the slowlife MAGAZINE

THE PREMIÈRE ISSUE – NO.1 2014



INTELLIGENT LUXURY • MAKING IT WORK • FROM THE EARTH ARCHITECTURAL HAVENS • BIODYNAMIC WINES THE SLOWLIFE SYMPOSIUM 2013







High performance, highly personal

New and official pre-owned sales, parts, accessories and servicing

Contact us to book your test-drive of the Aston Martin modell programme.





Rinkebyvägen 9, Danderyd, Sweden

the editorial TEAM

EDITORIAL DIRECTOR

Sophy Williams

CREATIVE DIRECTOR

Isabel Wallin

HEAD OF SALES

Karl Gracián Danielson

CONTRIBUTORS

Isabel Wallin, Hulda Linnéa Erixon Miranda Taylor, Mia Ljungberg Nevado, Louise Warner.

PHOTOGRAPHERS

Cat Vinton, Bill Curry, Paul Raeside, Basil Childers, Antonia Gern, Kitti Attakitmongcol, David William Mitchener, Robert Green, Jörg Sundermann, Kiattipong Panchee, Dan Kullburg, Saffron Taylor, Eva Malmström, Isabel Wallin, Robert Fischer.

PUBLISHER

Sonu Shivdasani – Founder, Chairman & CEO, Soneva Resorts 142 Two Pacific Place, 19F Sukhumvit Road Klongtoey, Klongtoey Bangkok, 10110, Thailand.

DISTRIBUTION

Soneva SlowLife Magazine is published bi-annually by Gracián Collection AB for Soneva and is distributed globally to Soneva's clientele, private residence owners and partners.

PRODUCTION BY

Gracián Collection AB Stockholm, Sweden www.graciancollection.com info@graciancollection.com

PRINTED BY

Park Communications Ltd. London, United Kingdom.

A SPECIAL THANKS TO

Sonu & Eva Shivdasani, Lynn Villadolid, Sophy Williams, Laura di Iorio, participating Private Residence owners and other contributors for their assistance and collaboration in the production of this first issue of Soneva SlowLife Magazine.

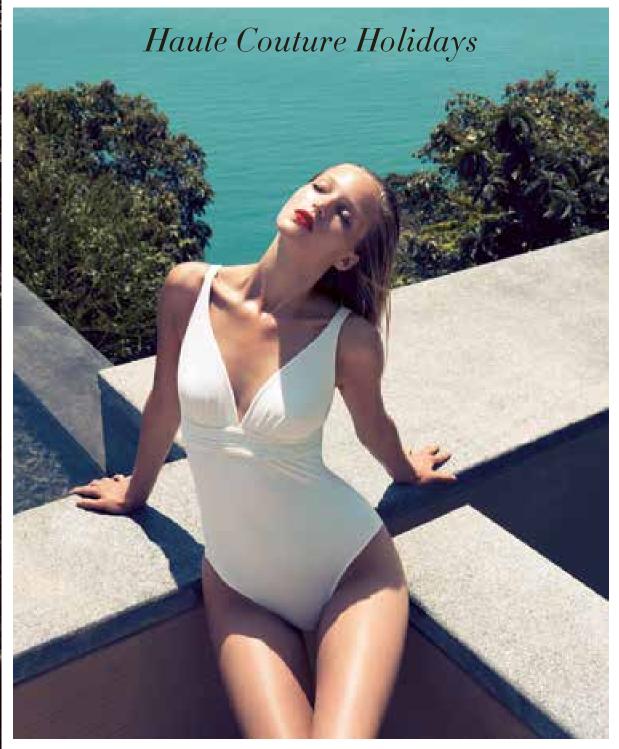
The Publisher reserves the right to amend the information contained herein as necessary and without notice. All images and information are for illustrative purposes only and should not be relied upon as a basis for purchasing. Purchases of any Private Residences featured in "Architectural Havens" are subject to the terms, conditions and provisions of legal agreements to be provided by the developer, Soneva Resorts, Spas and Residences. ERTIFIED

This magazine does not constitute or form any part of a contract or sale. Copyright Gracián Collection AB 2013.



Publication CarbonNeutral.co

CARBON



Select Collection is Northern Europe's leading luxury tour operator with over 20 years of experience of selling five star holidays to worldwide destinations. Book Soneva Fushi and Soneva Kiri through Select Collection for additional benefits and the best deal available.

We offer the following benefits:

• Breakfast always included. • Additional early booking discount. • An additional free night whenever there is a free night promotion, if the general offer is "Stay 7 pay 6", we offer "Stay 7 pay 5". • Kids up to 18 for stay free on bed and breakfast basis if booked room occupancy allows. • One complimentary Dolphin Cruise at Soneva Fushi or a spirit and chocolate tasting at Soneva Kiri. • We also offer upgrades when available and a bottle of wine upon arrival . • For high value bookings we can include additional experiences, ask us for more details.





THE SONEVA STORY

PAGE 10

INTELLIGENT LUXURY

THE SONEVA PHILOSOPHY PAGE 12

MAKING IT WORK

STORIES BY SONU PAGE 14

BAREFOOT BLISS

SONEVA FUSHI, THE RESORT PAGE 18

BEYOND THE MILKYWAY

DR PARAG MAHAJANI, SONEVA ASTRONOMER

THAI NIRVANA

SONEVA KIRI, THE RESORT PAGE 26

FROM THE EARTH

KEVIN FAWKES, SONEVA MASTERCHEF PAGE 32

ARCHITECTURAL HAVENS

THE SONEVA PRIVATE RESIDENCES PAGE 34

THERE'S NO PLACE LIKE HOME & THE SECRET HIDEAWAY

MEET TWO SONEVA PRIVATE RESIDENCE OWNERS PAGE 42 & PAGE 48

DINING BENEATH THE STARS

THE SONEVA CUISINE PAGE 50

POACHED EGG BY SONEVA

A SONEVA RECIPE PAGE 54

TRADITIONALLY THAI WITH A TWIST

MEET SONEVA KIRI'S KHUN BENZ PAGE 56

BIODYNAMIC POWER

FILLING OUR GLASSES PAGE 58

HEALING FOR BODY & SOUL

A PHILOSOPHY FOR LIFE PAGE 62

FINDING YOUR INNER PEACE

A SPIRITUAL RETREAT PAGE 64

MAGICAL ADVENTURES

FAMILIES AND CHILDREN AT SONEVA PAGE 66

MORE THAN JUST A PLAYGROUND

TRAVEL IN STYLE WITH A CHILD PAGE 68

SUSTAINABILITY IN THE TROPICS

THE FUTURE OF LUXURY RESORTS PAGE 70

WOULDN'T LIFE BE BETTER IF...

THE SLOW LIFE FOUNDATION PAGE 72

MAKING A DIFFERENCE

THE SLOW LIFE SYMPOSIUM 2013 PAGE 76

the soneva STORY

WITH THEIR UNIQUE AND INSPIRATIONAL VISION OF CREATING PERSONAL, SUSTAINABLE AND AUTHENTIC HOLIDAY EXPERIENCES, THE SHIVDASANIS ARE TRUE PIONEERS LIVING IN HARMONY WITHIN THEIR CREATIONS.

When Eva and Sonu Shivdasani built their first resort, Soneva Fushi, as well as their home on the deserted island of Kunfunadhoo in the Maldives in 1995, they had no idea that their intensely personal vision of locally crafted villas and an environmentally responsible lifestyle would form the basis of a successful collection of world-class hotels, resorts, residences and spas. But that's exactly what happened.

Long before the 'Live Green Philosophy' became a worldwide trend the Shivdasanis found themselves pioneering an idea for back-to-nature luxury holidays. Having already lived according to this commitment for years the opportunity to create the very first ecofriendly luxury resort was the chance of a lifetime.

Soneva Fushi became the blueprint for what was to become a highly acclaimed international business showing the hospitality industry that luxury could be perfectly combined with the environment.

In 2001, with the creation of an overwater resort called Soneva Gili, the Shivdasanis not only created the Maldives' first overwater resort but the world's first. In 2009, Soneva Gili was followed by spectacular Soneva Kiri on the unspoilt Thai island of Koh Kood. Soneva Kiri was the first private residential offering of Soneva, a natural brand extension for those repeat guests whose passion for the brand extends to the desire to call it home.

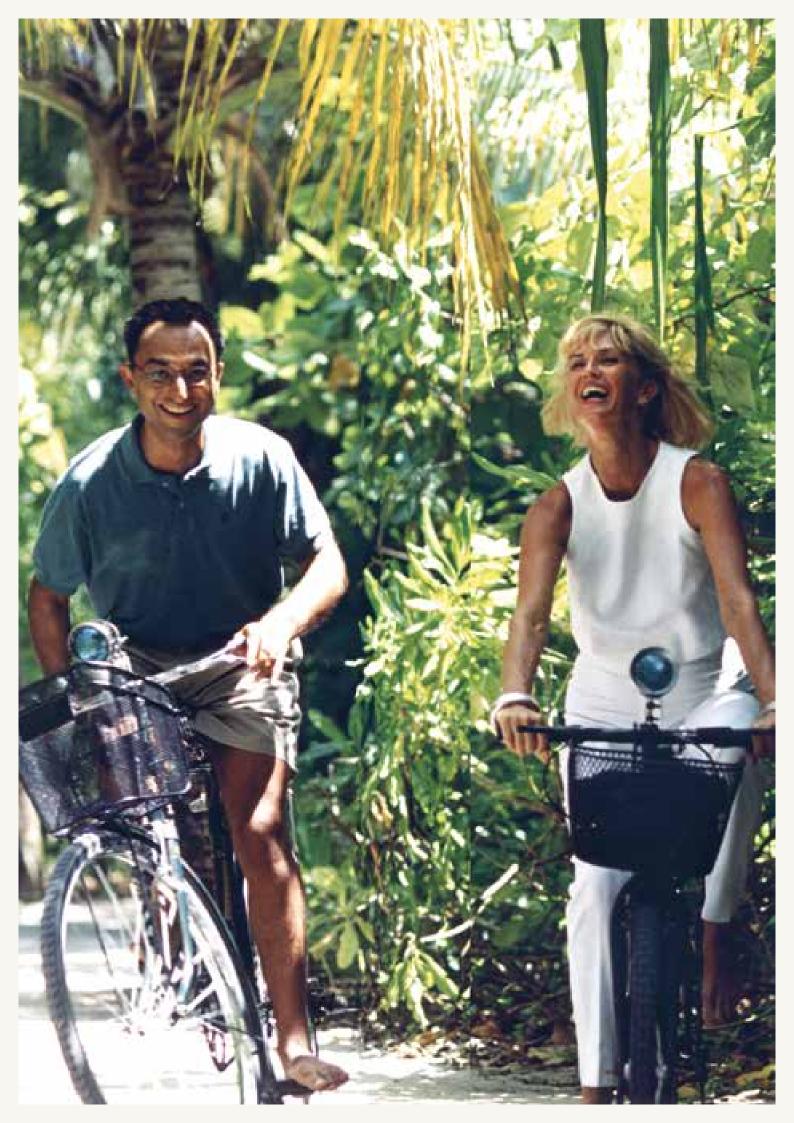
Passionate and committed to offering rare and exceptional moments while staying at their resorts,

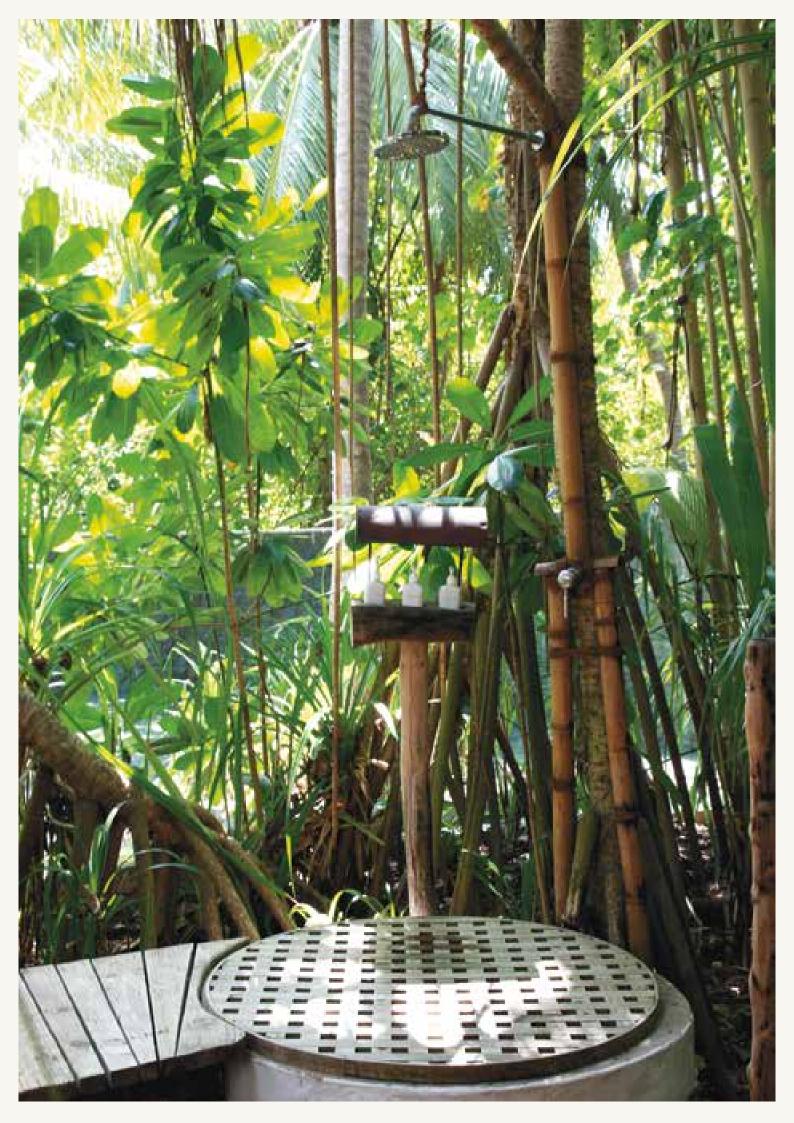
Sonu and Eva are continually creating innovative ideas to provide true and authentic experiences for their guests. With a service philosophy based on the Asian saying 'atithi deva bhava' meaning 'guest is all important' in Sanskrit, the Soneva resorts strive to provide what they call 'Intelligent Luxury' by providing world-class holidays while keeping in harmony with the environment in which they operate.

Today the Sonevas have many imitators, but no equals. It is still the original barefoot luxury brand, and still one of the travel industry's greatest innovators and is now also an established developer of luxury and sustainably-built private residences in Asia.

The acronym SLOW LIFE, meaning Sustainable-Local-Organic-Wellness Learning-Inspiring-Fun-Experiences, explains the Soneva philosophy. 'Intelligent Luxury', as interpreted by the Shivdasanis, is all about creating innovative, enlightening SLOW LIFE. Also notable is the Shivdasanis' contribution to meaningful projects that have a positive environmental, social and economic impact through their not-for-profit SLOW LIFE Foundation.

With breathtaking 'remote but accessible' natural locations, effortlessly chic accommodation, incredible food, truly memorable activities, an inspiring ethos of sustainability and service that is uncannily intuitive, the Soneva resorts are the ultimate luxury hideaways to return to again and again for many years to come.





intelligent LUXURY

WHAT IS IT, WHERE DO WE FIND IT AND ONCE EXPERIENCED, IS GOING BACK TO THE TRADITIONAL IDEA OF LUXURY EVEN POSSIBLE?

by Isabel Wallin

The National Geographic 'Intelligent Travel' blog defines 'Intelligent Luxury' thus: 'It is about exploring the intersection of authentic and sustainable travel... to showcase the essence of place, what's unique and original, and what locals cherish most about where they live'.

Exclusive holiday destinations can be found in every corner of the earth; from the urban high-rise in New York to the remote game lodge in the African bush – this is a multi-billion dollar industry tempting you to buy into the general concept of what is exclusive and luxurious. But what if you are searching for something over and above the generic experience provided by resorts that look and feel exactly the same regardless of the continent you are on or which country you are in? What is the alternative?

To those of us who seek another way of experiencing our world, while still enjoying the comforts that traditional luxury provides, the term 'Intelligent Luxury' may perhaps simply mean travelling the world while immersing ourselves in other cultures and stunning locations. This is

undoubtedly easier said than done as the real test lies in the destination's ability to provide both the authentic experience of the natural surroundings and the local culture while still paying the greatest attention to quality, style and luxury.

As with most things the understanding of what luxury is, is different for different people. To Soneva, luxury is something that is rare and is therefore far from the generic experience of what is understood as luxurious. By continually challenging what is truly luxurious in the eyes of the guest, Soneva provides space where space is rare and focuses on creating delicious, 100% organic, fresh food where most others aim just for culinary accolades, while at the same time creating enlightening experiences that tread lightly on the earth.

Soneva's pioneering vision has created a trend for back-to-nature holidays that challenge your traditional concept of luxury while paying attention to your eco-conscience. Here there is no need to compromise your desire for those rare, unique, and inspirational moments that once experienced, are not easily forgotten. **





'I WAS DETERMINED TO RE-OPEN WITHIN 30 DAYS'.

THE SETTING IS FEBRUARY 1998 at Soneva Fushi in the Maldives and we were in the process of constructing a new phase of Residences which coincided with the introduction of a new reservations system through Small Luxury Hotels of the World. A young company in the middle of our high season, we had just celebrated our second birthday when we began to experience unexpected operational delays beyond our control. We were told by the team that the resort needed to be closed for at least six months. To me, this was just not an option and I was determined to re-open within 30 days. Luckily there soon appeared a ray of hope as we were fortunate enough to still have contractors on site.

We were in need of a couple of generators and desalination units so we began to call around and quickly found what we needed. We hired an Antonov from Singapore to airfreight the equipment to the Maldives and seven days later they were at Malé Airport making their way to the resort.

The team on site was told to focus entirely on the plant room, which was a necessity to re-open. We soon proved that nothing is impossible and 29 days later the resort was open again.

Unfortunately, as our tour operators had written us off for the high season, the occupancy, as we re-opened, was very low. The reservations team quickly opened up all distribution channels and before we knew it, just a few days later, Soneva Fushi was fully booked. Five days on, our Reservations Manager arrived at his desk in the morning to find that Small Luxury Hotels of the World had made a booking for six villas while the distribution channels were closed. He not only found the booking but to his horror he realized that the guests were already en route and would be arriving in Malé in only a few hours' time.

We only had three unbooked operational villas so the only solution was to try and prepare some of the new villas ahead of schedule in time for our shortly arriving guests. As luck would have it there were three villas that were almost complete, the only problem being that they were missing a couple of pieces of furniture.

The guests arrived in Malé and were transferred smoothly to the island, but the villas were still not ready when they arrived at the jetty; so they were escorted to the bar and offered a drink. 30 minutes later they had become a little impatient wanting to be shown to their villas. Literally doing his best to accommodate

the guests their designated Mr. Friday called the Executive Housekeeper who was frantically trying to finish the rooms. She explained that they were still making the beds so the Mr. Friday replied, 'I will walk them over there rather than taking the buggy so by the time they arrive, you will have finished making the bed'. 'No', exclaimed the housekeeper, 'you do not understand, they are making the bed, it will take another hour'. 'What you mean?' said the Mr. Friday, 'how can it take you an hour to make the bed?' The housekeeper walked; phone in hand, towards the bedroom. In the background the Mr. Friday could hear the carpenters sawing and hammering away trying to construct a new bed as an alternative to the missing piece of furniture still enroute by ship to the island. The housekeeper was not joking, they were literally making the bed!

To ease the guests' slight impatience the Mr. Friday returned to explain the reason for them being kept from their beds, but moments later they were informed that their villas were completed and ready for their much-anticipated arrival.

Anything is possible at Soneva − a place where dreams really do come true. **

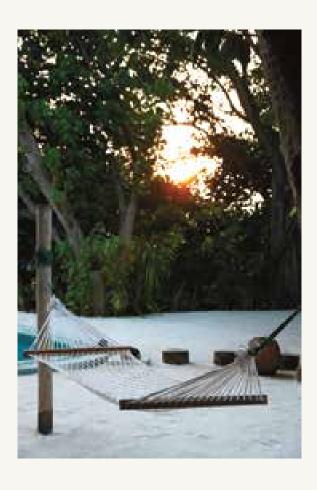






barefoot BLISS

NO NEWS, NO SHOES. WHY? BECAUSE WITHOUT SHOES YOU FEEL EVERYTHING



'A PICTURE
PERFECT
HIDEAWAY
LADEN WITH
TREASURES
TO MAKE
YOU FEEL
LIKE A
CHILD AGAIN'.

MENTION THE WORD PARADISE to just about anyone and many will picture exactly this; pristine white beaches that blend seamlessly into exquisite, turquoise waters surrounding the lush, dense jungle that is the island's core. Soneva Fushi is paradise located on the Baa Atoll, a UNESCO Heritage site. A desert island hideaway where from the moment you step off the seaplane and onto the floating pontoon that is the local airport, you are filled with a sense of discovery, optimism and innocence. Greeted by smiling hosts and welcomed aboard your island transfer vessel you are provided with cold towels and refreshments while discreetly requested to relinquish your shoes. This is where it begins; where the 'No News, No Shoes' philosophy takes effect and your entire being experiences that deep sigh of relief and relaxation, without even having yet stepped back on terra firma.

Surrounded by ring reefs, called Faru, Soneva Fushi is by Maldivian standards a large island. One kilometre long and half a kilometre wide this picture perfect hideaway is laden with hidden treasures to explore at every turn and effortlessly makes you feel like a child again. Hidden among the deep, abundant greenery are the villas and private residences that make up the island's accommodation. Only steps away from the pristine coral

reef and with views of either the sunset or the sunrise their style defines the understated, rustic and luxurious charm that permeates the island. Vast, sigh-inducing beds and glorious open-air bathrooms are surrounded by the sounds of nature with waterfalls, jungle aromas and organic amenities that smell good enough to eat. The attention to detail is remarkable in its consistency. And with the discreet but attentive attention from your Mr. or Ms. Friday you are left wanting for nothing.

Many guests stay 'home', enjoying unrivalled peace and privacy. With culinary dining available for delivery, such as the best 'takeaway' food in the Indian Ocean, there is really no reason to leave the comfort of this glorious solitude. But when the need for company arises all you need to do is venture out and explore the nine different dining options. From the breakfast at Mihiree Mitha, the social hub of the island, to Fresh In The Garden above the herb and vegetable garden, you are never far away from a thirst-quenching drink or a mouth-watering meal.

With endless opportunities for one-of-a-kind experiences there is always something to do. While away the hours in the privacy of your villa, watch one of your favourite films on the beach, beneath the stars at Cinema Paradiso or count the rings of Saturn from the











world-class Observatory with the help from expert Maldivian host Ali Shameem or Dr Parag Mahajani, one of India's leading astronomers, about whom you can read more on page 24.

The possibilities for adventures are however not limited to the island's ample space. Opportunities to venture beyond the island are in abundance. Sunset dolphin cruises, picnics on the sandbank or on one of the three deserted islands, breathtaking diving excursions to watch the majestic rays feed at Manta Point or fascinating cultural visits to nearby islands are only a few of Soneva's many memory-making experiences. And if the above sounds far too energetic then perhaps a day at the Six Senses Spa is more apt a choice. Indulge in a day of pampering with one of the unforgettable spa treatments and therapies using ingredients and traditions native to the island's surroundings.

Regardless of how you choose to spend the daylight hours you will fall asleep at night knowing that you have enriched your life while treading as lightly as possible on the earth, as is the Soneva way.

Sonu and Eva Shivdasani's passion for protecting nature's precious resources pervades every aspect of the island. At the heart is Eco Centro, proving ground for the sustainable culture Soneva extols, where everything from the sun's rays – the island is part powered by solar panels – to driftwood and styrofoam is reused and where they create their own charcoal from coconuts and use the fibrous hairs to make string.

Serious goals for sustainability do not repress Soneva Fushi's sense of fun. They enhance it. The proximity to nature, the innate respect for the ocean's wonders, 24/7 bare feet, it all helps enhance a feeling of liberation and inner peace. Pleasure goes hand in hand with respect for the planet. Lounging on the nets at Bar(a) Bara sipping cocktails as dolphins frolick below in front of the setting sun is hedonism of the best kind. Snorkelling the house reef in the company of the resident marine biologist before enjoying a Kurumbaa Kaashi rub with coconut oil, milk and flesh harvested minutes earlier from a freshly fallen nut simply restores your long forgotten sense of wonder.





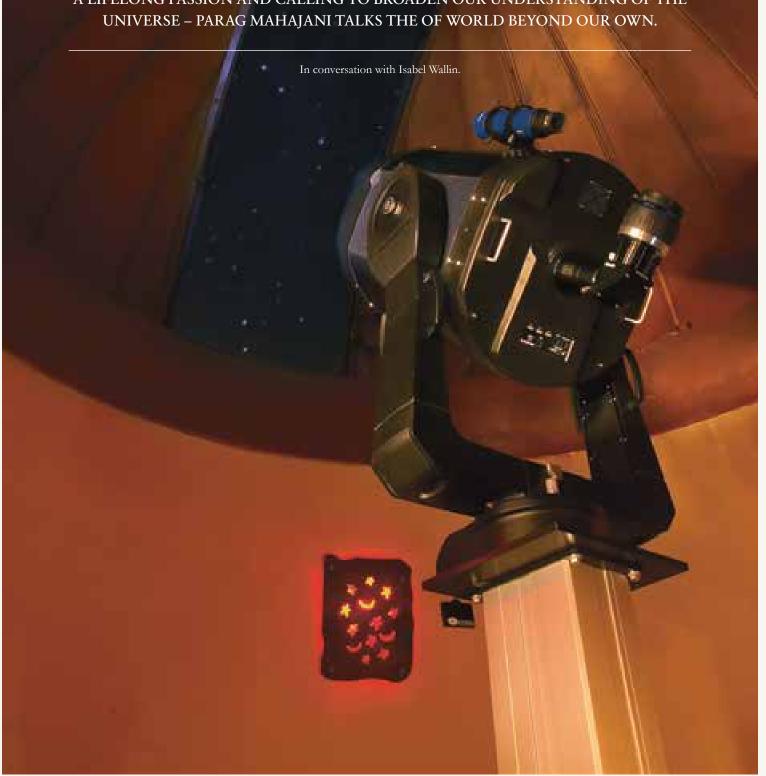


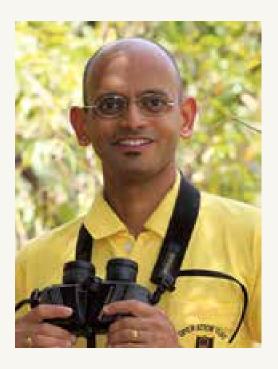






A LIFELONG PASSION AND CALLING TO BROADEN OUR UNDERSTANDING OF THE UNIVERSE – PARAG MAHAJANI TALKS THE OF WORLD BEYOND OUR OWN.





'I GET
LOST IN
THOUGHTS AND
IMAGINATIONS...
OF DEEPER SPACE,
THE OUTER
PLANETS THEIR
DISTANT SUNS...'

The last time it was here was in 1986, and it is projected not to return until 2061. For astronomer Dr. Parag Mahajani the appearance of Halley's comet seen from the Mumbai Planetarium over 20 years ago sparked a lifelong fascination and passion for the world beyond our own.

Encouraged by his father and an inspiring professor named Professor Apte, Parag clearly had an aptitude and hunger for this complex and mathematical field. He gave his first public speech at the age of fifteen, went on to receive his degree in Engineering in Telecommunications and Research in Astronomy and Satellite Communications, and was eventually merited as an Astronomy Fellow at the Royal Astronomical Society in London.

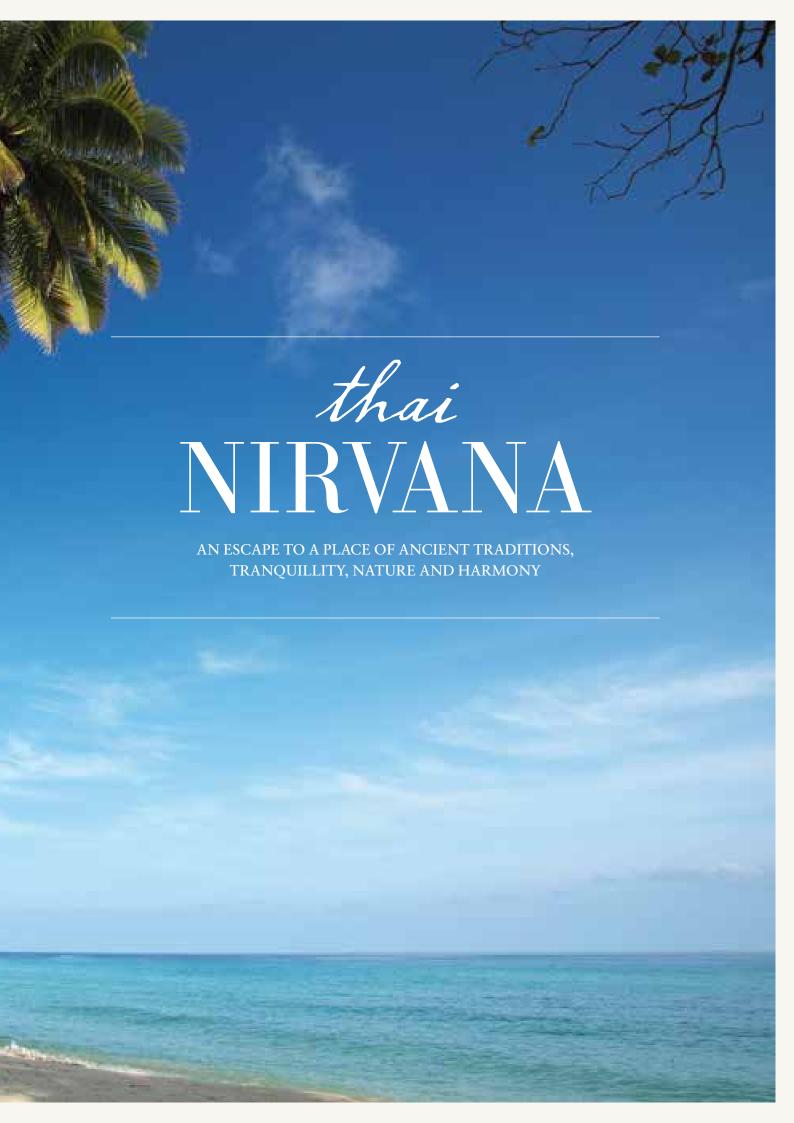
Years later Parag received a phone call made from a then to him unknown location, Soneva Fushi. The caller, Mr Godfrey Vaz, carried an invitation from Sonu Shivdasani to visit Soneva Fushi for talks on astronomy. Parag leapt at the chance and from the moment he met Sonu his Soneva adventure began. Always the great encourager and dreamer, Sonu later announced that Parag would guide them in building an observatory in the midst of the lush greenery that is Soneva Fushi.

Today, Parag is Soneva's Group Consultant and Astronomer. His mission is to visit the properties, which have the two largest observatories in Asia for private use, and share his passion, excitement and knowledge of our universe with the guests. His time is spent consulting on the building of the observatories, conducting training programmes for the hosts and most importantly, ensuring that the guests experience the vast skies from the observatories. With sights such as the Plough standing upright, Saturn with its beautiful and serene translucent ring, the many moons surrounding Jupiter and the huge gas clouds known as nebulae, one cannot help but feel a sense of awe when taking a closer look at the mysteries that lie beyond our own planet.

'The night sky filled with stars and planets always creates a sense of awe in my mind. I get lost in thoughts and imaginations regarding the physics and mathematics of deeper space, the outer planets, their distant suns and of the possible life that other stars might harbour', says Parag. When I continue to ask what inspires him his answer is clear. 'The world of astronomical instrumentation. The craftsmanship of high quality telescopes, satellites and spacecraft is just amazing. The sophistication and developments in science and the search for truth is what drives the modern, technological world of astronomy'.

Working with Soneva has brought him closer to his own goals and continues to be a source of inspiration. According to Parag, Sonu and Eva are such warm, industrious and loving people with great vision and passion for astronomy that it is difficult to not to be encouraged by them. 'Sonu is one of the most energetic people I have ever come across on this planet', he says. 'With talent, drive and dreams such as Sonu's, one can only appreciate the opportunity of being involved in the process of developing the brand and bringing the far reaches of the universe to each and every guest who visit a Soneva resort'. **















'REMOTE FISHING VILLAGES, COLOURFUL BOATS, EPIC WATERFALLS, BEGUILING SMILES AND INDOMITABLE SPIRITUALITY'.

NESTLED ON THE SPECTACULAR and unspoilt island of Koh Kood within the protected waters of the Gulf of Thailand, Soneva Kiri is considered one of the finest resorts in the world and epitomizes Soneva's 'Intelligent Luxury' concept.

Three hundred and fifty kilometers southeast of Bangkok and 80 kilometers off the Thai mainland this is a tropical paradise second to none. With lush, vibrant vegetation and white beaches, fringed with palm trees, this is Thailand's fourth largest island and remains remarkably undeveloped. Here the sense of tranquillity, seclusion and harmony within the ancient rain forest permeates the island and envelops the hillsides sloping down to deserted, coconut palm shaded beaches and pristine cobalt waters.

Koh Kood is home to less than 2,000 villagers, mostly fishermen, living side-by-side as neighbours yet the island feels entirely secluded and brings you back to a time long gone when Thailand was genteel and untainted, and is far away from the well-trodden tourist attractions.

Just one hour by boat from the wonders of Cambodia this unique and sustainable resort has been tastefully and cleverly designed to complement the landscape and blend seamlessly into the outstanding natural beauty. This is a place to come and embrace the real Thailand. An area consisting of remote fishing

villages, colourful boats, epic waterfalls, beguiling smiles and indomitable spirituality – it is all right here, just around the bay, willing you to uncover its ancient secrets.

Twenty-eight villas and eight private residences – sitting either on the beach or sunny slopes in the rainforest, gazing across the sea – have been built with sustainable materials, including local timbers, in keeping with the Soneva SLOW LIFE philosophy. Offering complete privacy, every possible comfort and luxury, they are among the most spacious in all South East Asia with large wrap-around pools and generous grounds for reading, relaxing, sunbathing or simply gazing out over the sea.

Each villa comes complete with its own electric buggy, as well as bicycles, to make getting around the extensive resort easier; whether this is to the Six Senses Spa, where expert therapists perform a wide range of wellness, holistic, rejuvenating and relaxing treatments or to the manta ray shaped Den, or Eco Den, to drop off the children into their own private fantasy world.

The island offers a diverse abundance of over and underwater active pursuits or the freedom to do nothing at all. Whether you are here for a few days, weeks or months, Koh Kood provides plenty of entertainment, from the inspiring to the invigorating. While away the days trekking in the rainforest, visit the mythical



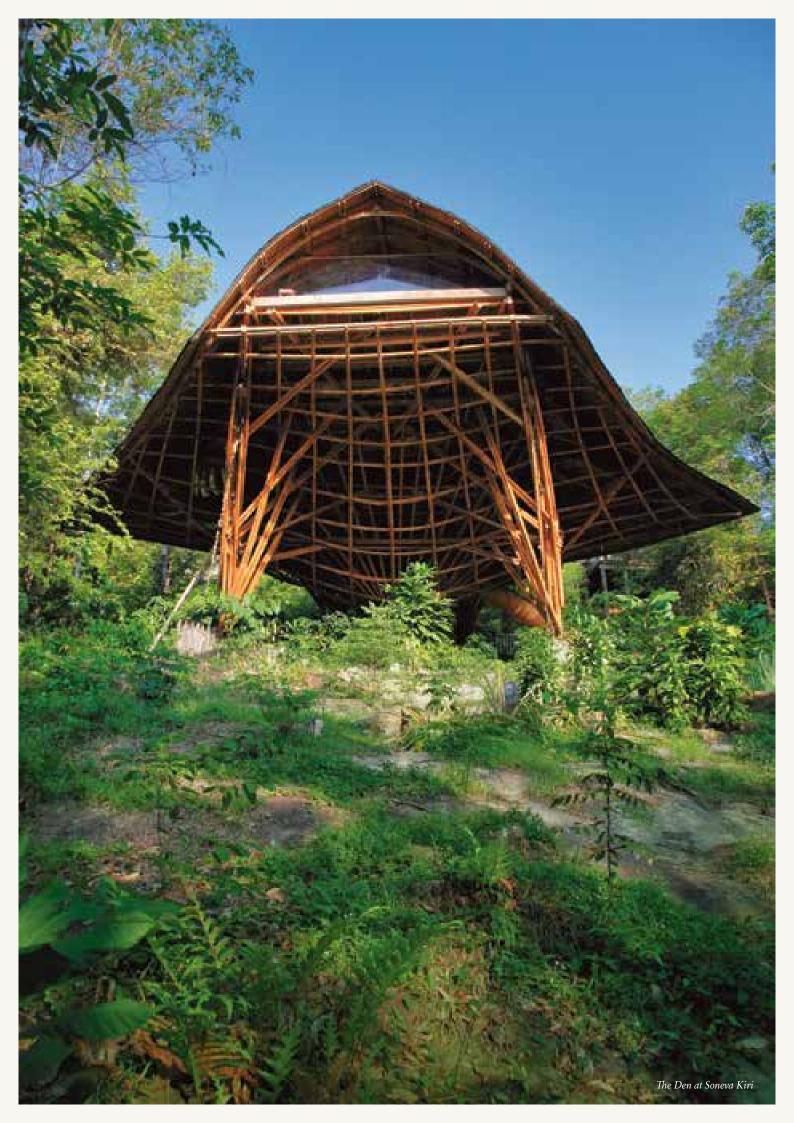
temples of Cambodia's UNESCO Heritage site, Angkor Wat, just a short plane ride away, or sample the nearest neighbour's organic honey. Regardless of what you are in the mood for during the day exciting and inspirational adventures are just around the corner. With idyllic beaches to while away the days with snorkelling, diving, sailing, windsurfing or trips on the ultra glamorous 36 ft Gulf Craft Touring boats, there is never a shortage of experiences to explore.

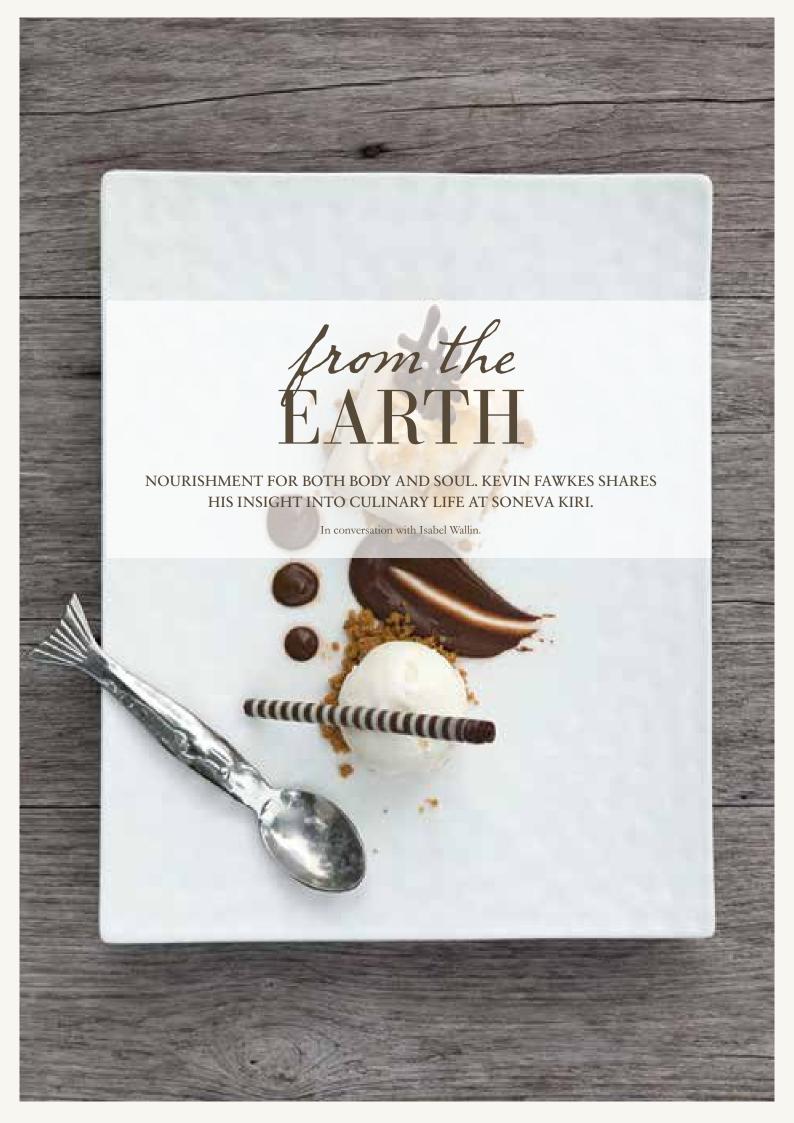
Here, much like Soneva Fushi, food is always a highlight. Dine overwater on home cooked Thai classics with Khun Benz, rise to gourmet heights in the iconic Treepod Dining, swing by the sea while chefs grill the day's freshest catch, feast on organic fare by starlight overlooking the midnight blue Gulf of Thailand or let the staff drop you off by speedboat on a deserted beach

to indulge in a picnic basket full of your favourites. At Soneva Kiri, edible memories from the diverse and unique eateries are as limitless as the unobstructed horizon from the diverse and unique eateries.

And when the day comes to an end you can spend the velvet, smooth after dinner evenings stargazing at the Observatory or watching the stars on the silver screen at Cinema Paradiso with only the moon and stars above for company.

So whether you are marvelling at the beauty of the Soneva Kiri villas, constructed from locally sourced timber, enjoying a cool glass of filtered Soneva Drinking Water or experiencing the heights of the Treepod Dining, you will be helping Soneva in their decarbonising goal. This is 'Intelligent Luxury' at its best, Thai style. **





'YOU
CANNOT
CHOOSE
WHERE YOU
START BUT
YOU CAN
CERTAINLY
CHOOSE
WHERE YOU
FINISH'.



IT IS A FAR CRY from the peaks of North Staffordshire from whence he came, to the exotic, tropical paradise of Soneva Kiri in which I find him. Born and raised in rugged William Wordsworth country, Kevin Fawkes has indeed come a long way – and yet he seems perhaps more at home than ever.

His Thailand adventure began on a beach in Cyprus while catering for a celebrity wedding some time ago. Standing in the sand his phone rings with a voice on the other end offering him a job on the other side of the world as Executive Chef at Soneva Kiri.

Today Kevin finds himself working in paradise with his feet on terra firma creating some of the most inspirational dishes ever to be placed before you.

His own passion for cooking came from his father who with the traditions of his French ancestry taught him to cook as a boy.

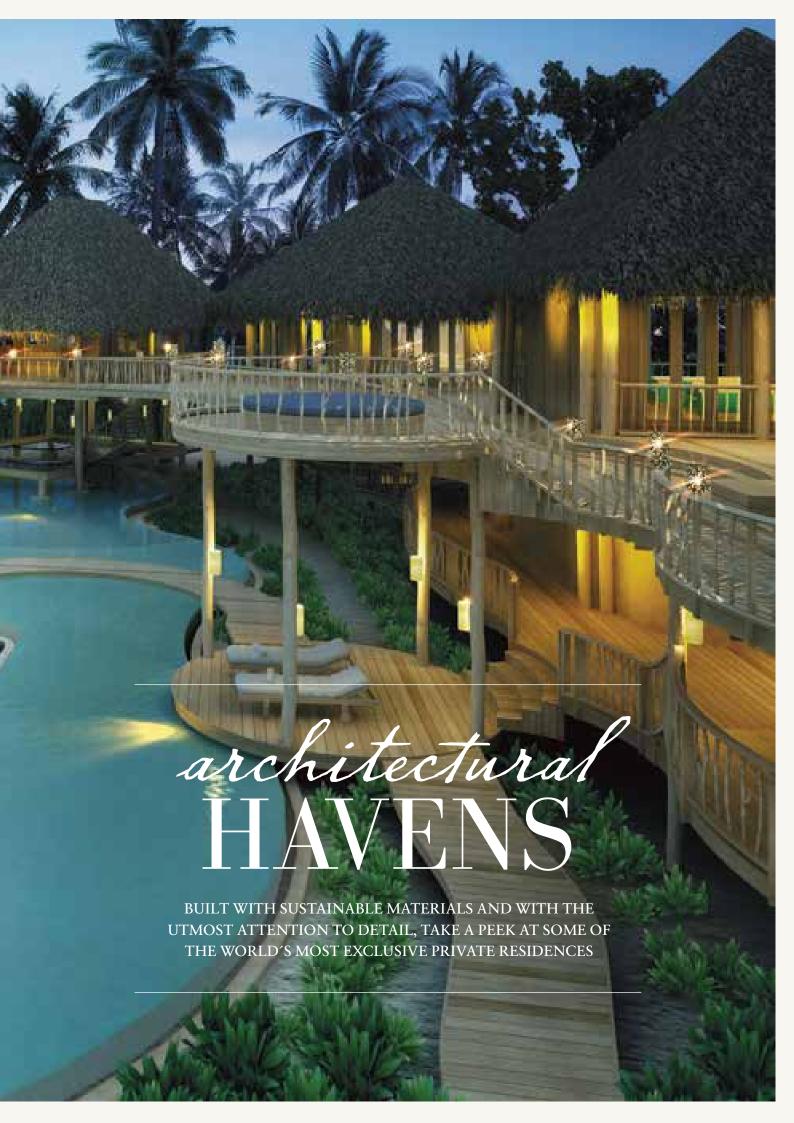
Through his storytelling and culinary art comes his strong passion for life, humanity and respect for all things; and his hopes are that more chefs will reconnect people with their food and guide them to taking back ownership of their creations. It is about respectfully using what the planet provides and taking comfort in the simplicity of what that means. Going to the farmers' market to see what seasonal items are available such as cheeses, chutneys and vegetables and then going home to cook simple dishes for his family is his idea of true simplicity and great cooking.

These days, his culinary inspiration comes from his thirst for knowledge. The 2013 Winner of the Thai equivalent to Masterchef, Kevin tells us that his drive is to learn more, evolve and to be the best he can be in the short time he is on this planet. "You cannot choose where you start but you can certainly choose where you finish", he concludes.

Working for the Soneva Group is, in Kevin's mind, one of his greatest career achievements. He is enjoying every moment of being part of what he calls "such a momentous life changing idea". Referring to the Soneva vision of leading an environmentally responsible lifestyle and illuminating lives whilst treading lightly on the earth, Kevin himself lives by this creed.

When asked towards the end of our short but inspirational conversation if he has a favourite dish, his answer is simply "the one Mother Nature will inspire me to create tomorrow". **









EVER SINCE SONU AND EVA SHIVDASANI discovered Soneva Fushi they have dedicated themselves to focusing on responsible and sustainable development and have made history by being the first developer to offer luxury homes for foreigners in the Maldives. To date it is the only established luxury resort offering a chance to call the Maldives home.

Representing the ultimate expression of the signature experience and style for which Soneva has become world renowned, the Residences incorporate that perfect blend of understated design, luxurious spacious accommodation, uncompromising quality and service, and environmental sensitivity. Showing how clever design, thoughtful energy management and cutting edge recycling techniques can ensure we tread very lightly on the earth, the Shivdasanis have managed to build the Residences with negligible environmental impact, achieved by a combination of innovative technology and thoughtful design.

By showcasing their dedication for sustainable building techniques to both local communities and guests alike, the production of Private Residences at Soneva's resorts not only inspire but also educate others about the realities of renewable energy and responsible development.

Hidden away and barely seen from the sea, despite being only a few steps from the beach, these extraordinary Private Residences are located in some of the most breathtaking locations in the world with properties at both Soneva Fushi in the Maldives and Soneva Kiri in Thailand.

Located in the Baa Atoll, a UNESCO World heritage site, Soneva Fushi is a private island. Here the Residences are, like the island itself, spacious and serene, with space to relax, breathe, and recharge your batteries or to spend months hiding away from the world.

Soneva Kiri has been meticulously created to meet the same exacting standards as the sister resort and is considered one of the finest resorts in the world. Each Residence is located to provide maximum privacy and tranquillity whilst being close enough to enjoy the resort's plentiful services and amenities, which include a world-class spa, state-of-the-art gym and several restaurants. Electric buggies and bicycles are the mode of transport within the resort, which is beautifully landscaped with pathways elegantly lined with palm trees right down to the pristine white sand beach.

All of these unique and secluded Residences are designed to meet each owner's specific requirements, whilst remaining true to the Soneva values of SLOW LIFE and the brand mission of 'Intelligent Luxury'. With 'Mr. / Ms. Friday' butler service and full access to all of the island's facilities, this is the ultimate opportunity to purchase and develop the dream home in paradise.

To find out more about the sale of the Private Residences please contact Lynn Villadolid, Managing Director of Soneva Private Office at lynn@soneva.com. **







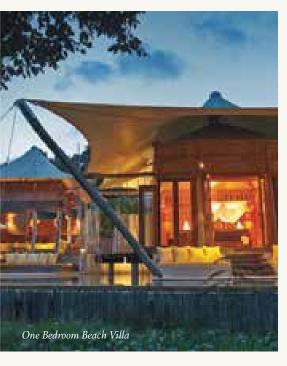






private residences at soneva kiri

Vast and filled with light these unique residences are built with the unrivalled style that has been pioneered by Soneva from the very beginning. Occupying a built-up area of up to 2,500 square metres and set on up to 6,200 metres of land, this development of 36 villas ensures maximum tranquillity and privacy for its residents. Each individual site has been selected with great care to achieve the necessary combination of seclusion and stunning panoramic views, and all with easy access to the resort's facilities. There are a limited number of these exclusive existing Residences from one to six bedrooms, beach, hill or cliff views and are available for sale or rental with prices on application.







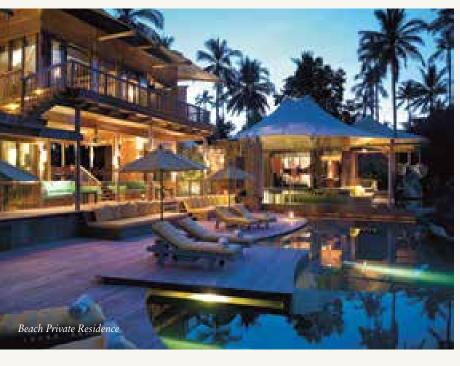


hill private residence

Five oversized bedrooms, each with views over the dappled bay, and a total built-up area of 1,400 square metres, this is a particularly secluded and protected Residence. With vast dining and lounging areas, indoor and outdoor showers, a private spa suite to relax in, a tree house for the children to play in and a water slide for that plunge into the cool swimming pool, this is the perfect place for that much needed family time.

beach private residence

Located in a quiet spot adjacent to South Beach, this villa has five bedrooms, a total area of 4,843 square metres and is home to a spacious master bedroom, beautiful guest bedrooms, a gym and steam room, two kitchens, and a separate staff area. Soak up the peace and quiet, wander down to your tropical garden, or simply read a book and marvel at your privileged perch on the Gulf of Thailand.







private island, koh rad

Just 300 yards away from the beach at Soneva Kiri, Koh Rad is a small, alluring island where someone wanting the ultimate in privacy and large-scale entertaining could build the ultimate dream home. Plans include a ten bedroom Residence with three hundred and sixty degree vista of the blue azure sea.

This vast Residence could take up to twenty guests and amongst a myriad of bespoke options, includes a games room, expansive pools, entertainment space, a wine cellar, and an optional heli-pad. A hop, skip and a jump from all the resort facilities too. One villa, one island – all to yourself.











there is no place LIKE HOME

TRUSTING AN INSTINCT, TAKING A CHANCE AND FINDING THEIR WAY HOME.

MEET SONEVA KIRI'S FIRST PRIVATE VILLA OWNERS.

In conversation with Isabel Wallin.

Perched high above the ocean on a cliff-top this might very well be one of the best places in the world for a sundowner cocktail. With a 180° vista of the Gulf of Thailand and never-ending views of the spectacular Koh Kood sunset one cannot help but be mesmerized by the surrounding beauty.

With six bedrooms and a total area of 5,832 square metres Villa 63 reigns supreme among the cliff villas of the world, pro-

viding ample space for both personal and corporate entertaining. This stately home has openair bathrooms tucked everywhere, a gym, a large entertainment area and spacious platforms for sunrise and sunset yoga sessions.

Today this stunning Residence is home to a family of four despite the fact that the purchase of a villa in Thailand was not exactly planned. It all began with a traditional holiday when



the family booked their first Sonu and Eva Shivdasani resort experience in Hua Hin. Instantly falling in love with the barefoot, unfussy and down-to-earth concept that had been created, the prospect brochure in their holiday villa drew their attention to the possibility of owning their very own home.

'Sonu and Eva immediately flew in the group's Marketing Director and by the very next day we had committed to purchasing the first off-plan Residence in Soneva Kiri'.

A highly instinctive experience; the adventurous architecture, colourful interiors, fine dining, true low-key luxury, exceptional peace, quiet and privacy were simply too hard to resist.

A far cry from their shared very messy, large student house from their days at Oxford where they met, they now enjoy a home where the family can reconnect, relax and recuperate away from the crazy speed of their London life

'Here our children, who are 11 and 13, can adventure safely, play on the favourite slide to the enormous infinity pool, go snorkelling, diving and make new friends with the other villa owner's children of different nationalities and ages'.

'For us the stability and familiarity of Soneva Kiri continually deepens our connection with the place, the hosts and other Residence owners to create a joint experience and passion for this small island paradise', they conclude. There is simply no place like home.

three questions for the owners:

A SONEVA EXPERIENCE NOT TO BE MISSED?

- Simply try everything and go with the SLOW LIFE flow.

FAVOURITE CULINARY EXPERIENCE?

The kids like the beach burger and wood fired pizzas best.
 We like the Indian food and love the fine dining at the View which changes seasonally.

HOW OFTEN DO YOU VISIT YOUR VILLA

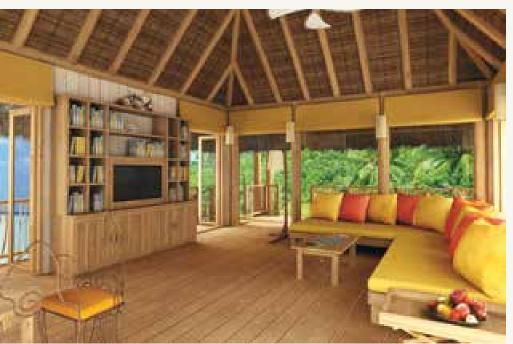
- We come for October half term, Christmas and New Year every year and Easter.













private residences at soneva fushi

Hidden among the dense foliage of the island of Kunfunadhoo these exquisite Private Residences are all within touching distance of pristine coral reef. Occupying plots of up to 4,860 square metres with built-up areas in excess of 3,450 square metres, these vast and luxurious Residences have views spanning a total over 70 metres of one of the world's most beautiful beaches. Each built to the highest specification with architecture that seamlessly blends into the natural landscape, these exclusive Residences have the option of one to nine bedrooms and are available for sale or rental with prices on application.



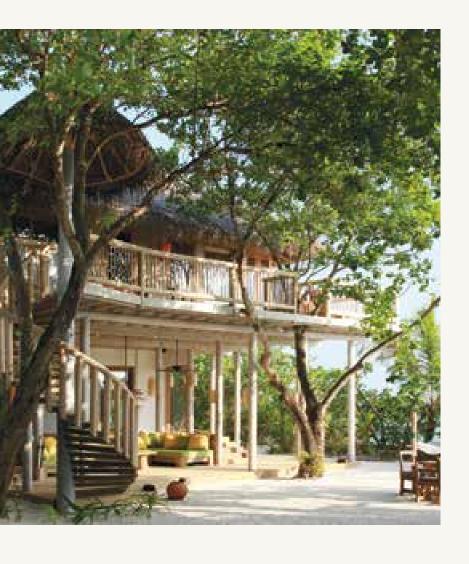




the jungle reserve

Occupying a vast total land plot of 3,536 square metres and with approximately 52 metres of pristine beachfront, the Jungle Reserve is a timeless classic. An immense but discrete four bedroom villa with spectacular sea views, the villa has two swimming pools that wrap around it like a glove, with a children's pool that is a treat for the youngest Soneva enthusiasts. Three spacious indoor and open air bathrooms with sunken bath tubs complement the luxurious bedrooms as well as an indoor and outdoor sitting room to chill out in and a study. Spend time with friends and family in the large dining room adjacent to the fully-equipped kitchen and allow Soneva's chefs to whip up gourmet cuisine matched by the finest wines from the villa's own wine cellar. For those desiring the ultimate pampering without leaving one's doorstep, there is also a private spa suite complete with a romantic treatment room for couples; and a fully equipped gym.





villa 2

Villa 2 is one of two legendary 'Retreats' and has been home to many Soneva enthusiasts who over the years have desired the finest possible holiday accommodation. Housed on a total land area of 1,365 square metres, Villa 2 has been recently upgraded to include three bedrooms with ensuite bathrooms spread out over three separate wings of the home. The third and latest bedroom is on the first floor, with stunning triple aspect oceanfront views. Housed in a recently built wing, the villa features an al fresco living area, a separate indoor games room as well as comprising its own gym, a separate open-air dining area with sea views and a partially-covered, full length pool – all true to the Soneva style.

villa 62

A large two bedroom Crusoe suite, this hidden gem comprises a total area 1,290 square metres spread over two separate wings on the sunset side of the island. The central wing houses a large living room as well as a stunning outdoor bathroom and a romantic bedroom on the first floor with its own terrace with uninterrupted sea views. The adjacent wing is home to an outdoor living area, an indoor dining room and a walk-in mini bar and kitchen. Up the spiral stairscase is an expansive master bedroom with beautiful sea views and a spacious en-suite bathroom. For families desiring pool and beach time until way past sunset, Villa 62 delivers a unique family experience.







the secret HIDEAWAY

PROUD OWNERS OF ONE OF THE MOST STUNNING RESIDENCES IN THE INDIAN OCEAN OPEN THEIR DOORS TO A SECRET HIDEAWAY UNLIKE ANY OTHER.

In conversation with Isabel Wallin.

On an island full of distinctive villas, Villa One occupies a superb position on the sunrise side of the island. This private, secluded hideaway is built on 1,400 square metres of property and is not only surrounded by dense tropical jungle, but also has 180 degrees of uninterrupted views over crystal waters and pristine white sand. All of the island's Residences are built using indigenous techniques and locally sourced materials.

Villa One is no exception. Built from sustainable woods and sheltered under a traditional thatched roof,

this whitewashed modern villa is as dramatic outside as it is inside.

With three spacious bedrooms, each with their own en-suite bathroom, stunning living areas, a dining table fit for royal banquets, a state-of-the-art home cinema and romantic terraces with stunning views of the private beach, one is left wanting for nothing when residing in this remarkable home. Yet the most distinctive feature is the glorious outdoor master bathroom where hours can be spent lounging, bathing and showering under



the stars. This unique plot was sold 2 years ago to an art loving, globetrotter couple who already owned homes in both the US and the UK and who had no intention of purchasing another one.

They were recommended to visit Soneva Fushi by a friend in London and what a recommendation it ended up being. 'If James Duigan [creator of the Bodyism system and bestselling author of 'The Clean and Lean diet'] tells you something is good for you, you should believe him and do whatever he says', the lady of the house tells us. And unquestionably Mr. Duigan was right. From the moment they arrived on the island they made an instant decision to build their own secret hideaway. Unbeknownst to their children, who have yet to see the finished result, they proceeded to complete what can only be described as a wonderful and spontaneous purchase in the middle of the Indian Ocean.

'Our beautiful villa sits on Dolphin Beach with gorgeous outside space for a myriad of experiences. There is never a shortage of things to do here', she tells me. 'Whether it is purely relaxing, enjoying a private yoga class or entertaining our friends, you name it, this is the place to be. We love the quality of the service that the staff provides

in the comfort of our own home and before every visit we look forward to arriving on the island and relinquishing our shoes to feel the warm sand beneath our feet'.

When asked how they view the future of Soneva Fushi and the residences, they tell me that their hope is that the resort optimizes the mix of owners and guests to keep things interesting. And if other guests have the same initial reaction when arriving on the island as they did, then this hope is sure to come true.

three questions for the owners:

HOW OFTEN DO YOU VISIT YOUR VILLA?

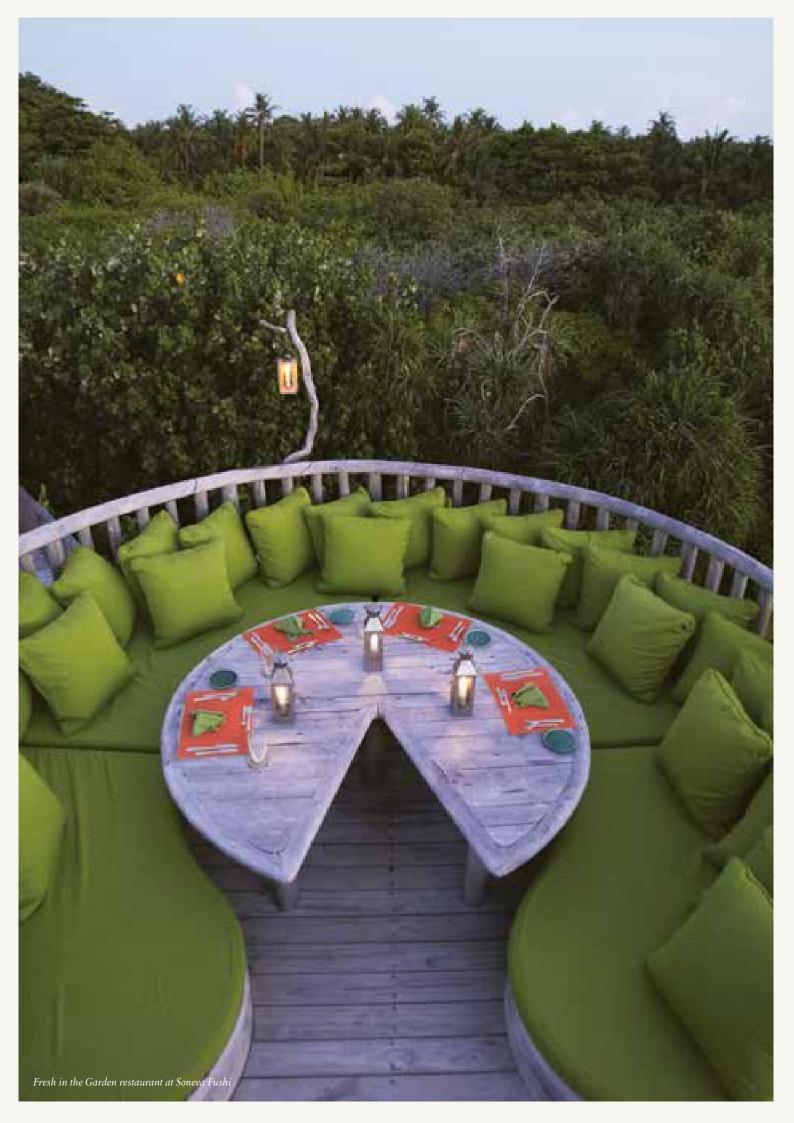
- Once or twice a year but we wish it were more.

A SONEVA EXPERIENCE NOT TO BE MISSED?

- Dinner on the Soneva Fushi sandbank.

FAVOURITE CULINARY EXPERIENCE?

- The breakfast buffet, Fresh in the Garden and the Chocolate room.



dining beneath THE STARS

UNOBSTRUCTED HORIZONS, GLORIOUS MOUTH-WATERING CREATIONS AND A WINE LIST TO RIVAL ANY COLLECTION IN THE WORLD.

It all starts with what they can grow and fish for themselves on and around the fertile islands that are home to Soneva Fushi and Soneva Kiri. Believing that dining is an important ingredient to that perfect holiday, the inventive chefs and Hosts at Soneva's resorts take great pride in not only the quality but also the variety of their food and wine, and they also go to great lengths to incorporate the surrounding environment in their creativity. With mouth-watering, healthy, balanced dishes that use only the freshest of produce, much of which is grown in the organic fruit and vegetable gardens, there is always something to savor.

Begin your day by taking a stroll down to the seemingly endless spread of fresh fruits, comforting classics and creative juices that make up what can only be described as a perfect paradise breakfast. Enjoy a picnic lunch on a nearby sandbank or on a deserted island after a relaxing morning swimming in the sea; or perhaps dine at your villa while sunbathing in the sand; or return to the main areas for an equally bountiful lunch buffet.

Food is always a Soneva highlight. Here the only difficulty you might come across is how to decide between sixty flavours of ice cream, between the 4,500 bottles in the subterranean wine cellar or between the umpteen varieties of freshly squeezed juices.

From early morning until 2 a.m., your edible whim is the kitchen's command, so much so in fact that guests have been known to joke that the extensive in-villa dining menu is thicker than a telephone book (remember those?). But Soneva prefers to think of it as merely a reference guide to inspire your appetite's desires.

Regardless of whether you are in the mood for a romantic meal for two, a private dinner party with a specially created menu for the occasion, an unforgettable picnic lunch on a nearby sandbank or a gastronomic meal prepared in your villa, you can be sure that the settings will be as memorable and exceptional as the cuisine itself. Here edible memories are as limitless as the unobstructed horizon from the resort's diverse and unique eateries.

MIHIREE MITHA

means 'here it is', and almost any dish you crave is here at our main restaurant, the culinary heart of the island. Bountiful breakfasts include eggs any way you like, two dozen imported cheeses, freshly baked goodies with homemade jams, fresh fruits too, like luscious mango, papaya and passionfruit that also go into delectable smoothies. Take cover from the equatorial sun at lunch under the shade of palm trees with the Indian Ocean a few metres away. Enjoy the freshest sushi and sashimi, organic salads, sizzling wood-fire pizzas, grilled fish, authentic Indian breads and meats from the tandoori oven. Find room for one of more than 60 homemade ice creams and sorbets, including unexpected flavours like honeycomb and rose sorbet.

BY THE BEACH

provides the sound of waves rolling onto the nearby shore, while you take your seat at the private candle lit table set into the sand and under the stars. Your ceviche, sashimi and sushi come straight from the sea that very same day. Linger over Peruvian and Japanese inspired tapas, sharing and tasting off each other's plates. The creative seafood mains follow at a leisurely pace, incorporating top quality ingredients sourced in the Maldives and from the gardens. For special occasions or simply an evening among friends, climb the wooden stairs up to the tree house nestled amongst the tropical branches for Japanese tapas, Soneva style.





NINE

presents a mouth-watering menu crafted around nine different methods of cooking including: steaming, poaching, roasting, braising, baking, grilling, stir-frying, pot cooking and pit cooking with dishes designed for sharing.

FRESH IN THE GARDEN

is surrounded by tropical banana trees, and rises above the organic herb and vegetable garden, with glimpses of the sparkling sea and sublime sunsets. Using only products from the Baa Atoll the chefs create 100% carbon neutral dining while introducing indigenous cuisine in their open-air kitchen.

BAR(A) BARA

is where you might have the chance to spot bottlenose and spinner dolphins frolic around this overwater bar. Tables at the jetty's edge overlook fish-filled waters as you dine leisurely on tapas and snacks. As turtles paddle past, ease onto a cushioned hammock strung over the Indian Ocean and while sipping creative cocktails and mocktails made from just picked organic fruits, watch the traditional dhonis sail along the seemingly endless horizon.

TREEPOD DINING

is one of the highlights of any visit to Soneva Kiri and takes haute cuisine to new heights. Enjoy the thrill of a bird's eye view of the ancient rain forest and white-capped waves while feasting on dishes prepared just for you after being hoisted six metres up into the tropical foliage and an acrobatic waiter swings between the trees on a zip line to deliver baskets of your pre-selected wines and gourmet delights.

THE VIEW

is the fine dining option, with a menu reflecting the tradition of slow-food and organic ingredients grown or caught locally. A modern bistro cuisine using the freshest ingredients and a variety of different cooking techniques, from simple to cutting edge. Menus are tweaked every other day in response to the seasons and what is best in the market.

THE BEACH

is located along the golden sand of the private beach where you can settle onto rustic wood chairs or lounge on king size swinging daybeds for casual lunch fare cooked to order in wood fired and tandoori ovens, or in a charcoal pit. Delight in the brownie or fruit tart you crave; then kayak, windsurf or snorkel it off before sun-downers on this west facing shoreline.





BENZ'S

is all about authentic Thai cuisine. Cruise through the mangroves of Klong Yai Kee to this open-air lantern lit eatery on stilts. Enjoy nightly changing nine course meals from the vast repertoire of Thai dishes. *Read more about Khun Benz on page 56.*

THE DINING ROOM

is poised among towering tree trunks on rocky cliffs above cobalt waters where breakfast is a global affair of eggs made to order and croissants approved by the most discerning French guests. When the sun sets beyond the captivating horizon, the Cooking Hut turns out wholesome Thai and Mediterranean classics and creative fare from the wood-fired rock oven, a hot and cold smoke oven, and an Indian tandoor.

SO SPIRITED & SO SPIRITUAL

is where to go to enjoy creative cocktails blended with exotic and organic local fruits or to unwind inside the wine cellar and glass-clad spirits chamber. Choose from more than sixty flavours of ice creams and sorbets homemade at the So Chilled outdoor ice cream parlour and delight in So Chocoholic where you will find chocolate creations with honey and salted caramel infused truffles lined up alongside warm pots of creamy mousse and luscious fondue.



proached egg BY SONEVA

AS SERVED AT FRESH IN THE GARDEN, SONEVA FUSHI.

ingredients, 4 people

200g potatoes
60g butter
80g fresh cream
40g Oyster mushroom
10g white truffle
2 organic egg yolks
4 organic eggs
Chicken broth to poach the egg
5g Parmesan cheese
Salt to taste

preparation

Boil the potatoes with salt.

Peel the potatoes while they are still warm and mash with a potato-masher.

Heat the mashed potatoes slowly and add the chilled butter.

Once all of the butter is incorporated, add the heated cream by stirring carefully in order to keep it airy and fluffy.

Sauté the mushrooms in the butter and poach the eggs in the chicken broth.

SABAYON, PREPARATION

In a bain marie add the 2 egg yolks to 1 spoonful of warm water and continuously stir for 10 minutes. Add the salt and white truffle to the Sabayon at the last minute.

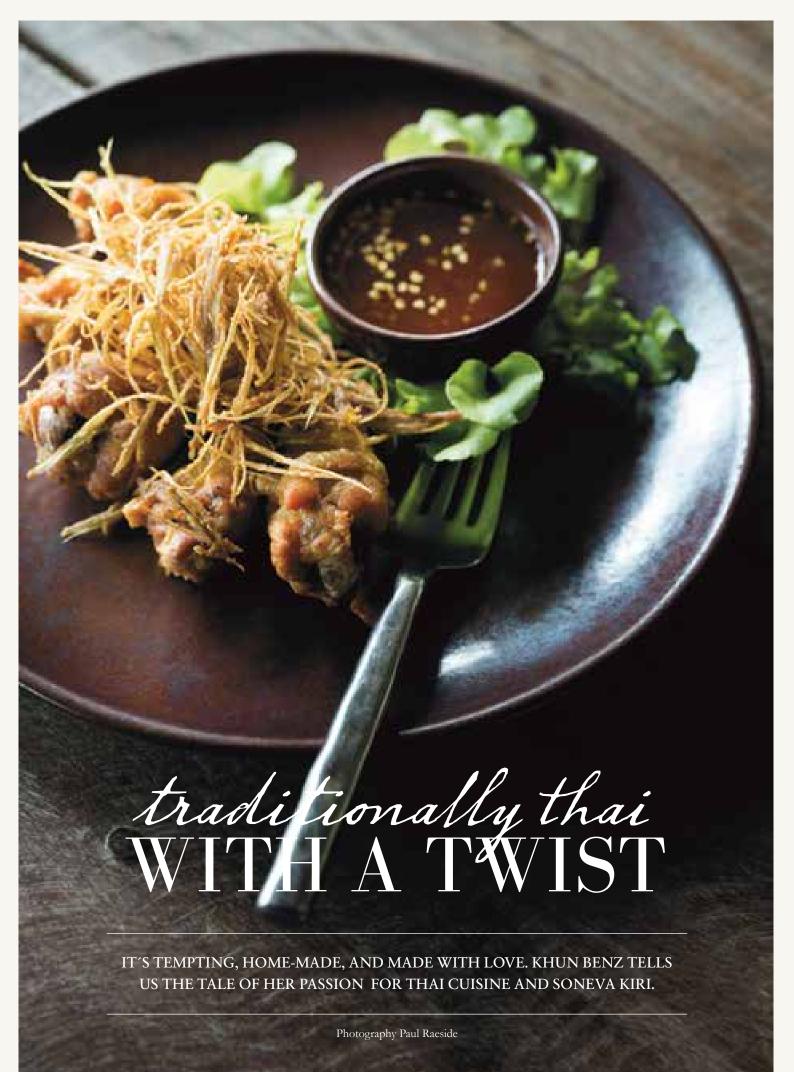
PLATING

Place the potato purée in a glass jar with the mushroom on top and sprinkle over the grated Parmesan.

Gently place the poached egg on top and pour a spoon of Sabayon over the egg.

Close the jar for 2 minutes to harmonise all of the lovely aromas.

ENJOY!







PASSION, INSPIRATION, FAMILY, FRIENDS AND GREAT FOOD – THIS IS WHAT IT IS ALL ABOUT FOR MS. CHIRAPHA KAOSALA, ALSO KNOWN AS KHUN (MS.) BENZ, SONEVA KIRI'S CHIEF THAI CHEF.

'I grew up in the Phang-nga province in Southern Thailand and spent many hours in the kitchen with my mother learning to create our traditional Thai dishes. Today my mother is still my greatest inspiration in the kitchen and thanks to her passing on her passion for food I now have my own restaurant, Benz's, in one of the world's most inspirational locations.

17 years ago in Northern Thailand when one day Khun (Mr.) Sonu visited us. I cooked a variety of dishes for him, which he ended up liking so much that he invited me to join Soneva. Khun Sonu and Khun Eva have given me a wonderful life and I love working with the Soneva family. My restaurant at Soneva Kiri is my home and this is how I aim to present it. When you sit down at one of my tables I hope you feel like you are a family member or friend

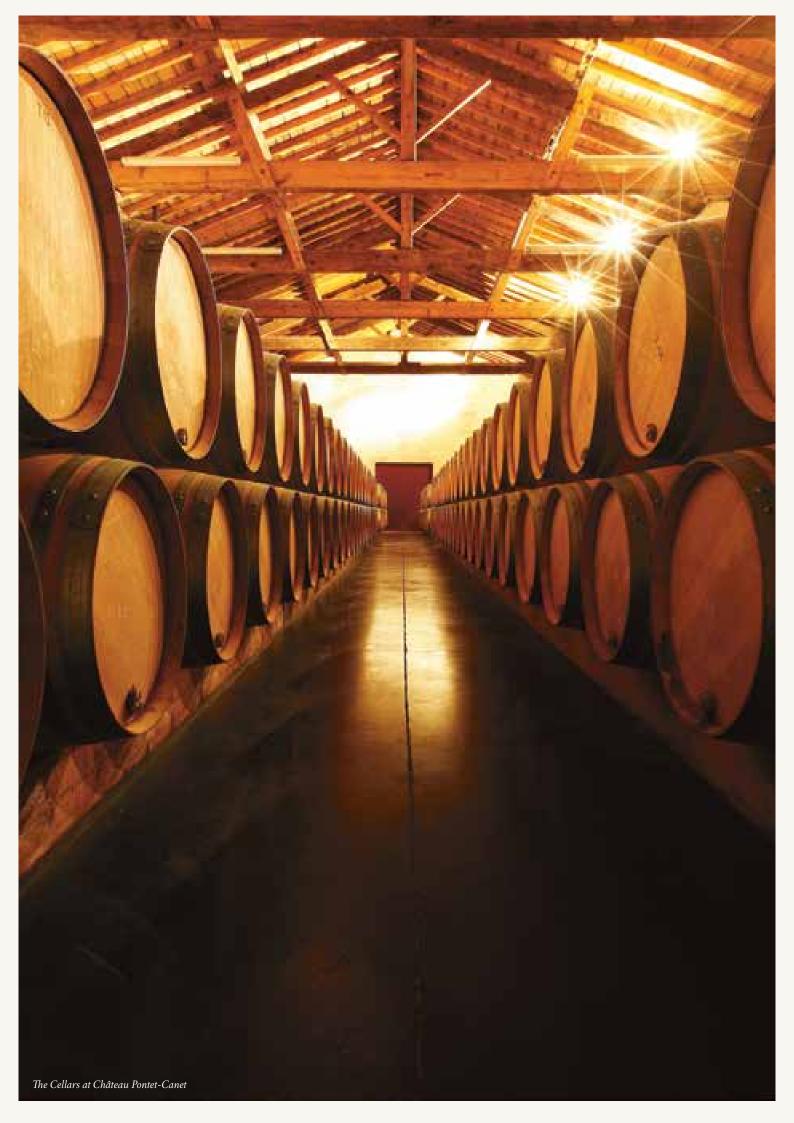
who has come to share a meal in the comfort of my own home. To me, this is what it is all about'.

SPICES, HERBS, AND LOCALLY SOURCED PRODUCE CREATING TEMPTING, SUGGESTIVE AND INSPIRATIONAL DISHES – KHUN BENZ COOKING HAS A PERSONAL NARRATIVE.

'My mother taught me to cook all Thai foods but especially recipes from Southern Thailand. Here the flavours are very hot and spicy using spices such as cumin, pepper, chillies and other Thai herbs. By blending these flavourful ingredients the dishes are brought to life to create rich and suggestive aromas that fill the air and make your mouth water. My cooking comes from within. I create dishes from my heart with fantastic produce such as seafood caught by the local fishermen that very same day or beautiful and organically grown vegetables and fruits such as chillies, limes, and garlic which are some of my favourite ingredients. To me Thai cuisine is so much more than just Pad Thai and it is important to stay true to many of the traditional recipes and to pass them on to others. One of my culinary inspirations is Chef Pongtawat 'Ian' Chalermkittichai who continually pushes the limits of peoples' preconceived notions of Thai and Southeast Asian cuisine and continues to show the world what Thai cuisine is all about, an aim that I share with my cooking at my home at Soneva Kiri'.







biodynamic POWER

ORGANIC VS BIODYNAMIC? WHAT ARE THE DIFFERENCES AND HOW IS BIODYNAMIC ACTUALLY TAKING IT ONE STEP FURTHER?

by Isabel Wallin

Grapes are among the most pesticide-laden produce available in the markets at present so it may come as no surprise that we are increasingly reaching for organic wines to fill our glasses. But with so many different definitions on the labels – '100% Organic', 'Organic', 'Made from Organic Ingredients', 'Biodynamic Wine' – what do we actually know about what we are drinking?

Chemical fertilizers are used in conventional agriculture to create larger harvests as well as to protect the crops against disease. This sounds like a perfectly good idea perhaps, but it is these same chemicals that are absorbed through the roots and into the vine's sap, to then pass through leaves and stems into the fruit. This does not sound quite as appealing. As a result, residues of these chemicals find their way into the finished wine and not only affect us through our consumption, but also has a significant impact on our soil and water quality, like all conventional 'chemical based' farming.

On the other hand organic wines are made from grapes grown in accordance with principles of organic farming, which typically exclude the use of artificial chemical fertilizers, pesticides, fungicides and herbicides.

However the primary difference relates to how the wine growers use or do not use preservatives during the winemaking process and is key to how organic wine is defined. The strictest class of organic certification holds the label '100% organic', meaning that the wine has been produced using organic practices

and that all of the wines' ingredients are grown according to organic standards. Wines with the definition 'Organic' use 95% or more organic ingredients, and wine labelled 'Made from Organic Ingredients' only need to contain 70% organic grapes while still possibly containing small quantities of added sulfites.

In keeping with becoming increasingly health-conscious and environmentally aware, the future of wine is being passionately debated all over the world and many concerned growers are resisting what can only be described as the industrialisation of wine. Today many winemakers are already looking beyond the purely organic classification and are instead turning to ancient farming methods.

Known as biodynamic agriculture, the idea is to try to bring the farming process more closely in tune with nature. Based on a series of lectures given by Austrian philosopher Rudolf Steiner, biodynamic agriculture is a method of farming which uses management practices intended 'to restore, maintain and enhance ecological harmony'.

The development of biodynamic farming began in 1924 when Steiner gave a series of lectures in response to farmers noticing that the condition of their soil had degraded and that the health and quality of their crops and livestock had deteriorated by using chemical fertilizers. Founding one of the first sustainable agricultural movements Steiner created a system of treating the soil's fertility, plant growth and livestock care as ecologically interrelated tasks.





Emphasizing the use of manures and composts and excluding the use of artificial chemicals on soil and plants, the process has much in common with other organic approaches but uses methods that are unique to biodynamic farming. The goal is to view the vineyard as a complete living system - from its treatment of animals, crops and soil, to the emphasis on local production and distribution systems, its use of traditional practices and the development of new local varieties as well as the use of an astrological sowing and planting calendar. Differing from other forms of organic or sustainable agriculture, bio-dynamics adheres to the belief that farming can be attuned to the spiritual forces of the cosmos. With practices such as linking sowing and harvesting to the phases of the moon or the positions of the planets or by burying cow manure in a cow's horn over the Winter only to unearth it come Spring, it is difficult to quantify the success of this growing practice. Scientifically measuring the spiritual world is in itself a contradiction in terms. But considering that many of the wine growers who have converted to biodynamics include some of the most high-end producers today, this is itself perhaps an effective argument.

One such vineyard is Château Pontet-Canet located in the heart of Pauillac, just south of châteaux Mouton Rothschild and d'Armailhac. Owned over the last two centuries by three different families the estate has for the past 30 years been run by Alfred Tesseron and his niece, Melanie. Since their arrival at the

estate the Tesseron family has gradually replanted some of the vineyard, renovated the buildings and wine making facilities and has instituted a plot-by-plot vineyard management system where careful observation year after year has led to an intimate familiarity with practically every vine.

Since it first began adopting biodynamic practices in 2005 and achieving certification in 2010, Pontet-Canet's philosophy is to intervene as little and as naturally as possible. Conscious of the fact that they are following in the footsteps of more than three centuries of tradition Pontet-Canet only uses traditional practices and the use of chemical weed killers is completely banned in keeping with the aim to protect the environment. Using unique organic fertilisers, and only on plots that genuinely require extra nutrition, the vineyard maintains a good balance with self-regulated low yields, showing respect for the vines while simultaneously reflecting the terroir in the pure and natural wines they produce.

Another vineyard based on the biodynamic philosophy is Tour de Belfort. Ten years ago the Lismonde family made the life-altering decision to fulfil father Eugene's lifelong dream of becoming a wine producer. Home to many generations of his wife's family, the Causses de Quercy area of the Cahors region in the South West of France became their new home. With only a 13th century tower of an ancient walled bastide still standing, Eugene set about quite literally putting down his roots by planting what was quickly to become an award-winning vineyard.





With pristine conditions for the cultivation of grapes, Tour de Belfort lies at a perfect 300-meter altitude with gentle breezes and limestone clay soil to bring about their eight different grape varieties. Here the natural surroundings are certainly a focal point. With a vision to create a high-quality, authentic and organic wine, while paying homage to Mother Nature herself, these wine-makers avoid the use of all herbicides, pesticides and chemical fertilizers, allowing nature's bounty to take its course and bringing about a buzz of activity. Throughout the summer months one can wander among the dazzling wildflowers that dot the vineyard and marvel at the colony of happy bees busy preserving the vital ecological balance of the land while providing a ready supply of delicious honey among the growing vines.

At present there are more than 450 biodynamic wine producers worldwide deriving their momentum from estates such as Pontet-Canet and Tour de Belfort. By adopting biodynamic farming as a medium to rejuvenate vineyards that have been abused by decades of chemical intervention these winemakers are simply hoping to make more naturally authentic wines. And while there is still a long road towards a biodynamic revolution, the interest in this much debated approach is certainly on the rise and will hopefully continue to encourage people to take a closer, deeper look at their choice of wines in the future.

PONTET-CANET WINES

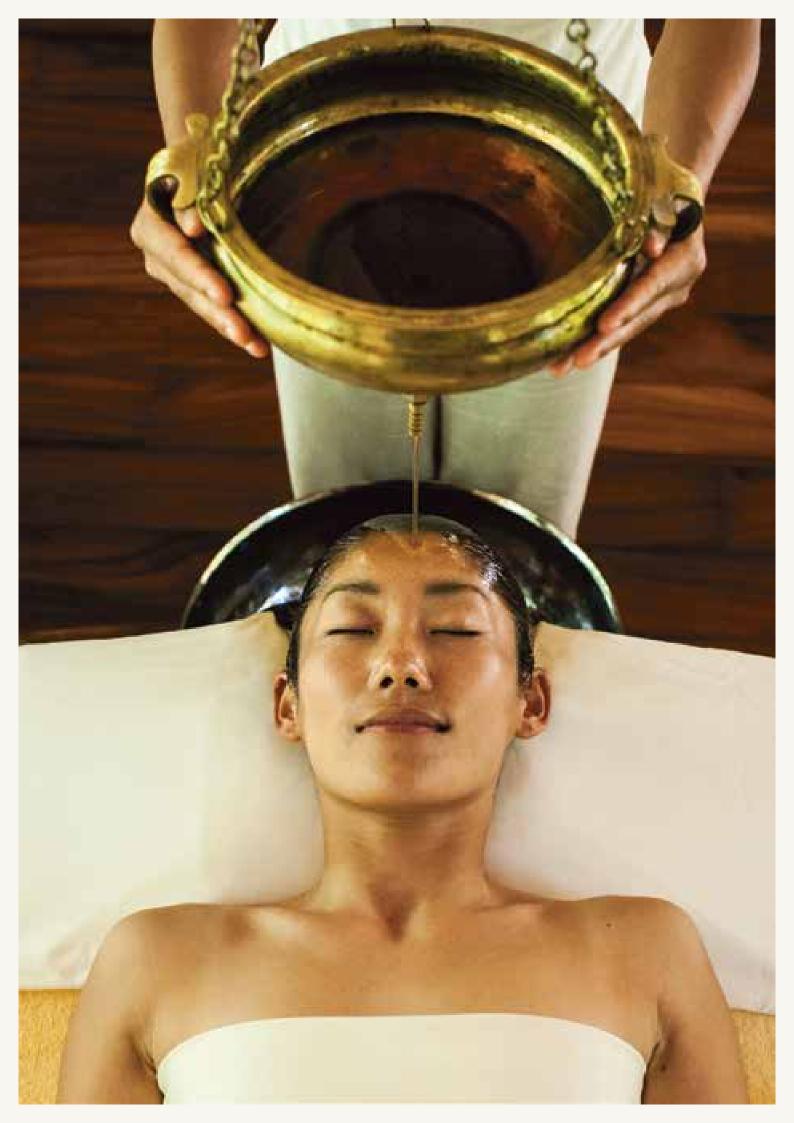
A clearly classical wine, Pontet-Canet has always been a legendary Médoc wine. Combining elegance and power, as well as concentration and fullness on the palate, this is a wine with great ageing potential. Deep ruby-red, crimson, and sometimes almost black in colour the wine has a characteristic bouquet of black fruit, especially blackcurrant, liquorice, and prune, as well as fig and cedar with cocoa overtones. www.pontet-canet.com

TOUR DE BELFORT WINES

Made from hand-picked grapes and gently matured without oak, Tour de Belfort produces award-winning Cuvée Classique wines by blending the eight varieties to create an elegant balance of complexity, fruit, structure and length. Along with their limited release Grand Vin made from a single grape variety with intense aromas, silky tannins and the added complexity of being aged in new French oak barrels they also produce a sparkling wine using traditional techniques. www.tour-de-belfort.com







healing for BODY AND SOUL

ANCIENT TRADITIONS, AUTHENTIC SPIRITUAL TECHNIQUES AND INSPIRATIONAL GUIDANCE CREATING TRANSFORMATIVE AND LASTING EXPERIENCES.

by Louise Warner

Focussing on your health and well-being may well be the best gift you can give yourself and the Six Senses Spas at Soneva resorts are little slices of paradise where time comes to a standstill and the worries of daily life dissipate and float away. This is where to escape to pamper yourself with glorious treatments, private sessions in personal fitness or one-of-a-kind experiences of the healing arts.

Nestled within the jungles at Soneva Fushi and Soneva Kiri you are given ample opportunity to splurge on a restorative combination of the stunning tropical environment with invigorating wellness facilities and talented therapists who deliver a comprehensive variety of treatments creating a truly holistic approach to healing both body and soul.

At Soneva resorts, the SLOW LIFE philosophy influences and permeates everything on offer. Far more than well-meaning 'green' intentions, it's a guiding principle for Soneva as a business.

The Soneva Wellness Programme includes consultations from the fitness and wellness consultants with the resort's Ayurvedic Doctors, chefs, spa and fitness experts. Fused with organic and calorie-counted Ayurvedic cuisine designed for cosmopolitan palates, Ayurvedic consultations, Ayurvedic spa treatments, yoga and meditation, the extended treatment combinations have been gathered from all around Asia and are carefully designed to pamper you from every angle.

With unforgettable treatments and therapies using ingredients and traditions native to the surroundings, such as local coconut used in the Kurumbaa Kaashi Coconut Rubat treatment at Soneva Fushi or the warm oil produced by melting a Thai herbal candle and massaged along the body during The Touch of Light treatment at Soneva Kiri, there is a sense of instant satisfaction and relaxation. Experience the healing benefits and vast knowledge

of Ayurveda, an ancient Indian practice incorporating natural herbs to prevent disease, try Thai stretching, Chinese foot acupressure, or let your consciousness drift away while enjoying the subtle strokes of Japanese reiki to ease your tension. Chances are that afterwards you will describe the experience with words such as 'transformativ' and 'life changing'.

Whether you prefer light or firm pressure, a stimulating or soothing treatment, they all begin with a short consultation to identify the most suitable technique for you. Let yourself simply unwind with the signature massages, body polishes and cocoons eliminating toxins, improving your circulation and reviving your skin with body scrubs, masks and wraps to reveal your natural glow.

At Soneva Fushi the proximity to India inspires the Ayurvedic Journey with a combination of pada dhara; a warm oil rub, and a full body abhyanga massage with a yoga and meditation session, ending with an Ayurvedic lunch created in accordance with your dosha. Or, at Soneva Kiri, why not look to the earth for fun and detoxification by experiencing the Mud Journey. Here, heated mud is gently massaged into your skin, softening and purifying the skin as you relax in the glass steam room surrounded by the untamed jungle. This is followed by a deep tissue full-body massage that includes a lymphatic drainage facial around the face and neck.

By welcoming a handpicked selection of the world's finest, most innovative spa practitioners to combine and create new and ancient treatments, Soneva raises the bar on resort spa experiences by inspiring their guests to bring about a change in awareness in themselves while simultaneously bringing the SLOW LIFE philosophy into their every day lives to endure long after they have returned home. **

finding your INNER PEACE

EXPERIENCE A SPIRITUAL RETREAT UNLIKE ANY OTHER.

by Miranda Taylor

Retreat is a word that is loaded with emotional expectation and promise: how do we detox, lose weight, find emotional equilibrium and a spiritual progression that isn't just an extravagant quick fix? How many of us have gone on a holiday, or an adventure or perhaps even to a spa or yoga retreat, and come back feeling fantastic: beautiful on the inside and out; only to crash-land on entry back into the reality of our daily lives - and wonder why on earth it didn't last longer? Which then begs the question: what were we retreating from in the first place?

In ancient times a retreat, a pilgrimage, or simply a journey away from every day responsibilities and pressures were often chosen to be in a beautiful, natural place, far away from home, with a master teacher. If there was enough space and time under the guidance of a good teacher, or mentor, then the reduction in toxins would occur naturally (aided by a simple diet and steady yoga routine) and a new set of tools and knowledge would be attained to help the participant move forward into the next stage of life in a lighter and more positive way. Sound as good for now as it was then?

Sometimes, escaping the frenetic pace of our modern lives and turning to the older but wiser masterly methods is the best way to gain a perspective and proportion. Teachings, carefully handed down by generations of yogis, often secret and hard earned knowledge for our benefit today is quite an exceptional proposition: a great vehicle for gathering self awareness, strength and calm.

The on-going toxicity that inevitably we all have in our lives naturally does not just include lifestyles, food and drink. Traditional yoga school also teaches that it is also crucial how we interact with firstly ourselves, then our friends and family and, finally, the world.

In the tradition of Krishnamacharya's yoga, the first step is to get to know ourselves. Only once we start to see where we are at, and how we are interacting with the world can we start to practice yoga. Yoga is not just a set of postures that demand flexibility and physical ability. Often we see people desperately trying to fit their bodies to a 'perfect form': the feet must be aligned, the side bend perfectly straight, the body beautiful, and the mind still. Of course this is insane when you think that every personality, spine and stage of life is different for each person.

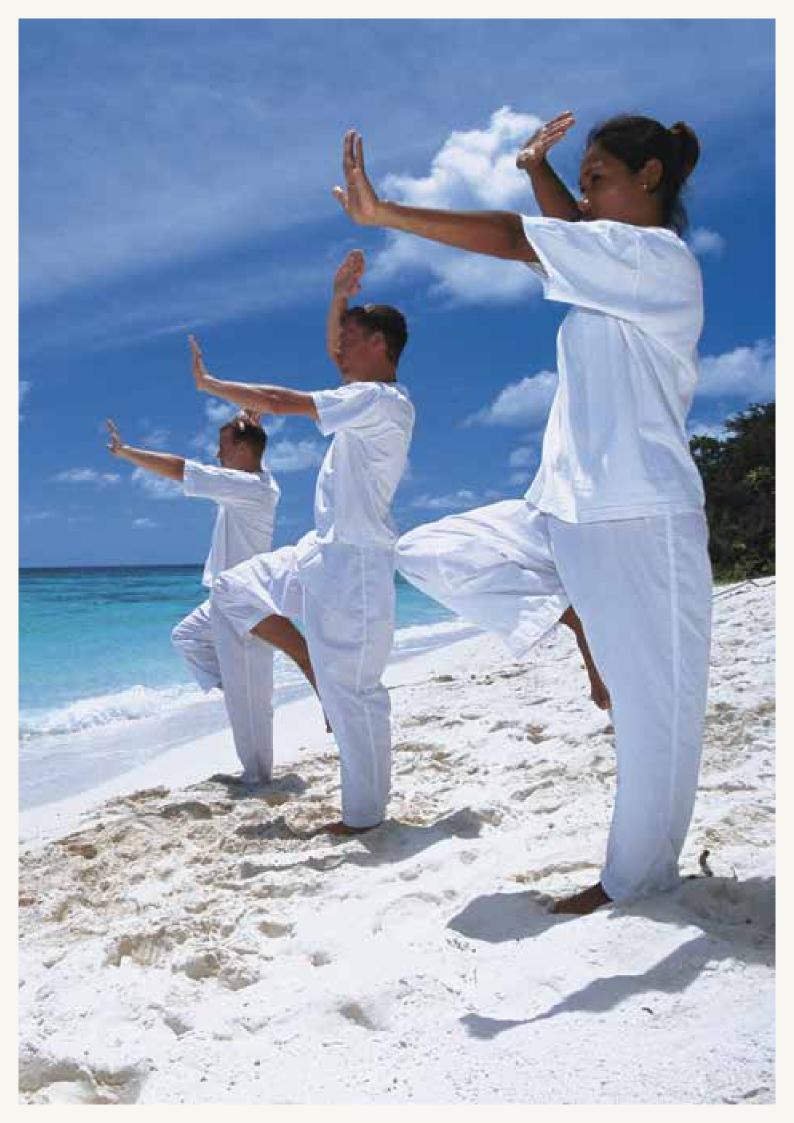
In fact, yoga only starts to happen when we reside and come from a place within the heart. From this point we can then begin to detox body and mind through century old techniques such as careful breathing, gentle movement, sound work and meditative techniques.

Colin Dunsmuir, one of the foremost students of Desikachar, the son of the father of the yoga we know today: Krishnamacharya, teaches in the most authentic and full yoga tradition available today. His students include those that are injured and sick through to professionals operating at peak performance. His range of work is extraordinary which makes anyone the perfect candidate for his annual retreat in Soneva Kiri this February.

Colin will demonstrate and instruct on the benefits of breathing with awareness, the effect of the breath on the mind, how to cleanse our whole system to find a clarity and peace so often a distant memory in our daily life. Soneva Kiri's resident Ayurvedic doctor Ranjan will give private consultations with advice on eating specifically for your body type (or dosha), and the Six Senses spa will provide authentic and relaxing treatments to aid and stimulate the week's goals.

The week is set in Soneva Kiri's Private Residences set on the remote island of Koh Kood where every guest will have their own luxury master room and en-suite indoor/outdoor bathroom within the privacy and calm of Miranda's Private Residence or villa 33 nearby. Both residences have stunning views over the sea from a jungle clad cliff top.

To reserve your place please call Miranda on +44(0)7803609445 or e-mail: miranda.taylor@me.com Price on application. **





magical ADVENTURE

SEARCH FOR BURIED TREASURE, CHASE PIRATES ON A DESERTED ISLAND, SLEEP BENEATH THE STARS AND HAVE THE ADVENTURE OF A LIFETIME.

THE RESORTS SONEVA KIRI AND SONEVA FUSHI ARE HOME TO MAKING CHILDRENS' ISLAND DREAMS COME ALIVE.

by Isabel Wallin

'Intelligent Luxury' at Soneva begins early. Over the years they have created stimulating and inspirational experiences for children that not only provide buckets of fun and excitement but also have educational depth. With the affirmation that the islands are magical playgrounds with the power to awaken everyone's inner child Soneva believes in teaching children from a young age about sustainability and responsibility. By showing them how glass bottles, metals, wood, coconuts and jungle cuttings are recycled, reused or turned into compost and by visiting the organic gardens to pick ingredients to make their own family meals under the guidance of the chefs, the younger generation is given lasting knowledge on how to protect their planet as they grow.

These are places for creating lifelong memories for the entire family, and Soneva believes that diversity is the key to keeping children enthralled and entertained and their parents relaxed and happy. Here families can snorkel together in search of parrotfish and turtles, visit a deserted island for a picnic under the sun, watch their favourite films below the stars or simply while away the hours over classic board games. There is never a shortage of adventures to explore with opportunities for sailing, kayaking, ice-cream making or even specialist junior treatments at the Six Senses Spa. And with special children's menus in the many restaurants and an astonishing array of confections in the mouth-watering Chocolate

Room there is always something to delight over after a hard day of fun.

And as if the abundance of activities were not enough, younger guests were asked to imagine their fantasy playground leaving a creative team of international architects and builders with the task of creating these real life manifestations of their imaginations. Resulting in the Dens at Soneva Kiri and Soneva Fushi, these giant structures are the stuff of dreams with healthy natural light and magnificent views that are appreciated as much by parents, who are captivated by both the concept and the delivery, as they are by the children.

With rooms inside for art, music and fashion and libraries with catamaran-style netting flooring covered with cushions these magical jungle hideaways are vast and beautiful. Constantly evolving and organic the Dens are hosted by trained and spirited managers to guide the children (in Soneva Fushi's case) amidst the pirate ships, swimming pools, sleeping areas and organic gardens. So forget classrooms and think playtime! The Dens are like amusement parks with eco-pods and dream theatres, all rolled into one for a perfect day in paradise.

And where a perfect day ends a night-time adventure begins. While listening to the hosts share their stargazing secrets and tales of ancient seafarers beneath the jungle tree tops in a magical outdoor sleepover there is surely no doubt that when these younger enthusiasts drift off to sleep they agree that this is every child's dream holiday come true.

more than just a PLAYGROUND

A KIDS CLUB AT HOTELS IS QUITE NORMAL THESE DAYS, BUT THEY DO COME IN ALL SHAPES AND SIZES – SOME FANTASTIC, AND EVEN SOME WITH PROFESSIONAL CHILD CARE SPECIALISTS! SONEVA KIRI WAS THE FIRST SONEVA RESORT TO OFFER A CHILDREN'S PLAY AREA AND THEY WENT ALL IN!

By Mia Ljungberg Nevado - CEM Chief Executive Mom, Travel In Style With a Child

I have done my fair share of travelling the world and exploring children's clubs with my oldest son who is now 3, but of all the places he has been to, the place he remembers the most is from his first trip to Thailand, where he visited 'The Eco Den' (specifically for the under 5's) at Soneva Kiri and it was love at first sight!

Even if you are not an Eco Globetrotter, Nature Enthusiast or even a child - it is hard not to be impressed when seeing the Den at Soneva Kiri for the first time. It is mind-blowing and a feast for the eyes a manta ray-shaped bamboo 'spaceship-like' building hanging safely high up in the trees. The only risk you and your children run here is that you might not get to spend as much time together as you normally do on a vacation as they will want to spend all their time here (and as a parent you need an invitation from your child to visit the Den). Soneva Kiri does not actually call the Den a children's club, since it welcomes teenagers as well, which is rare but there are no age limits. So no matter what age, I bet your child will love it! (I have to admit that even I sneaked in and had a blast reading books on top of a glass floor looking down on the trees and plants beneath me.)

When meeting with Eva Malmström, one of Soneva's founders, she highlights the fact that one of the things she loves the most about the Den at Soneva Kiri is that there are no iPhones, iPads, video

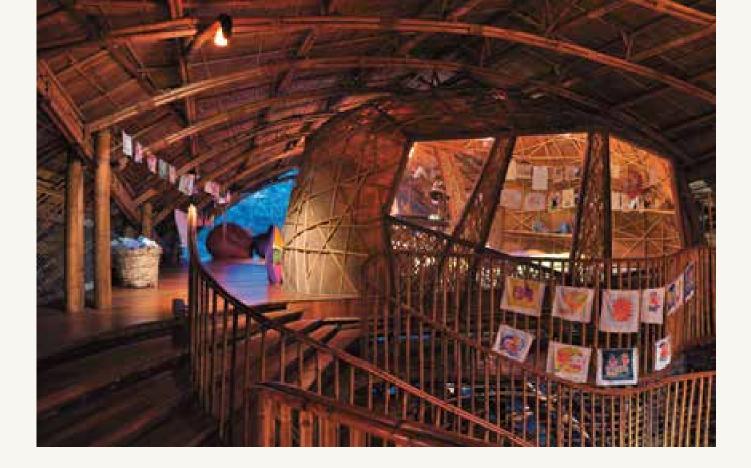
games, TVs or anything electronic allowed. Here nature is the entertainment and children get to be children to play and discover the best that nature has to explore in a safe environment; and as a parent you don't need to worry about the next roaming bill!

One of the many things that makes Soneva such a unique experience for children is that there is thought behind everything and extreme attention to detail.

As Eva continues: 'I like children to discover being close to nature and to learn about animals and plants and to learn empathy. I like them to learn how to make things with their hands, like paper greeting-cards, bags, etc., etc, and above all to socialize with other children without staring down at a mobile phone all the time. They can learn how to grow things organically and even how to make compost. We will put a compost heap onto a glass wall of the Den so they can see the layers and worms through the glass'.

Children are so exposed to being online and connected that even for them a small detox, even if just for a few hours, will be good for them.

Soneva Kiri is perfect for families as they have something for every taste and age. Even the Spa offers unique treatments for children, using only organic products of course! There is the world famous ice cream station, which is a must – free of charge and with more than 60 different flavours! Adults are welcome too! No diet here! When I asked my son what his best memory from our stay was, he



couldn't choose between playing in the Den, eating ice-cream or if it was the movie night under the stars at the open air cinema!

At the sister property, Soneva Fushi, another out of this world Den is being built. It is due to open for Easter 2014 and nothing has been spared here either. Soneva engaged the most famous architect firm from Bangkok, Habitat, to help with the design and it is the size of a small hotel! There will be a library and cinema room, full of books and films for every age and taste. There will be a dress up and make up room where children can dress up as they like and there will even be a Lego room where children can put Lego on the floors and walls and let their creativity explode. There will be a music room with all sorts of instruments for all ages to practice... sound proof walls of course! Hold on, there will even be a bar with dance floor, DJ corner and a fully equipped cocktail or rather mocktail (as they call it) bar where children can mix their own drinks - NON alcoholic of course. Parents are invited to come and enjoy drinks here too. With the fair share of smoothies I have made over the past 3 years together with my son, he should know one or two tricks here. In fact, parents are only ever permitted to enter if they've been invited by their children!

There will also be a kitchen where children can learn to cook delicious meals with the local organic ingredients that they can pick themselves from the organic garden just outside and they can invite their parents for lunch, just like at Soneva Kiri in Thailand. Forget hotdogs and fish-fingers, here it is all about healthy snacks and organic food, served in a way so that it is hard for the children to say no!

There will be a botanical garden full of flowers and trees with swings for the children to explore and relax in, and for the older children there will be a special lounge with mood lighting and daybeds where they can relax. For the toddlers there will be a special bedroom with cots and beds where they can recharge.

My son is looking forward to exploring the almost life-sized pirate ship, which is being constructed with local sustainable timber by the Den's pool. There are several pools, a Nemo-shaped toddler pool and a pool for the teenagers with sun beds and umbrellas. It's like a mini-resort within the resort and all under supervision of professional staff. I can't help but be a little jealous of the children who will get to stay at Soneva Fushi in the near future!

When asking Eva what she would like the younger guests to remember from their stays at Soneva Kiri and Soneva Fushi she says: 'There are so many things for the children to do, but things they can learn from and knowledge that they can take with them when they leave'. The combination of art, science and nature is simply unique. Soneva has managed to combine it all in a safe, stylish surrounding and this is how children should travel or at least how I would like my own children to. Here I know they are going to make new friends and long-lasting memories. It can be hard to entertain children and especially teenagers when you are on a remote island, but at both Soneva Kiri and Soneva Fushi they have gone out of their way to please guests of every age.

What next? Eva says with a smile: 'For many years I said we should have spa training for the children so they can learn how to massage their mum's tired shoulders!' Yes please!

sustainability IN THE TROPICS

CLIMATE CHANGE AND TOURISM. THE PRESSURE TO BUILD RESORTS,
GOLF COURSES, MARINAS, HOLIDAY HOMES AND OTHER TOURISM INFRASTRUCTURE
ON COASTLINES IS RELENTLESS. WHO DOESN'T WANT A FRESH SEA BREEZE AND AN
OCEAN VIEW? YET CLIMATE CHANGE IS ALREADY BRINGING DROUGHT, FLOODING,
SEA LEVEL RISE, AND GREATER STORM INTENSITY TO THE WORLD'S SHORES.

Courtesy of Center for Responsible Travel. www.responsibletravel.org

THIS PUTS GOVERNMENTS in a difficult situation: on the one hand, they must create jobs for their citizens, and sun-and-sand holidays are among the strongest segments of the tourism industry. On the other hand, governments are obliged to keep citizens safe from the threats they know are looming, and the private sector must protect its own assets.

CONSISTENT FAILURE.

The Center for Responsible Travel has found, however, that governments consistently fail to apply sound climate change adaptation policy to new tourism development, and there is very little incentive for resort developers to consider climate change when drawing their plans. With increasing frequency, developers include holiday homes with resort, spa, golf course and marina construction. Because the holiday homes are

serviced by an on-site branded hotel, they sell quickly. The sale of the holiday homes (often as timeshares) finances the construction of the hotel and other components. This integrated resort model shortens the timeframe for the same return on investment. Whereas in the past, hoteliers used to invest for the long-term (and would therefore be very much concerned with the health of the destination and the effects of climate change), most of today's coastal tourism developers are in and out within five years. The seas are rising too slowly to be of any import to a short-term investor.

NECESSITY IS THE MOTHER OF INVENTION

Nonetheless, forward-thinking destinations are preserving the natural features (mangroves, dunes, reefs, coastal forests) that protect tourism infrastructure and vulnerable residents from the effects of climate change. Innovative



businesses are helping to protect those same features, and are even adding value for guests in the process.

The steps taken by the Maldives, and the Maldives' luxury Soneva Fushi Resort, for example, originated from a need to address climate change, but have yielded numerous other benefits. New protected areas provide both a buffer for infrastructure and a playground for visitors. Reduced hotel waste simultaneously protects coral reefs and the operators' bottom line. Local residents employed by the progressive resort absorb environmental messaging at work, and apply conservation practices at home, too.

By adopting effective public policy and implementing good practices in resort development and operation, destinations and businesses can adapt to a changing climate without sacrificing the visitor experience. In fact, many of Soneva's clients actively book their holidays knowing that Soneva pays such close attention to preserving the natural

environment. When policies such as Soneva's SLOW LIFE philosophy are implemented and placed on research and development, visitors can experience and enjoy their holiday knowing that they are furthering the ideas and innovations for future sustainable and responsible practices to protect the environment.

ABOUT THE CONTRIBUTORS

The Center for Responsible Travel (CREST), a mission driven institute with offices at Stanford University and in Washington, DC, has developed pioneering expertise on large-scale coastal tourism. We have culled best practices in sustainability from around the world, and work with government and private sector clients to ensure that tourism development meets the realities of climate change and other environmental and social challenges. **

BEBETTER IF...

OVER 1 MILLION HOUSEHOLDS WERE ABLE TO COOK WITHOUT HAVING TO BREATHE TOXIC SMOKE, OR IF 450,000 TREES COULD BE PLANTED BY EVERY COMPANY AROUND THE WORLD, OR IF EVERY RESORT OR HOTEL COULD PROVIDE 600,000 PEOPLE WITH ACCESS TO SAFE WATER? IMPOSSIBLE? NO, THE SLOW LIFE FOUNDATION AIMS TO DO EXACTLY THAT.

The Soneva Group has for many years contributed considerable resources to charitable causes and has created the SLOW LIFE Foundation. This is a not-for-profit organisation that aims to deliver meaningful projects that have a positive environmental, social and economic impact and is a registered UK charity with a sub-branch in Thailand. With projects and support supplied by the Foundation that are too numerous to mention here, investments are primarily focused on the carbon mitigation projects below.

One such project is the Darfur Stoves Project for which the Foundation provides development funding to 'Impact Carbon and Potential Energy' providing energy efficient stoves to 125,000 families in Darfur in the Sudan. The use of these household technologies will improve health by reducing indoor air pollution and providing safe drinking water to the thousands of families. In Darfur one of the pressing problems is that of fuel scarcity; the women risk assault and violence when they are forced to venture far from the refugee camps into unprotected areas to forage for firewood.

Along with their efforts in the Sudan the Foundation is also currently developing the Myanmar Stoves Campaign that aims to mobilise ten million USD to distribute efficient cook-stoves to over one million households in the rural areas of Myanmar. Creating monetary savings for households, protecting biodiversity, creating training and employment opportunities and health benefits this is a project that, by significantly reducing indoor

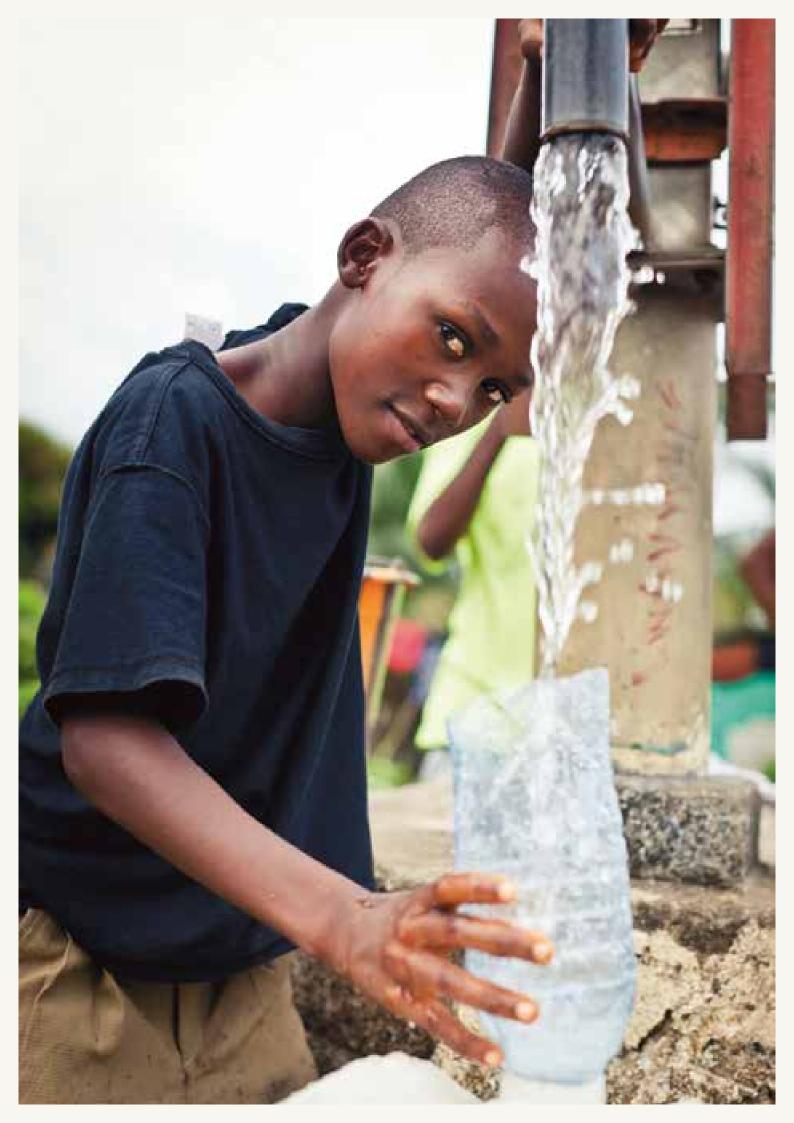
air pollution, benefits the local community. The project is being developed as a Micro Programme with the Gold Standard Foundation, an NGO-backed tool that generates premium carbon credits and promotes sustainable development, to reflect the premium quality of the project.

Over the years the Soneva Group has funded 488 projects in 53 countries worldwide helping over 600,000 people get access to either clean drinking water or basic sanitation services and their current undertaking is mainly to support WHOLE WORLD Water, a collaborative initiative born out of the 2011 SLOW LIFE Symposium.

With Sonu Shivdasani as Founder and Trustee, the Foundation has provided development funding for the campaign which aims to eliminate the sale of plastic bottled water from the hotel industry and which encourages participants to contribute 10% of water revenues to clean water projects worldwide. www.wholeworldwater.co

Other current Soneva sponsered SLOW LIFE projects include: the SLOW LIFE Symposium, a Soneva Green School Bali scholarship, Restaurants Against Hunger, and Care for Children. Also an additional 1.7 million USD was raised by the Foundation to fund a 1.5MW wind turbine in Tamil Nadu, India, and most recently, the Foundation partnered with the PATT Foundation and planted an incredible 452,000 trees in the Chiang Mai region of northern Thailand - the Soneva Forest Restoration project.

To find out more about the SLOW LIFE Foundation please visit www.slowlifefoundation.org



SONEVA FOREST RESTORATION

The SLOW LIFE Foundation partnered with PATT Foundation and planted 452,000 trees covering 300 acres in the Chiang Mai region of northern Thailand in 2011 and 2012. In 2013 we planted a further 59,920 trees to address some losses in the initial planting.

A Framework Species Methodology, with guidance from Forest Restoration Research Unit of Chiang Mai University, was used and 90 species of trees were planted. Over a period of 7-8 years, seed-dispursing birds will increase the number of species further creating a rich biodiverse forest rather than a plantation. The project will mitigate an estimated 255,000 tons of CO2. Three main sites were restored at Doi Paa Maa in Sri Lanka National Park, Royal Project at Nong Hoi and Pai River Watershed Wildlife Sanctuary.

The project was funded by Soneva Resorts. Cooperation with schools in the UK has been made to secure the crucial first three years of maintenance of the forest, after which the forest is expected to be self-managing.

DARFUR STOVES PROJECT

The SLOW LIFE Foundation is providing development funding to Impact Carbon and Potential Energy who are providing energy efficient cook stoves to 125,000 families in Darfur, Sudan. The use of the efficient cook stoves will benefit family health by reducing household air pollution – which according to the World Health Organisation attributes to the premature deaths of 4 million people every year. The majority of these are women and children. A major benefit of the project is that it addresses the pressing problem of fuel scarcity that forces women in Darfur to risk assault and violence by venturing from the refugee camps into unprotected areas to forage for firewood – which can take up to 25 hours per week. We estimate we can reduce carbon emissions from cooking fires by at least 350,000 tonnes over a 7-year period.

WHOLE WORLD WATER

In just over three years the SLOW LIFE Foundation has been able to help more than 600,000 people get access to safe drinking water or basic sanitation services with funding provided by Soneva Resorts.

To date 488 projects have been implemented in 53 countries. Despite our efforts, some 760 million people globally still lack access to safe drinking water and 2.6 billion lack access to basic sanitation services. We need to continue to take action. In order to make a bigger impact the SLOW LIFE Foundation was instrumental in founding and funding the WHOLE WORLD Water campaign, which aims to bring the hospitality industry together to address the global water challenge.

Hotels, resorts and restaurants that join the campaign will produce and bottle their own high quality filtered drinking water instead of using imported bottled water. They will sell their WHOLE WORLD Water and contribute 10% of water revenues to clean water projects. The profit margins of the hotels, resorts and restaurants are increased whilst ensuring millions of households in developing countries benefit from clean and safe drinking water.

SONEVA GREEN SCHOOL SCHOLARSHIP

Green School is the leading model of sustainability in education, developing young thinkers and innovators that can bring new perspectives and models of change to their communities. Its vision is a natural, holistic learning environment that promotes leadership values and life skills alongside essential academic skills. The Soneva Green School Scholarship is set up to provide a student a one-year scholarship at the Green School in Bali, Indonesia.

CARE FOR CHILDREN

We believe every child should be living with a loving and caring family even if it is not their own. For many children this is not the reality, which is why we have partnered with Care for Children to support their work.

Care for Children exists to relieve hardship, distress and sickness in abandoned and orphaned children in China by introducing strategic initiatives in child care practices in cooperation with Chinese authorities.

The goal is to place one million children in foster homes. By January 2011, Care for Children had found foster homes for 250,000 orphaned children and trained staff from more than 200 orphanages.

Care for Children set up an office in Thailand by invitation of the Thai government in 2012. The initial focus is on training. However, already 20 children have been placed in foster care.

RESTAURANTS AGAINST HUNGER

We are supporting the fight against malnutrition. We have teamed up with Action Against Hunger, a UK registered charity committed to ending child hunger, and their Restaurants Against Hunger campaign.

Recognised as a leader in the fight against malnutrition, Action Against Hunger saves the lives of malnourished children while providing communities with access to safe water and sustainable solutions to hunger in over 40 countries benefitting five million people each year.

We encourage all restaurants to support the campaign by contributing a small percentage or fixed amount from their main courses revenues. It does not take much, but can make a huge difference and save the lives of children.

SLOW LIFE IN MYANMAR

We are currently developing the Myanmar Stoves Campaign, which aims to mobilise USD 10 million of investment on commercial terms to distribute efficient cook stoves to over 1 million households in rural areas of Myanmar.

Benefits of the project to the local community are extensive; including monetary savings for households, protection of biodiversity, training and employment opportunities and health benefits from significantly reduced indoor air pollution. All of this can be achieved while offering supporters an attractive return on investment. The project is being developed as a Micro Programme with the Gold Standard Foundation to reflect the premium quality of the project.

SONEVA WIND TURBINE

The Soneva Wind Turbine is a 1.5 Mega Watt (MW) Suzlon wind turbine built to provide clean energy in Tamil Nadu, India. Not only will this mitigate 70,000 tons CO2 over a 20-year period through the production of 80,000 MW of clean electricity, but it will also propel other wind turbines to be built. This will support local communities and create an additional 30,000 tons of CO2 reductions. The Soneva Wind Turbine is run by The Converging World, a registered UK charity. For the local community projects they cooperate with SCAD, a registered Indian NGO.

FOR MORE INFORMATION ON ALL OF THE SLOWLIFE FOUNDATION'S PROJECTS PLEASE VISIT WWW.SLOWLIFEFOUNDATION.ORG



making a DIFFERENCE

DRIVING THE COLLABORATION ON ACTIONS THAT ADDRESS PRESSING PROBLEMS WITHIN THE KEY THEMES OF SUSTAINABLE TOURISM, MARINE CONSERVATION, ENERGY SECURITY, LOW-CARBON INFRASTRUCTURE, WASTE MANAGEMENT, WATER CONSERVATION AND THREATENED BIODIVERSITY.

Set within the lush jungle of the paradise island of Koh Kood in Thailand the SLOW LIFE Foundation held its fourth SLOW LIFE Symposium in 2013. The Foundation was established by the Soneva Group with a dual purpose: to have impact beyond our own expertise and to find the best projects and partners to bal-

ance unavoidable carbon emissions focusing on clean energy, biodiversity and social impact.

Hosted by Sonu and Eva Shivdasani this year's event brought together 30 internationally successful visionaries – an eclectic mix of business leaders, investors, scientists, Hollywood Stars,



senior travel media personages and environmentalists to engage in three days of informed debates, collaborative workshops, culminating in an 'Innovation Bazaar' in which they pitched to each other tangible and concrete ideas for future collaboration.

The focus of this year's Symposium was on 'collaboration and innovation'. With discussion topics such as how to scale environmental solutions that have a real impact, the crisis in our plundered and poisoned oceans, future-proofing business for a sustainable world, the oxymoron of sustainable travel, and the crucial role of technology in engaging the hearts and minds of those that live on this beautiful planet, the Symposium ended with pledges to collaborate on some of the most pressing environmental challenges of our time.

Event chair Jonathon Porritt summed up why this three day SLOW LIFE Foundation event worked so well. 'We brought a group of people together who are primarily solution-makers, people who know how to change things and get transformation. We started very broad, narrowed down, and in this final session we got to a set of outcomes that people can continue to act on for the next year'.

One of these results is in the area of marine conservation. Johan Rockström, Executive Director of the Stockholm Resilience Centre, proposed what he called the Big Ten Initiative. 'The global fishing industry operates as roving bandits. But they are controlled by just ten companies'. In partnership with economist Pavan Sukhdev, Rockström pledged to 'invite these companies to a Soneva-style dialogue under the banner of 'CEOs for a sustainable world'. Companies demanding a lion's share will work far better as a club'.

Even closer to home is how to make the travel and tourism industry more sustainable. Pioneers in this field include Sonu Shivdasani, CEO of luxury resort company Soneva, and business leader Jochen Zeitz, co-founder with Richard Branson of The B Team. They discussed plans to bring more CEOs to the table through targeted events, with Zeitz setting a target of 'proving by 2020 that the sustainable model of tourism has a net positive impact on business'.

This would provide a model to scale up. The participants agreed that such efforts can only reach a global level by tapping the huge potential of China. Peggy Liu, chairperson of



Chinese NGO JUCCCE, told the participants: 'Many of you have issues that need to be amplified in China, and I'm offering an environmental gateway'. With the support of Leo Johnson, Visiting Fellow at the Smith School of Enterprise and Environment at Oxford University, and actor and activist Daryl Hannah, plans were made to lead up to the 2015 UN Conference on Climate Change in Paris in a way that ensures China is at the table.

Hannah also raised the question of messaging. 'We need to catalyse global consciousness through a shift in communication,' she said, 'and I want to offer myself as an active enabler'. On day two, Pavan Sukhdev talked of 'time bombs' waiting to happen if global sustainability is not achieved.

Following this up, Adam and Jessica Sweidan of Synchronicity Earth pledged to facilitate the creation of a 'bomb disposal timeline plan' – a 'wire map' of Johan Rockström's nine planetary boundaries that will captivate broader audiences, identify the deadlines and concentrate minds. Dorinda Elliott, commissioning editor of Condé Nast Traveller, reinforced this point: 'We have to throw a better party. The language and brand of sustainability needs to change to reach far broader audiences'.

These are just a few of the plans discussed. Jenifer Willig, co-founder of WHOLE WORLD Water, a project directly resulting from the 2011 Symposium's debates, focused on transforming the engagement of the millions of employees in the travel and tourism industry from passive to active motivation as a business driver. Chris Gorell Barnes concentrated minds on the problem of traceability in fishing. 'We know what fields cows come from, but with fish, we sometimes don't even know their species'.

Summing up the hopeful mood of the Symposium, host Sonu Shivdasani said: 'It has surpassed all of our expectations. This was a great group of people working with cohesion and connection, complementing each other's fields. Before we start working on the next Symposium we'll be focusing on how we can drive these issues forward by offering the support of the team at Soneva'.

And before leaving the island, there was time for a last word from Leo Johnson. 'When the intent is there the rest will follow. These three days have been a laboratory of intent'.

To find out more about the SLOW LIFE Symposium please visit www.slowlifesymposium.com









