouraged. We're packing our yoga mats now. (02) 9569 0870, www.yogatogo.com.au.



SPA-ING PARTNERS

Ultimate Spa: Asia's Best Spas and Spa Treatments (Periplus, \$65, on sale from October), by Judy Chapman, is the definitive guide to being spoiled everywhere from India to the Philippines. Pick up a copy, plus sister title, *Thailand's Luxury Spas* (\$49.95, out September) to suss out the best spots for a bit of pampering on your next Asian holiday.

London We've been doing it for ages, now London's also hot-to-trot when it comes to Japanese. Cocoon restaurant in Mayfair is blowtorching its sushi before serving, to sear the surface – and the locals are loving it. 35 Regent St, +44 20 7494 7600.



JUST RELAX
The Pearl South Pacific, the venue for Yoga To Go's retreat.

Leipzig Hotel Everland is a one-room, self-contained 'mini-hotel' with all the trappings, including mini-bar, deluxe bathroom, in-house cable TV and even the use of a Mini Cooper with parking spot. Now situated on the roof of Leipzig's contemporary art museum, Galerie für Zeitgenössische Kunst, Hotel Everland will move to Paris in September 2007. The concept of juxtaposing public space and exclusivity was devised by Swiss artists Sabina Lang and Daniel Baumann as an art project for their country's national exposition in 2002, Expo.02. You can stay in Hotel Everland yourself (from a cool \$380 per night), or simply visit to gawp at other guests. Karl-Tauchnitz-Strasse 11, Leipzig, www.everland.ch (in German). **Bill Tikos**

VIEW WITH A ROOM
The self-contained 'bubble' that is Hotel Everland.

