

Together

FEBRUARY 2019 #95

magazine

Fitness

Let's dance!

Travel

Bali

St Moritz

Sainte-Foy ski

Radisson Red

Wine & Dining

Money

& Politics

PERSONAL DEVELOPMENT

Love is in the air

Reverse resolutions

Be positive

Cornerstone of opportunity

Transcend your Mind

Be successful

Technology

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*Luxury winter chalets
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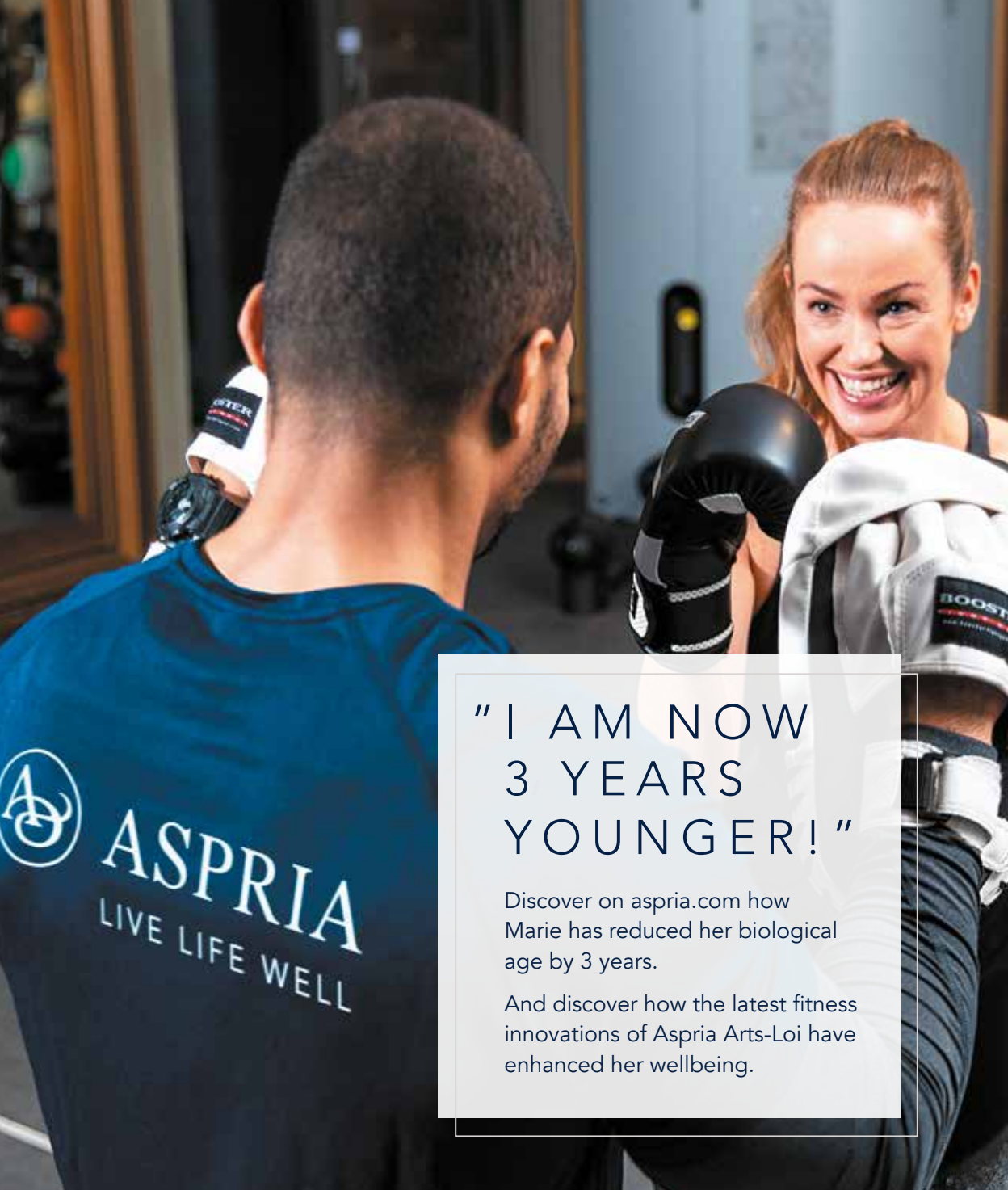
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Brusselsesteenweg 341, 3090 Overijse
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Editor's LETTER

*Together:
Inspiring you
to reach your dreams...*

ON THE COVER



Mahershala Ali stars
in *Green Book*

TEN MINUTES TO HAPPINESS

It is described by its publisher as "a brand-new journal that will improve your mental health dramatically by spending ten minutes every day focusing on the positive things that have happened to you". The author is Dr Sandi Mann, a senior psychology lecturer at the University of Central Lancashire. She is an experienced mental health practitioner, has her own private clinic and is the author of more than twenty popular psychology books, including *The Science of Boredom* (Robinson, 2017).

Her proposal is very straightforward and falls into the 'make a list category' of good advice. Simply set aside ten minutes each day to fill in what Mann calls 'your happiness journal', a place where you record what has happened to you over a given day - over the period of your entire life possibly. She has set out six areas she feels will help you formulate your feelings and memories.

- Pleasure: Things that were enjoyed that day
- Positive Strokes: Praise or feedback received during the day
- Lucky Me: Good fortune you encountered that day
- Achievements: Reasons to say 'well done me', however small
- Gratitude: Blessings to be counted
- Random Acts of Kindness: Kind acts you have performed that day

This seems to me like the perfect replacement for those pesky New Year resolutions – it's an all-year-round delve into the positives. So, get scribbling and let me know how it's working out.

Meanwhile, I am going to have a look at her *The Science of Boredom*...

Ten Minutes to Happiness is available on
www.littlebrown.co.uk

Paul Morris
Editor



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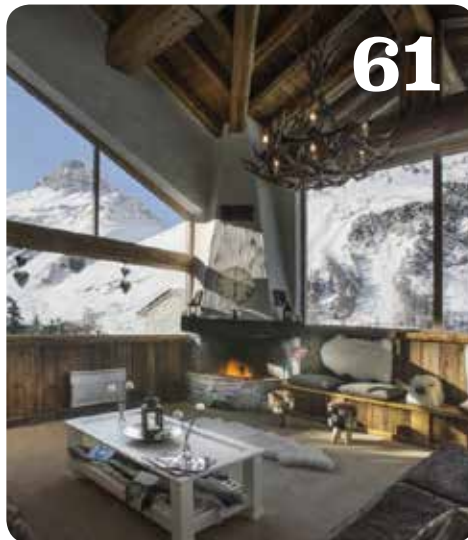
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PUBLISHER

David Mc Gowan

david@togethermedia.eu

KEY ACCOUNT DIRECTOR

Renaud Philippart

renaud@togethermedia.eu

+32 494 64 67 93

ACCOUNT DIRECTOR

Caroline Dierckx

caroline@togethermedia.eu

+32 479 47 47 77

ACCOUNT MANAGER

Isabelle Ferrier

isabelle@togethermedia.eu

+32 476 85 08 34

Hussein Jahwar

hussein@togethermedia.eu

+32 487 19 20 51

MANAGEMENT ASSISTANT

Suzanne Ofner

suzanne@togethermedia.eu

EDITOR

Paul Morris

paul@togethermedia.eu

DESIGNER

Xavier Bostem

xavier@togethermedia.eu

CONTRIBUTORS

Arnon Barnes; Erika Brincat
Mark Browne; Gerry Callaghan
Yannick Callens; Kate Cracknell
Caroline Dierckx; James Drew
David Deruytter; Isabelle Ferrier
Philippe Geluck; Colin Moors
Will Moors; Paul Morris
Karen Northfield; Sarbani Sen
Katarina Winslow

ART DIRECTOR

Nicholas Sirot

FOUNDER

Jérôme Stéfanski

jerome@togethermedia.eu

Together Media

Boulevard St Michel, 47 - B-1040 Brussels

+32 2 400 00 24

info@togethermedia.eu - www.togethermag.eu

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Personal development: How to find meaningful work

In our personal development article Gemma Rose wonders how to find meaning in the modern workplace. I previously wrote about how we seem to be working harder than ever – despite technology supposedly making our lives easier – and yet are unhappy (The Task Ahead, Together Magazine issue 64). I also referred to a category of jobs called 'bullshit jobs'. This category was identified by David Graeber, an anthropology professor at the London School of Economics.

Ryad Merhy: Pride and passion sport and boxing

Aspria spoke to one of the Belgian's finest athletes, Ryad Merhy, about his fitness methods. Ryad Merhy is the pride of Belgium when it comes to boxing. Ryad turned professional in 2013 and won 18 consecutive fights before winning the WBA Inter-Continental cruiserweight title. He would improve his record to 24-0 before getting a shot at the vacant WBA cruiserweight (Regular) title against Arsen Goulamirian. Ryad would end up losing for the first time as a professional as he would go on to get stopped in the 11th round by Arsen.

Be successful: Being inspired is a forgotten art

In our latest Be Successful article International Speaker, Peak Performance Trainer and Business Mentor Arnon Barnes asks us to stay inspired. There are inspiring people all around us. People that have come from great challenges, overcome obstacles and gone through incredible difficulties to soar to the top and leave their energetic signature written in the history books. So why is it so important to be inspired?

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Starring in Belgium

Will Moors looks at upcoming concerts in Belgium

Modeselektor

Modeselektor are an experimental electronic music duo with a storied history in the Berlin electronic music scene. Gernot Bronsert and Sebastian Szary started producing music together in the 90s deep in the heart of the Berlin acid house movement. The duo has kept their sound diverse by drawing from many different genres and moulding them into their own sound which is experimental but accessible.

The duo has spent the last few years performing as Moderat – a collaboration between themselves and fellow German electronic artist, Apparat. In the summer of 2018 they released the long awaited *Kalif Storch* – their first new single since 2015 – alongside compilation album *Modeselektion Vol. 04*. The stripped-bare techno track teases



Photo © Matt Biddulph

what is yet to come on their upcoming album. Ahead of the release of their fourth album *WHO ELSE* on 22 February Modeselektor are returning to Brussels for their 2019 world tour. **20 February**. Botanique. **Tickets: €29** www.botanique.be

Billie Eilish

Billie Eilish is the latest in bedroom pop teen-prodigies to amass a following out of near thin air. She rose to fame when she was only fifteen years old, and two years on already has an album and associated tours under her belt. Her signature style is a fair bit more brooding and melancholic than her viral contemporaries such as Ed Sheeran or Justin Bieber, with a focus more on heartfelt ballads that incorporate the signature themes of pop music.

Eilish rebellious teen persona contradicts her wistful music, but is the focal point of her success. She released her initial single *Ocean Eyes* back in 2015 which was an instant viral success, garnering 61 million YouTube views in its two short years. Since being picked up by Interscope Records in 2016, she has released a plethora of singles



as well as her first EP, *Don't Smile at Me*. She is currently finishing her first album for *Interscope*, while on her second world tour in two years. **25 February**. Salle de la Madeleine, Brussels. **Tickets: €29** www.la-madeleine.be

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Rock Werchter

It's now 2019, which means festival season midpoint has arrived. It's the season for music festivals to announce their headline acts while it's still cold so people can look both pro-and-retrospectively to warmer, more eventful times. Rock Werchter spent the run-up to 2018's holiday season announcing the headline acts to get a bit of festival season buzz going.

Rock Werchter is Belgium's own variety festival. Featuring artists from many a genre, there is usually something for everyone on the line-up each year. 2019's line-up so far includes artists from metal, indie, pop, rock, hip-hop, and electronic music ranging from up-and-comers to established staples of their genre. With the lower billing acts yet unannounced, this year's selection is already as diverse as ever.

For pop fans, multi-Grammy winning pop spectacle P!NK can be seen headlining the Main Stage on the Thursday for her *Beautiful Drama* World Tour. Melancholic pop-rock Florence + the Machine are also set to play the Main Stage off the back of acclaimed 2018 record, *High as Hope*. Australian princess of pop Kylie Minogue also comes to Rock Werchter on The Barn stage on the Friday. Kylie is touring following the release of her 2018

record, *Golden*.

Putting the Rock in Rock Werchter come progmetal legends, Tool. Tool come to the Main Stage on the Friday during their first European tour in many years. The Europe tour is expected to follow the release of a new album from them, their first since 2006's *10,000 Days*. Muse, England's virtuosic rock trio, are also set to headline the main stage on Sunday. Employing the use of lighting, pyrotechnics, and stage props, Muse shows are always an engaging experience. For a more indie rock experience, professional wax poetics The Cure are to play the Main Stage on the Friday, bringing their signature blend of sad lyrics and danceable instrumentals.

The festival is also perfect for those who don't fancy the muddy camp sites of a festival ground. Buses run frequently between the festival grounds and nearby Leuven, meaning the mud can easily be left behind in the evenings in exchange for a better night's sleep at local hotels. Most importantly, there is a large selection of food and drink providers in the festival grounds that offer a variety of foods from different cultures. 27-30 June. Werchter. www.rockwerchter.be 



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Oxfam International: Live free of poverty

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We challenge the structural causes of the injustice of poverty, and work with allies and partners locally and globally. We believe that everyone has a right to realize their potential, and to live free of poverty in a secure and more equitable world. We believe that with the necessary action and political will, this world is possible.

People have a right to life and security; to a sustainable livelihood; to be heard; to have an identity; and to have access to basic social services. We subscribe to all international covenants on rights, and to the Universal Declaration of Human Rights.

In poverty, people have little power and are denied an effective voice. Poverty means little income, too few assets, lack of access to basic services and opportunities, deep inequalities, ongoing insecurity and little opportunity for development. Poverty is rooted in inequality, and in human action or inaction. It can be worsened by natural disasters, human violence, oppression and environmental damage, and maintained by institutions and economic means.



Photo © Aline and daughter, Glorise

Women and girls are often the most oppressed by poverty; their needs and rights must be central to eliminating it.

Nowhere to live: The plight of refugees

More than 65 million people worldwide have been forced to flee their homes. World leaders cannot turn their backs on those vulnerable people who need safety and protection now. They must act quickly and responsibly to save and protect lives.

Aline, a Burundian refugee, sits with her youngest daughter, Glorise, outside her tent in the Nyarugusu refugee camp in Tanzania. Due to fighting and unrest in Burundi, Tanzania saw an influx of refugees.

"A refugee is a person who does not have any options," says Aline. "A refugee's life is reliant only on help. I don't feel good being a refugee. We don't have a good place to live. If I had a good place to live I would have some peace back in my life."

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PERSONAL DEVELOPMENT

We are encouraged to see the world through rose-tinted glasses and cherish our loved ones.

Let's dance!

Aspria's **Kate Cracknell** offers five good reasons why you need to dance



Dancing isn't just good fun. Male or female, young or old – or somewhere in between! – it also has huge benefits for your health and wellbeing.

It can be easy to think of dancing as just a bit of fun – not to mention something we do less and less of as we get older. Nightclubs? No thanks. Maybe just the very occasional half-hour on the dance floor at a wedding.

And that's a shame, because there are huge health benefits to be had from dancing...

#1: Dancing keeps you in shape

Think you have to pound the treadmill to burn calories and shed fat? Not so. When you dance, you can burn up to 300 calories an

hour – and that's about the same, if not more, than the amount of energy you burn during an easy run or swim.

The impact on your fitness levels is comparable too: a 2007 study found that eight weeks of aerobic dance-based exercise, or eight weeks of jogging or walking, both led to significant fitness gains compared to a control group.

It's not just cardio either: dancing also develops strength, tones and conditions your body, and improves balance, flexibility and mobility. Which brings us to the next reason why dance is great for your body...

#2: Dancing keeps you mobile

Dancing keeps your body supple, flexible, moving well – and all of this with a lower risk of injury than other forms of exercise, as it's generally pretty low impact.

As a highly functional form of movement – moving in every plane of motion, and with lots of side-to-side moves activating the smaller muscle groups – it also improves balance, posture, flexibility and co-ordination. And that's vitally important, particularly as we age.

In a recent German study, one group took part in 18 months of weekly endurance and flexibility training; the other group learned dance routines. Only the dance group experienced noticeable physical changes such as improved balance.

#3: Dancing keeps your brain young

Dancing also keeps your brain firing on all cylinders as you age.

Of course, most forms of exercise can help slow age-related decline: in the German study mentioned above, both groups saw positive responses in their hippocampus – the region of the brain responsible for memory, learning and balance, and the one most affected by age-related decline.

However, American researchers recently linked dancing specifically to improved “white matter integrity” in the brains of older adults – the connective tissue within the brain that tends to break down gradually as we age, leading to cognitive impairment and memory problems.

In the study, participants were assigned to one of three activities: brisk walking, stretching and balance training, or dance classes. At the end of the study, brain scans were done on all

**“ IMPROVES
BALANCE, POSTURE,
FLEXIBILITY AND
CO-ORDINATION ”**

participants and compared with scans taken before the activities began.

The dancers fared better than the other groups, with less deterioration in their brains.

#4: Dancing makes you feel good

Dancing triggers the release of endorphins, which in turn boosts your mood. Add to that the fun, social element of dance and it's clear there are feel-good benefits here for everyone.

But it goes deeper than this – and this is great news for anyone with teenage daughters. A study by the American Medical Association found that adolescent girls had more positive thoughts and felt more confident after dancing – and in particular, after structured dance classes that focused on simply enjoying the movement, rather than on perfection or performance.

There's even evidence to support the use of dance as a therapeutic tool. Research dating back to the 1980s supports the idea that dancing can curb anxiety, while a Korean study of adolescents suffering from depression found that young people who engaged in dance movement therapy reported significantly reduced psychological distress.

#5: Dancing builds friendships

Dancing with someone else activates areas of the brain that stimulate a sense of oneness and connection – something scientists call 'self-other merging'.

There's also growing consensus that simply touching another person – whether it's through massage, holding hands or dancing with someone – reduces stress and anxiety and improves overall wellbeing.

Dancing with someone else is, as a *Time*



magazine journalist once observed, “like exercise and a hug rolled together”.

Would you care to dance?

Of course, different forms of dancing will appeal to different people – and the good news is that your Aspria class timetable offers a variety of different dance styles.

Want to get lost in the rhythm? Try Zumba, Salsa or Jazz. Interested in muscle tone, stretching and conditioning? Ballet may be

more your style. Feel you're too old for all of this? Not in the slightest: with classes at Aspria Royal La Rasante such as Zumba Gold on the schedule, you're never too old to enjoy the benefits of dance.

**“ POSITIVE
RESPONSES IN
THEIR
HIPPOCAMPUS ”**

Whoever you are, and whatever your wellbeing goals, it seems dance has something to offer everyone. It's time to put on those dancing shoes! www.aspria.com

Love is in the air

Intuitive Healer **Katarina Winslow**
reflects on love



It is that time of the year again when we are supposed to - and are sometimes even asked to be - romantic. We are encouraged to see the world through rose-tinted glasses and cherish our loved ones. The pinker the better. Candle lights are decorating the restaurant tables for us to be still and look deep into each other's eyes. When we feel this good, love is natural. In the moments of romance, we feel committed to the wellbeing of our partner, without condition. To be romantic is to be in a position of generosity towards the other. In love, we feel safe in being on the giving and receiving end.

**“ YOU BRING
YOUR OWN
UNITY INTO
THE
WHOLENESS
OF LOVE ”**

Saint Valentine is here for us to really see and connect to the person that is in our heart. Romantic love is wonderful at its best and painful as its worst. When we embrace love, when we are in the state of love, we see the beauty in feeling united as one. But for love to last you need to also feel like one and united within yourself, with and without the beloved. Otherwise, it won't be long before the ego of each person starts to feel uncomfortable with the 'oneness' that love has created.

After a while, when the first pink clouds start to disperse, people start

asking whose 'oneness' is it that we have actually created. In love, we go from feeling completely united with the other, abandoning our individual self in the union, often wanting to regain our authentic selves and our own independence and identity. The transition from the first infatuation to lasting love is softer when two people in love are whole within themselves. When you are whole, love is less subject to disappointments and failure as you bring your own unity into the wholeness of love. Love is easier when it comes not from need but from desire to experience more of yourself in the mirror of the other.

But what is love in its essence? Love is just that: wholeness. Love is the unity we feel in the first moments of new love. Love is the absence of fear. Love is the feeling of complete oneness with the other and everything beyond. Love is also the truth of who we are before entering the dual reality of terrestrial life. Love is, to put it simply, an absolute feeling of being whole and united. Looking deeper, we find that love is our essence. Love is the one thing that remains when we remove all the illusions of ourselves. Love is our centre.

Love is where we came from and love is where we will return.

Unfortunately, the illusion that keeps us from feeling whole and united has multiple layers. We all probably have at least one thing that we believe about ourselves that can take us out of the state of love in a heartbeat. We all carry illusions about ourselves and about others that we have gathered during our childhood and upbringing, and new ones, throughout life.

At the end of the day, we all live our lives from our personal illusionary veil of reality. Everything is an illusion. If you are curious about this idea of illusion, you will find more answers in Don Miguel Ruiz's book *The Four Agreements: A Practical Guide to Personal Freedom*.

The illusions that keep us from loving ourselves can be things like 'I am not good enough', 'I am too much', 'I am worthless', 'I am bad' or simply 'I am not allowed to be'. The biggest illusion of all could even be that 'I am not allowed to exist'. The illusions we might carry about others could be things like others are not trustworthy, others don't care about me, others think I am awkward or others don't want me to be here. Of course, if we walk around with these kinds of illusionary beliefs, it is difficult to feel whole.

There is always a disturbing element that wants to destroy our wholeness and peace, our feelings of love. It is as if we have a pin that we use to prick a hole in our love balloon. Whenever our thoughts of 'less than' and 'not good enough' surface in our minds, the pink air evaporates quickly. The mind, or the ego, is an expert at piercing our love balloons and keeping us suffering, keeping us separated from love. The ego is our pin. And love is our balloon. We all have one of each.

Looking at it in this light, one could imagine how wonderful the world would be if we all just threw away our pins. Then the only thing left on this earth would be loving balloons, surfacing the planet. Wow, then the world would really be pink and fluffy. Everybody would just be floating together, high in the sky. Letting the air we breathe lift us to higher grounds and letting the sun shine on our whole and heart-centred beings. There would be no threats to our balloons. In that reality, we would be able to keep the feeling of wholeness at all times.

**“ EVERYTHING
IS AN ILLUSION ”**

Now, this is difficult for us as human beings, because we need our egos to keep us safe. The pin we carry is there for a reason, it is part of our survival mechanism. It is the ego that keeps us from not walking out into the street without looking. It is the ego that protects us and guards us from dangers. The ego is the sword we can protect and defend ourselves with.



But it is also the one thing that keeps us from feeling whole and feeling love. The ego is an expert at suffering, as it keeps us separated from the wholeness. But we can change the ego's role into being the friend that gently reminds us that we are not where we are supposed to be, with our thoughts and our feelings. Let it be the light that illuminates how far from the love you are. When you feel bad and separated, let the discomfort be a sign of how far away from your essence you have travelled. Each time the ego speaks thoughts of separation, ring the bells of love. Bring yourself back to wholeness as often as you can. Always bring yourself back to love.

Let it be a bell that tells you that you are in the wrong place. When you feel bad and

separated, it is very simple. You feel this way because your entire being is yelling at you: "You are in the wrong place!" It is as if your whole being say: "Do I need to make you feel even worse before you understand that you are not where you are supposed to be?" You feel bad because you are thinking thoughts in discordance with the truth of who you are: you are love, and love doesn't separate, love unites.

Your soul knows the truth of who you are and it is whispering to you to wake up from the illusion of separation of yourself and others. It is telling you to embrace your essence, it is telling you to embrace love.

Be love.

Together. **1**

“ LOVE DOESN'T SEPARATE, LOVE UNITES ”



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A reverse approach to resolutions

Karen Northshield opens a new door to 2019



Ever tell yourself you'll start your diet or get to the gym tomorrow but then tomorrow never comes? How many resolutions have we made in the past, how many have we kept? How many times do we tell ourselves that we'll try again next year? It's not long before we stop making them altogether. It's commonly believed that the month of January was named for the Roman god Janus, but it's actually rooted in the Latin word 'ianua', which means door. The name was chosen to symbolize the opening of a new door when the new year begins.

Most of us welcome the new year with new hopes, recommitted resolutions and a sense of a fresh start. Often though the excitement wears off as the weeks go by, as we settle

back down into our routines and become overwhelmed with work and responsibilities. Why is it that we can't stick to our resolutions, no matter how much we scold or promise ourselves to? It's like winding up a ballerina musical clock but then the music comes to a stop before the song is over. Something's not working. Something we're doing is not right.

New year - a new start, a new chapter or just the same old story?

Perhaps we are approaching our resolutions from the wrong angle. Instead of approaching them from the start, we should approach them from the end. We can compare resolutions to a book. When you read a book you start with the first page. You know how the book starts, but do you know how it ends? The resolution

**“SOMETHING'S NOT WORKING.
SOMETHING WE'RE DOING
IS NOT RIGHT”**



is like a book. You know how you want it to start. But how do you want it to end? It's your year, it's your book. You are the author. What resolution do you want to keep until the end of the year? Start with the end in mind and then write backwards. 2019 is a year full of promises and new beginnings. It's a book filled with 365 pages. You are its author, the author of your resolutions. Every day should be the best day of the year.

It's more than a goal, it's a lifestyle

A resolution may leave us with the feeling that we have to get it done now. Like a checklist. Or an accomplishment. But a resolution is more than just a goal. It's a lifestyle. Like learning a new language, losing 5 kilos, or spending more time with the kids. It's not

a magical wand or something you do once and get it over with. You can't just go to the gym once, spend one evening with the kids or simply sign up to a language course and meet your resolution. It has to become a habit. Something you do day in and day out with a renewed commitment. In other words, it has to become a lifestyle. And when you meet that goal or resolution of yours, keep doing it. Otherwise it may backfire or recede (e.g. you gain the 5 kilos you lost, you neglect the kids, or find excuses for not attending your language classes). Why are you doing all this? Because you're committed. You have a book to write and you know how it's going to end.



Stay committed but be flexible

Just like characters in a book that fulfill their roles until the end, be your own character and own your resolution. Play it out until the end. And sometimes it takes character to keep pushing through, to have the ability to carry out a resolution long after the excitement of the moment has passed. But you can do it, because you're writing each page and each day. Each day brings a new start in its own. Take it one day at a time. Meet your resolution each day and recommit to the following day. You are constantly writing your story each moment of the day and reaching that resolution of yours. As there are many conditions to life that we do not control, it is important to be flexible. It may take us longer to reach our goal or we may be thrown off course but it doesn't mean you're failing. You have to be flexible. Stay committed to your decisions, be flexible in your approach. If something gets in your way, change your approach; if you can't change it, change your attitude. The next day is a blank page and a new start.

It's your script

In the lines of JFK's affirmation "ask not what your country can do for you - ask what you

can do for your country", it's not what the new year can bring you but what you can bring to the new year. You can't be passive about your resolutions. You have to be the producer and actor of your script at the same time. You write your storyline out and play it. You have to be active and proactive about it. Otherwise it's like wishing upon a star. A wish without a deadline is merely just a dream. Be the astronaut. Not just the dreamer. You do not find the happy life you make it. The best way to predict the future is to create it. In the end, the only person you are destined to be is the person you decide to be. You get the results you create.

"IT'S A BOOK FILLED WITH 365 PAGES"

So, what's your resolution for 2019? Commit. Be determined. Be resolved. Open that door and write your story with the end in mind. Make history. Make it happen. Create it now. 1 January was just the first blank page of a 365-page book. You know how it's going to end so write a good one. Suggestion: write your resolution on a paper and tuck it away in an envelope. Come 31 December 2019, pull it out and see if you've maintained your goal, if it's become a habit/a lifestyle and if you've become your character. Happy New Year! ❶

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Lean towards the positive

Sarbani Sen offers up six ways to clear negative energy



The world is filled with many people, all with their own intentions and desires. Some are overwhelmingly positive while others lean towards negativity. It's not always possible to remove those negative people from our life; sometimes they're your co-workers or even our family members or partners. Neither is it always possible to change such individuals for the better. And that leaves us in a bit of a tight spot, especially if we're a highly sensitive individual or an empath. Luckily, we can get out of heaviness not by changing the behaviour of the other but by changing what's going on inside of ourselves.

Let's take a look at a few simple strategies for doing that.

**“ THAT
LEAVES US
IN A BIT OF A
TIGHT SPOT ”**

1. Ask a question

What else is possible here? Who does this belong to? What can I do with this energy? What would bring me joy just now? And clarify your intention to step out of that darkness or negative energy.



2. Yawn

Seriously, it shifts energies! Many people think that yawning is a sign of boredom or discontentment – it actually clears the body of unwanted energy. That should come as a surprise, since breathing exercises help us reduce anxiety (and yawning is basically just that: a strong exhale).

The act of saying out loud makes it real. So, when we decide that the amount of negative energy around us has become overwhelming and needs to be reduced, we begin by saying that out loud, not to anyone in particular. Just letting the sound of our voice fall back on our ears. Then, go to step 2.



3. Burn some incense, Palo Santo or sage

Maybe a depressed friend or annoying person spent the weekend at your house and the place is charged with negative energy. Or maybe you brought too much stress from outside. White sage has been used for

centuries in smudging ceremonies to clear areas of unwanted energies and spirits. Palo Santo is also used in Ayuhasca ceremonies to clear energies, heal and ground. Spread the smell on your body by blowing on to it, then spread it into the room or house or apartment that needs to be 'cleansed'.



4. Record yourself or write

Sometimes speaking to someone is not possible (because it's at night or because it's working hours) so recording yourself into a phone can be done instead. It's awkward to say, but when we speak out loud and express what's at stake, some kind of a higher intelligence arrives and somehow, after all has been said, the wise person inside of us, (or higher self as we call it in spirituality) arrives and gives us some very sound advice for just now. When writing the same occurs. This is why it is very healthy to keep an agenda and write every morning or every evening, or basically every time you have that uneasy feeling.



5. The Himalayan salt lamp.

Ever seen a Himalayan salt lamp? These pink lamps you usually see in a baby room, or at the therapist. Not only does it look really cool, but it also cleanses the air around it and increases positive energy. Don't ask me how, but that's a fact. Its light is very appealing too.

Apparently, it does this by producing negative ions that latch onto positive ones that leak negativity. You can find a variety of Himalayan salt lamps at Sequoia (in Brussels) or any bio shop.



6. Take a bath

Use gross salt preferably or even neem powder (Indian origin). Just stay in the water for 15 minutes and let the salt take over all negative energy accumulated during the day. This can be done after a long day at work, or a distressful event or something like that. If you want to make it a pleasant moment, why not add a few drops of essential oils, and light some candles?

Whatever you do enjoy and remember "everything is the opposite of what it seems, nothing is the opposite of what it seems"! ❶



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Transcend your Mind

Erika Brincat recharges mind and body in the heart of Brussels



As a lover of India who has been there several times, I thought it was quite a coincidence to find, shortly after moving to Brussels for work, a Transcendental Meditation Centre right in my neighbourhood. Many years ago, I had applied for a scholarship in TM at a Maharishi University in India. However, I was selected for another scholarship in the end. So here I am in Brussels now with a TM centre right at my doorstep. I decided to check it out and wasn't disappointed.

What is Transcendental Meditation (also known as TM)?

TM is an effortless technique for "recharging your mind and body" and creating a brighter, more positive state of mind. Hundreds of published research studies have found that TM is highly effective on stress and anxiety, brain function and cardiovascular health. The TM technique allows your mind to easily settle inward, through quieter levels of thought, until you experience the most silent and peaceful level of your own awareness - pure consciousness.

After attending a free introductory talk by a certified TM teacher at the cosy and clean centre you will meet privately with the teacher. This free personal discussion normally takes place right after the introductory talk. Once you decide you would like to try out the course itself you will be invited to attend about four to five small group meditations including additional guidance and instructions on the TM technique based on your personal experience. This is concluded with a follow-up session of one hour - a small group session (with Q&A), and a one-on-one 'tune-up' to ensure your Transcendental Meditation practice is easy and enjoyable, and you are gaining maximum benefit. The course itself is a bit expensive but a worthwhile price to pay to improve your wellbeing. TM can help with a number of conditions such as depression, anxiety and even ADHD.

The TM Teacher will give you a blessing and a personalized mantra to use during your meditation. Conducted twice a day (morning and evening) in short 20-minute sessions, practitioners recite the mantra during their meditation. The process reduces distracting mental activity resulting in a higher state of consciousness. The goal is to attain deep relaxation, eliminate stress, promote clear thinking and attain inner fulfilment and good health. Personally, I also enjoyed the follow-up group meditations where you find out more about the other participants and realize that everybody faces certain challenges in life, and continue to deepen your practice in a safe environment. It is not a difficult meditation practice to maintain

since it only requires twenty minutes in the mornings when you wake up and twenty minutes in the evenings, preferably before dinner.

Where did TM originate from?

Born around 1917, Maharishi Mahesh Yogi was a spiritual leader famous for developing the Transcendental Meditation technique and making it available to the world. He legitimized the practice of meditation as a viable health treatment, elevating it from a practice of

mystics to a scientifically supported health programme. His fame soared to international heights when he became guru to The Beatles and other celebrities.

Maharishi and The Beatles

The tabloid headlines seemed to be circling in alternative universes. The Beatles, a British rock band spearheading the counter-culture revolution of the 1960s, was said to be studying with the Maharishi Mahesh Yogi, an Indian guru spreading an ethereal philosophy of love and peace. Members of the band heard the Maharishi speak during his tour of

London, in 1967. The band members were experiencing a transformation in their music, their career and their lives. In their own individual ways, they were looking for answers to life's bigger questions. Answers they weren't getting from their fame and fortune.

Fascinated by the Maharishi's presentation, The Beatles and an entourage of celebrities including actress Mia Farrow, travelled to his spiritual centre in Rishikesh, India, in February 1968. The experience is said to have pulled





the band out of a musical rut and inspired their next groundbreaking album, known as *The White Album*. The Beatles' relationship with the Maharishi brought on a surge of interest from many other celebrities including Mick Jagger, Clint Eastwood and David Lynch. Sir Paul McCartney is reportedly still a fan, while Jennifer Anniston, Katy Perry and Hugh Jackman are among the many celebrities who practice TM nowadays.

Are you interested in learning TM?

Group Meditations in English will continue to be held at the local Brussels TM-Centre, No. 60, First Floor, Rue Archimede (near Square Ambiorix) on Mondays and Tuesdays from 18h30-19h45, and French-speaking sessions every Thursday at 20h00 in 2019. Questions and Answers on your experiences and deepening of knowledge will be on the agenda. If interested you can apply for the free Introductory Talk and then decide later whether you want to follow the TM course itself.

For information on the next Introductory Talk available, call Mr. Pieter Riemens on 0475-490630 or email riemensp@gmail.com.

A Weekend Retreat Residence Course will be held at the Maison Notre Dame du Chant d'Oiseau Training Centre, Avenue des Franciscains, in Woluwe Saint Pierre from 1-3 February 2019.

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"A little over a year ago I started doing TM and that's really changed everything. Starting your day off and ending with that is pretty powerful. Twenty minutes, you just notice the difference! So? I try to meditate first thing when I wake up. Feeling good comes from within. Loving who you are and being kind to yourself are the keys to confidence. And meditation is helpful."

— Jennifer Anniston

"One of the things – and this comes from someone who was highly self-critical and a type-A personality – that has changed my life is meditating."

— Sheryl Crow

"In moments of madness, meditation has helped me find moments of serenity."

— Sir Paul McCartney

"THE MOST SILENT AND PEACEFUL LEVEL OF YOUR OWN AWARENESS"

"I start the day with Transcendental Meditation. It puts me in the best mood!"

— Katy Perry

"In meditation, I can let go of everything. I'm not Hugh Jackman. I'm not a dad. I'm not a husband. I'm just dipping into that powerful source that creates everything. Nothing has ever opened my eyes like

Transcendental Meditation has. It makes me calm and happy, and, well, it gives me some peace and quiet in what's a pretty chaotic life!"

— Hugh Jackman. 🍿

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Be wise: The cornerstone of opportunity

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** looks at the 'success equation'

Have you ever heard people say that in order to be successful, to make it big, it all boils down to making wise decisions? Tony Robbins says: "It is in your moments of decision that your destiny is shaped." And I agree, partially, with that statement.

Decision-making is important, but I believe it to be only half of the 'success equation'. From my experience decisions are the cornerstone of opportunity. Making a decision, a wise decision is an important part in creating a positive change or improving your life but still just one part.

I believe there to be an additional piece of that puzzle that needs to be acknowledged and focused upon. But before we look at the other important part of this 'success equation' puzzle and demystify how successful people think, behave and achieve high levels of success, let's first look at the 'decision making process'.

Why are most people (not you of course) rather lousy at the 'decision making' process? And, if we take a deeper look, why don't most people like making big, transformational, life-changing decisions.

To begin with, it's important to understand that the foundational way of human thinking is based on 'I don't like change'. One of the basic human needs is something called 'certainty'. If you were to look up the definition of certainty in the dictionary this is what you will find: the state of being completely confident or having no doubt about something.

And that already gives us a clue as to why most people don't like and are not good

decision makers. Most people are not confident. Not confident in themselves, in their work, in their body and in what and how they think and do things. This 'lack of confidence' creates what I call a 'weakened state'.

How do we then end up in a weakened state? Some of the reasons might be: past programming from parents, teachers, siblings, friends, religion, culture even an over-powering spouse or an over demanding environment. Even being put under force by somebody at a time in the past can cause a major impact on our current confidence levels. We are left with the sensation of 'I'm not good enough'. And that is where the weakness begins.

Then from this 'weakened state' people start making decisions and, as you can understand, it will unquestionably affect your ability to make wise decisions. Decisions that empower you and ultimately bring you closer to your goals never come from a weakened state.

In practice, it looks like this: we take a decision, not even being aware of the fact that we are in a 'weakened state'. Then 3, 6 or even 12 months later it becomes clear to us that the decision we took turns out to be a bad decision and as a result we lose more confidence in ourselves. We have proven what we already felt on a deeper level – that we are not good enough. As a result, we start to distance ourselves and even avoid taking decisions all together. And when you are a business leader, a business owner, well then: "Houston we have a problem!"

As you can see, this 'lack of confidence' in ourselves and in our ability to make wise and empowering decisions, plays a significant role



in determining the quality of our lives. As I quoted earlier: "It is in your moments of decision that your destiny is shaped."

Let's start from the foundation with my first question. 'Can a human being increase their confidence levels?' The answer is yes! Absolutely, it is possible.

The next question is 'If you wanted to increase your confidence levels, how would you go about doing that? What are three things, actions, that you can do, actions that you can take to elevate your confidence?'

Personally, when I'm in need of a 'confidence boost' these are some of the actions I take that always seem to help me 'step into my power'. They are: kickboxing, watching an inspiring movie, reading a self-help book or even something as simple as celebrating a business or personal win or a success that I have just experienced.

And with that, my question to you is: 'If you

wanted to increase your confidence levels even more, what are three actions you can take to help you 'step into your power'?

This links us directly into the second part of the 'success equation'.

ACTION! A decision is a great start, but any decision is worthless without following through. Decisions **MUST** be followed up with focused, committed action.

My coaching clients and all business owners and leaders that I work with, all know that whether they want to increase profitability, strengthen their teams or simply get themselves into a peak state, it all boils down to action.

Meet and work with Arnon Barnes live? Join his next upcoming Business Rebel Masterclass in Belgium. For more information on the event, dates and details check out www.businessrebelmasterclass.com or contact his office for more information on coaching via info@arnonbarnes.com 📧

**“ I BELIEVE
THERE TO BE
AN ADDITIONAL
PIECE OF THAT
PUZZLE ”**

Be Successful

Two more books that will further illuminate your path to success

Mind Power Into the 21st Century

In *Mind Power Into the 21st Century*, John Kehoe has articulated a set of life-changing principles for charting a course to success and happiness. *Mind Power Into the 21st Century* presents the reader with a practical guide to harness the powers of your subconscious mind, tap into your creativity, build and maintain fulfilling relationships, and improve your self-image.

Whatever you desire, you can achieve it using Mind Power

All physical reality is made up of vibrations of energy; even your thoughts are vibrations of energy. Your thoughts have a powerful influence on your life. Your thoughts affect what happens to you.

Most of us go through life taking little notice of our thought processes: how the mind thinks, what it fears, what it heeds, what it says to itself, what it brushes aside. For the most part, we go about your lives with minimal attention paid to how we think. We go through life neglecting one of the most important and powerful forces in our life: our thoughts.

What you focus on, you attract

Mind Power is directing your thoughts towards a desired outcome. Focus on success and you attract success. Focus on fear and failure and you attract failure. Mind Power is understanding these principles and making our thoughts work for us. Your thoughts are the primary creative forces in your life - you will awaken to a whole new life of power and opportunity.



A new life is but a new mind

In order to make changes in your life, you must change the way you use your mind. You cannot think both negative and positive thoughts at the same time, as one will always dominate the other. As humans, we're creatures of habit, and so are our minds. We must make sure empowering thoughts and positive emotions are the dominating influence in the mind.

To change the external, you must change the internal

Train your conscious mind to think thoughts of success, happiness, health, and prosperity. Learn to weed out negativity such as fear and worry. Keep your conscious mind busy with the expectation of the best, and make sure the thoughts you habitually think are based upon what you want in your life.
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Living Impossible Dreams: A 7-Step Blueprint...

...to help you break free from limiting beliefs that have chained you down, so you can achieve greatness in all areas of your life.

"Do you remember the first time you gave up on a dream... that impossible dream that excited you to your core? Do you remember when you first agreed with other people's limiting beliefs about you?" Freddy Behin, too, was challenged relentlessly by those same voices that said it wasn't possible. But he knew that if there was at least a one in a million chance he could figure out how to overcome it.

In his book *Living Impossible Dreams*, he will take you on a journey of impossible endeavours where he will teach you step by step concepts that will help ensure success in your life, relationship, finances, business, education or simply going through academic or physical challenges. If you are tired of mediocrity and excuses, let Freddy help you get your impossible dream to become not just a possibility but a reality.

He created a blueprint that has become the key to all of his success. He has used this process repeatedly throughout his life to defy insurmountable odds and live out his own impossible dreams...

- to become a world class gymnast competing at the Gymnastics World Championship and as a starting gymnast for UCLA.
- to invent a gymnastics strength move on the Rings (Olympic Maltese) and be the only gymnast in global history to successfully pull off this strength move on the Rings at the competitions.
- to become an MD when all those 'in the know' said he would never even get into Medical School
- speak four languages fluently, when he was told he had no talent in the department of languages in High-School.
- to develop the programming code and modelling software that radically simplified the software researchers and cardiologists used during the research of the first artificial pacemakers.
- to have a successful and alternative gymnastics club when he was told his business model would not work.
- to become a successful entrepreneur and leader.
- to become a top success and results coaches and help people live a fulfilling life and achieve their wildest dreams.

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Coping with change

Dave Deruytter looks at how to deal with the huge changes and deep uncertainty in today's world



Making the best of the business world as it undergoes huge and fast change, which engenders high uncertainty in its governance, takes a bold yet simple approach.

The speed of change in the world of business has probably never before been as fast as in recent years; and it does not look like slowing down any time soon. The governance of our world has rarely been as uncertain as it is today. Brexit is looming, international trade rules are in trouble, some countries seem to be doubting whether democracy is the best way to govern their people. Sadly, both these trends are creating new divides between people.

The digitally capable and the digitally incapable can be seen from two angles: not

being able to afford digital tools, or not being able to understand or use them.

“ THEY LACK A STABLE GOVERNANCE OR BUSINESS FRAMEWORK ”

There is also the new divide between the confident, who can weather, or even thrive during the fast changes and uncertainty in this world, and the hesitant, or prudent, who are at risk of freezing in their actions and no longer getting anything done because they lack stable governance or a business framework.

These two new divides add to the typical divides we have known for centuries: the rich and the poor, the educated and the illiterate, the healthy and the sick...

How to make the best of all of that?

I recently saw a short video on YouTube titled 'Why worry... about anything'. It goes like this. Do you have a problem? If not, why worry?

If yes, can you do something about it? If not, why worry? If yes, why worry? Indeed, if you can do something about it, do it, do not just moan about the problem. Conclusion: there is never a good reason to worry.

This simplistic, yet pragmatically correct view of things also applies to our contemporary world full of change and uncertainty. Make sure to go with the change, to learn, to understand, to adapt when it is useful, to do your bit.

Easier said than done? Yes and no.

As the Chinese proverb says “even a voyage of a thousand miles, starts with one step”. The key is to keep on moving forward - change always has its positive side. Not only is it essential for us to keep on improving and for competition to keep on wielding power in our business world, it is intellectually attractive. It is fun to be part of change. On the negative side, one can never sleep on past performance. There is a need to keep on improving all the time. To do more with less, or much more with a little bit more.

Still, if newcomers arrive on your turf, they will not only keep you sharp, they should make you work on your strengths to be able to withstand their 'attack'. Furthermore, why not 'attack' other economic sectors yourself based on your strengths by taking advantage of a 'green field approach'?

As for world governance, do not stop acting because of the uncertainty. Prepare for the worst, and hope for the best.

The Brexit saga will find an ending one day; and then there will be a new relationship between the UK and the EU. That new relationship will bring opportunity. The international trade war will end some day and there will be a new normal then. If you have underinvested in your business, you will be

overtaken by your competitors.

What about the initiatives of some countries to govern their people in a different way, differing from full democracy as we know it today? If it is within limits, let them try, so long as it is not a self-serving exercise of those in power. Anyway, the late Winston Churchill said about democracy in 1947: “Indeed it has been said that democracy is the worst form of Government except for all those other forms that have been tried from time to time.”

So, what have we done since then to try to improve our sacred democracy, or is it all going so well that we should just let it go on as it is? I know the comparison does not stand, still for the sake of argument, a car built in 1947 is not as good as one built today. And that is because car manufacturers have kept on improving their cars incrementally, partly because of competition. So, a bit of competition to democracy can do more good than harm, or at least make a sound challenge to whether or not democracy works as well as it should.

Life is for entrepreneurs and optimists. People who try and learn and keep on going succeed. Rome was not built in a day, neither were electric cars. It is most often the continuous incremental improvements that make the super products that eventually dominate whole economic sectors for decades. Diversity is also key to business success, as is hard work. Surround yourself with people who are different from you and willing or eager

to do things and learn, bestow enthusiasm on them, empower them, and together you will change your business for the good, and maybe even the world.

Keep on going strong. As Louis Armstrong sang: “Don't worry, be happy.” Still, do not sleep on the job, as roasted ducks do not tend to fly from the sky straight into your mouth. ❶

“ THERE IS NEVER A GOOD REASON TO WORRY ”



Situé sur la prestigieuse Avenue Louise, au pied de la tour ITT, le Callens Café s'exhibe dans un décor contemporain où il est de bon ton de voir et d'être vu. Ce lieu branché de la capitale est en outre doté d'un espace, aménagé comme un appartement indépendant raffiné et privatif, pour organiser vos événements business ou privés. On croise toujours une célébrité au Callens Café ! Ce qui n'est que normal au vu de sa cuisine créative qui ravit tous les palais pour un prix plus que raisonnable... Le midi, cet élégant restaurant fait le plein d'une clientèle business se régaland de «quick dishes» servis en un temps record. Le soir venu, aux plaisirs de l'assiette se mêle une ambiance toujours plus festive. Pour les belles soirées d'été, une nouvelle terrasse verte à l'abri du vent et chauffée n'attend plus que vous pour déguster les différents mets goûteux arrosés d'un bon verre de rouge.

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Investing in real estate in Belgium

Real estate expert **Yannick Callens** offers expert advice on buying property



Street in Bruges

Real estate is and has always been attractive to any investor who's looking for a good investment – real estate is usually a safe investment and normally follows inflation, as real estate value adapts and rents are updated annually. Unlike the cash we leave in bank accounts, real estate follows the systematic course of supply and demand. More than €6 billion 'sleeps' in bank accounts in Belgium, with an average return of only 0.1%. The saver loses money by letting his savings snooze. The only winner with the

saver's money is the bank. But who does the money really belong to?

“ YOU ARE A SHAREHOLDER IN YOUR OWN DESTINY ”

Real estate is the safest resource for building long-term savings. For the purchase of your first asset, it is crucial to know how much you can borrow and to put as little of your savings into your first purchase. There are two specific real estate markets, each with their advantages and disadvantages. New real estate offers a guarantee (ten-year) and the latest technologies on the market. On the

Housing

other hand, VAT applies and can 'inflate' your purchase. Currently interest rates are at their lowest and the mortgage product is the number one product of the banker.

Existing real estate also offers its own advantages and disadvantages. Take your time to compare offers and quotes, as this will save you time and money. Be proactive – in the real-estate sector, and specifically during your first purchase, your emotions will be just like a yo-yo.

Always buy 'a way out', that is to say that at any time you must be able to resell your real estate purchase for at least the price for which you bought it. The quality of your real estate investment always goes hand in hand with the



Grote Markt, Mechelen

quality of your tenant's choice. The same investment with a reliable tenant will give you a different feel for your investment. Take into account all the parameters that are important to you (location, condition of the property, its possible growth potential and its 'exit door'). Again, try to distance yourself from your emotions when searching for your property.

“ DISTANCE YOURSELF FROM YOUR EMOTIONS ”

Try to keep hold of your savings for your next purchase... if you're already thinking about wealth creation, keep your savings as long as you possibly can. Ask for help if needed as well as support. And, by the way, sometimes your closest circle (friends and families) are not the best advisors. Again, distance yourself from your emotions and look only at the numbers.

The administrative details of a property purchase have evolved so much in recent

years that they have become very important. Check that all administrative points are in order – this is normally done via the notary but it is also advisable to check by going to the relevant administrations.

Negotiating with your banker should be a formality; if your purchase is good and in order, your banker becomes your partner and a win-win relationship will be created for the long term.

Take the time to choose a good tenant - remember that your tenant is your customer, and he expects quality service in return. Keep your tenant close to you to find out if everything is going well. Give him all the service he deserves, because he will

be your client. Also, ensure that you consult your notary.

Once the purchase is completed, the documents signed and the keys in hand, it is at that moment that the real investment begins and surplus value can be generated. Keep your costs low and learn from other owners.

Always know where you want to go and visualize your goal.

Surround yourself with competent people and good advice. Read more information and contact your notary if some information is not clear to you. Often, buyers do not their choice of notary at the time of making their offer or even when they have signed and accepted offer.

Remember, you own your property... you are a shareholder in your own destiny. ①



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G whizz

Our tech guy **Colin Moors** gives us a heads-up on the 5th Generation



If you are of working age, you'll probably remember the 3G (3rd Generation) technology exploding onto the mobile networking scene, replacing the old, slower technologies that never really hung well together and making your Facebook and email more useable on mobile devices. We've been at 4G now for a comfortable eight or nine years and it looks as if towards the end of this year, we'll be seeing the early wave of 5G devices in the shops and online stores as 5G networks get brought online in Europe, the US and China.

If you even made it this far into the article, you probably have at least a passing interest in this

sort of thing but may be wondering "what's in it for me?" The benefits of a next-generation network may be more wide-ranging than you imagine, working with existing and emerging technologies to either improve how you work or how you play. Before you ask, no - your existing phone, whatever it is, won't support 5G. If you have a contract that comes up in November or December of this year, you may want to hang back a couple of months before upgrading, as it may be worth spending a few extra euros for the latest, 5G-ready toys... sorry, I mean 'business tools'.

As with any tech rollout on a national and indeed international scale, it's going to take

some time to get going. Even if you have the latest handset or wearable, it will likely be a good way into 2020 before you can really use it in anger and, as ever, it'll be the major cities and business hubs that'll benefit first. They have a traditionally high concentration of early adopters and business movers and shakers and they also have a boatload of cash to throw at new infrastructure projects. Some big operators across the world have already launched their 5G networks and will run them in parallel with the existing 4G infrastructure, as there will clearly be patchy coverage in the early days - and because the early 5G devices will need 4G to connect and will then get pushed up to 5G once verified. This rather clumsy way of connecting will be phased out as 5G moves forward.

the nearest tower or receiver. These times are currently expected to be around 1 or 2 milliseconds - a millisecond being one thousandth of a second. This will make 5G devices a lot more responsive.

All well and good but what sort of things can we consumers really expect of this all-singing, all-dancing tech? One of the biggest draws will surely (eventually) be SLAM, aka Simultaneous Localization and Mapping. SLAM is the method by which a robot (or phone or other device) can locate itself geographically. The main difference from, say, a GPS system is that a device may use any number of reference points to get a fix on its position, not only in two dimensions, but in three. The density of transmitter/receivers for

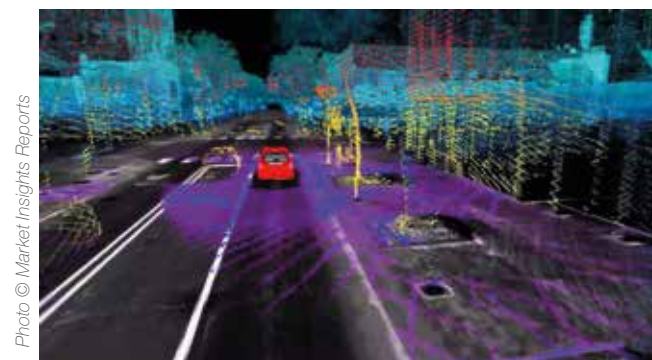


Photo © Market Insights Reports

“ IT'S GOING TO TAKE SOME TIME TO GET GOING ”

Whatever you end up using 5G for, you'll be doing it a lot quicker, which seems to be the big consumer selling point. 4G currently runs at a frequency of up to 6 GHz. Given that you probably have a 4G handset, you'll know how fast this is in relative terms. 5G will run at anywhere between 30 and 300 GHz, so you'll see how much faster it promises to be. It's not *just* about speed though. The frequency range allows it to serve more devices per square kilometre than ever before, meaning there will be less overcrowding at events and in high-population areas and no reduction of capacity. The current target for 5G networks is 10 million devices per km². Another plus point will be low latency. Latency in this case means the time taken to pass data from your handset to

5G will be greater, with smaller units being used, many of which will be at or near street level. This means that given the proximity and the speed of communication, it will be possible to use the network to guide vehicles or people around with a high degree of accuracy. Obviously, the application that springs to mind almost immediately is the self-driving car. Yes, the Tesla has some remarkable kit already but it could possibly get exponentially more accurate and useful given the sheer amount of traffic, positional and other data available. 5G really could be the driving force behind the next transport revolution. Yes, the pun was intended.

On the lighter side, augmented reality will also be given a huge boost with faster speeds and



“ THE DENSITY OF TRANSMITTER/ RECEIVERS FOR 5G WILL BE GREATER ”

better connectivity. These are apps that add data, visuals and other information to your phone's camera display in real time. If you're having trouble with the idea, it's basically what Pokémon Go is. You point at a location where your potential captive is and it gets overlaid in real time. This is possible due to some pretty advanced tech and this will only get better as response times improve, meaning that there will be applications that go beyond walking out into traffic looking for that elusive Charizard. This tech is still currently in its infancy but will advance rapidly once 5G takes off. It may not be long before you can call a cab, follow its progress via the on-board camera and give it directions - all without any human interaction, including the driving part. ❶

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Brexit: Scots away?

With Brexit plunging ever deeper into the abyss
Gerry Callaghan asks: What about the Scots?

With all the focus on Northern Ireland, it seems that the UK's most pro-European country, Scotland, has been of little consideration in Brexit negotiations.

It's easy to see why Northern Ireland has become the focal point of the Brexit negotiations. The 'troubles' of the not-so-distant past threaten to arrive back on Europe's doorstep if the right withdrawal deal cannot be struck. London and Brussels must work together to avoid reigniting tensions between the Catholic-Republican and Protestant-Loyalist communities there.

However, just a few miles across the Irish Sea, to Northern Ireland's north-east, lies a country that voted overwhelmingly to retain its European Union membership. Scotland, for all intents and purposes, has been entirely overlooked in the Brexit negotiations. In June 2016, Scotland voted 62% in favour of 'Remain' and that fact has the potential to extend the UK's political turmoil way beyond the Brexit deadline. The Scots rejected their own independence in 2014, a decision that rendered them powerless to overturn decisions made at Westminster. The 'Better

Together' campaign ran an emotional campaign based on shared values and sticking together, in conjunction with a message that the Scots would lose their EU membership if they chose to take power from Westminster to Holyrood. The Scottish people bought that message, and voted to stay part of the UK.



Now that argument has been flipped on its head. If Scotland does in fact want to remain a part of the European Union, then it now seems independence is the only way to achieve it. The Scottish Parliament has asked London for a deal that would keep Scotland and Northern Ireland in the customs union, but that was shot down. It's a decision the Scottish people hoped they wouldn't have to make for another generation at least. But the choice of the British people as a whole has now left the governing Scottish National Party (SNP) with little alternative but to pursue what their population voted for. They must now make the decision, if Brexit continues to steam ahead, of whether or not to continue Scotland's political union with the rest of the UK.

Scottish First Minister Nicola Sturgeon and

Theresa May met for talks in London in January after clashing over a second Scottish independence vote. The Downing Street summit was part of what the UK leader called an "enhanced role" for the Scottish government in Brexit. Before the talks she told MPs that "the last thing we want is a second [Scottish] independence referendum".

Speaking after her meeting at Downing Street, the Scottish First Minister said Mrs May had shown "no sign of compromise" on her Brexit red-lines. "It seems to me her priority is trying to win support from the Democratic Unionist Party (DUP) and the hardline Brexiteers in her own party rather than genuinely trying to compromise to bring others on side," she said.

She added: "It's also taking the entire country and Scotland in

particular down the wrong road, one that's going to be devastating for our economy and, particularly around free movement, deeply damaging to Scotland's population and therefore our economy in the long-term."

Furthermore, The SNP are determined to avoid an increasingly possible no-deal scenario, by pushing hard to retain membership of the customs union. The UK government has predicted an 8.1% drop in real gross-value-added in Scotland by 2034 following a no-deal Brexit. The Confederation of British Industry (CBI) believes this could amount to a loss of output worth nearly £14bn annually. CBI Scotland director, Tracy Black, has

warned: "CBI Scotland members are clear, if the new approach to finding a Brexit deal continues to be a game of who blinks first, the whole economy will pay the price."

The CBI director's message is to all parties involved and is one of working together to move forward. "The deadlock will only be broken by a genuine attempt by all politicians



Photo © Urquhart Castle Loch Ness

to find consensus and compromise, not stick to rusting red-lines and political conditions," she said. "Scotland is not - and cannot be - ready for no deal."

In any case, if the Scottish government, or more importantly, the Scottish people are not happy with the UK's position post-Brexit, then the EU may well be facing a decision on whether or not to automatically welcome a newly independent Scotland back in the not-so-distant future. ❶

" THE SCOTTISH PEOPLE BOUGHT THAT MESSAGE "

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LIFESTYLE

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LIFESTYLE

Luxury

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La Tene _ Val d'Isere

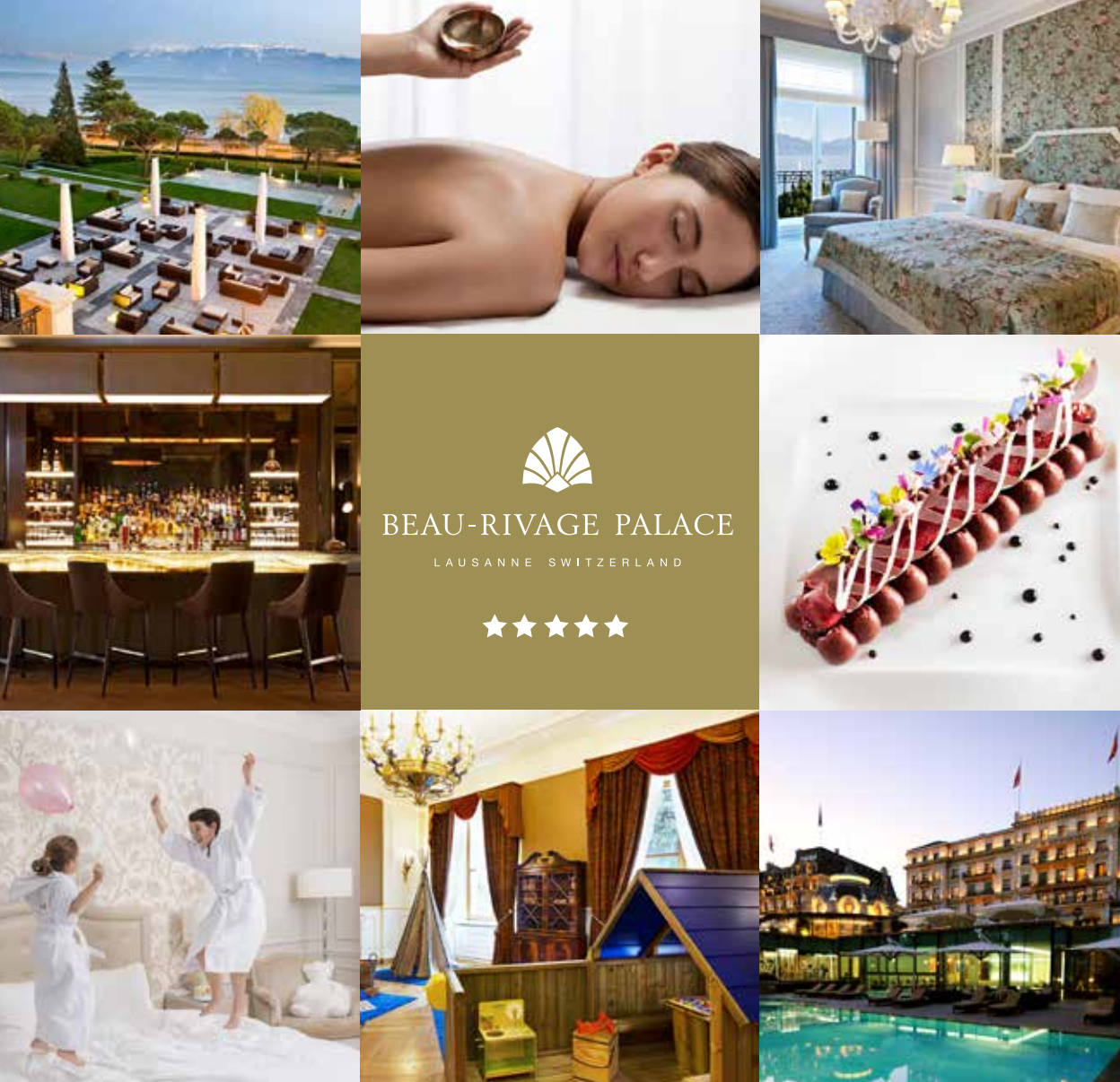
La Tene is a magnificent 5* chalet in the heart of Val D'Isere. The newly renovated chalet is now one of the most sought-after properties in the resort and, coupled with fantastic service, guarantees you the perfect skiing holiday. This contemporary chalet oozes elegance and comfort, from the heated boot room to the outdoor Jacuzzi on the deck. The upstairs living area provides a universal sense of space, allowing for panoramic piste views during the day, before becoming a beacon of light in the mountains at dusk.

Sleeps 12. Includes full gourmet catering service, open bar and in-resort driver.



Le Kilimanjaro - Val d'Isere

On entering this beautiful property you are drawn into an exquisite winter retreat boasting luxurious comfort and sumptuous homeliness. Travertino marble steps take you up from the ski fitting room to the main entrance hall of the chalet, elegantly finished with warm Italian tiles and reclaimed wood over 200 years old. With extraordinary views down the valley and over Val d'Isere, breath-taking surroundings and an understated elegance throughout the chalet you would be hard pushed to find a more luxurious Alpine chalet. *Sleeps 10. Includes full gourmet catering, open bar and in resort chauffeur service.*



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At the Beau-Rivage Palace, kids are kings: personal welcome with toys, balloons and coloring books upon arrival, outdoor playground, indoor recreation area, creative activities, spa with mum, child menus, etc.

Not to be missed: the spa Cinq Mondes and the the two Michelin-star restaurant Anne-Sophie Pic at Beau-Rivage Palace.



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LIFESTYLE

Luxury



Pierre Avoi – Verbier

Tucked away in the secluded Plan-Praz area of Verbier, Chalet Pierre Avoi is a stunning mountain retreat laid out over three floors with eight bedrooms, all with private bathrooms and flat screen TVs. The interior has been beautifully designed, with modern art works adorning the natural mineral walls and elegant furniture throughout. The chalet's heart is its double height living area, complete with roaring stone fireplace and floor to ceiling windows, which open up to a huge south and south-west facing decked terrace. *Sleeps 14+2. Includes full gourmet catering, open bar and in resort chauffeur service.*



Chouqui – Verbier

Verbier rarely gains a new chalet of the size and splendour of Chouqui. With uninterrupted views, this chalet really can claim to be unrivalled in its position and size. With 9 members of staff you can expect exceptional service and comfort. Chalet Chouqui comprises two interconnecting chalets with over 900m² of internal floorspace. The 9 ensuite bedrooms all have their own terrace or balcony offering dramatic views of the Mont Blanc Massif. At 15 metres in length, Chalet Chouqui boasts one of the largest private indoor swimming pools in Verbier. *Sleeps 16+20. Includes full gourmet catering, open bar and in resort chauffeur service.*

LIFESTYLE

Luxury

Maurice – Zermatt


Chalet Maurice is reached via a private funicular railway through the mountain. This free-standing property is set into the mountainside with a magnificent view of the soaring Matterhorn. It offers a comfortable contemporary feel using a combination of local materials, natural yet sumptuous fabrics and simple elegant lines. The careful balance of architecture and interior design combine beautifully to create a luxuriously chic alpine retreat. The spacious open plan living area and dining room create a feeling of comfort and light as do the six large en suite bedrooms, most of which have direct Matterhorn views. *Sleeps 12. Includes full gourmet catering, open bar and service.*



Le Coquelicot - Courchevel 1850

Chalet Le Coquelicot has been expertly designed to seamlessly blend refined finishes and exciting new materials with state-of-the-art equipment. Snow-inspired textures and glimmering finishes have been used throughout to echo the magical mountain surroundings. Nowhere is this more obvious than in the stunning spa and swimming pool area. The ten-metre pool, relaxing steam room, Jacuzzi and massage room provide a relaxing sanctuary after a day on the slopes. Chalet Le Coquelicot has 580 sq.m of living space spread over 6 floors, each accessed by the elevator. *Sleeps 12. Includes chef and butler, staff and driver services.*



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A LINE STORY www.alinestory.com

A farmhouse with lots of character

In the Province of Namur - near the Eau d'Heure dam, Muriel and Cédric fell in love with a former farmhouse that dated back to the 18th century. From the moment they bought it four years ago, Muriel (who is passionate about decorative art) and her husband Cédric (who is a talented sculptor knew immediately how they would transform this farmhouse in order to create a warm and welcoming holiday home for 14 people.

Because this project and its location were so inspiring to them, Cédric and Muriel let their creativity do the talking. In every room of the house, you will find unique works that Cédric created for the holiday home specifically under his artist name Cédric du Bois des Corbeaux. And this, in order to incorporate his soul, his personality, his uniqueness into the house. Muriel in her turn, wanted to add a contemporary touch while keeping the authenticity and the charm of the building intact.

This holiday house allows you to spend cosy moments in the heart of the Ardennes with your friends or family in a unique setting and style. It boasts 800m² of space in which you will find a cosy living room with open fireplace, an elegant dining room for all the foodies, bedrooms full of character with quality bedding and two swimming pools to relax in - regardless of the season! In short, this is a place where you will have a great time and where you will feel at home.

Their goal: to create a house that reflects their image, which has been tested and approved by their friends.

"I want to make sure that the holidaymakers have wonderful moments together, that they feel completely recharged in our little paradise and that they are happy with their stay in our house," Muriel explains cheerily.

If you also would like to discover and enjoy this holiday home, don't hesitate to take a look at the Ardennes-Etape website (reference number 106068-01).

Ardennes-Etape offers more than 1,600 holiday homes throughout the Belgian Ardennes region, with every house having its own style! You can find more information on en.ardennes-etape.com or by telephone on +32 80 29 24 00.

On the chaise longue & on the table: Cushion and plaid and dishes from Bensimon Home Autour du Monde
On the floor: Shoes from Sarenza





In the foreground: Vases Guaxs from Marie's Corner Project Store
On the fireplace: Vases 101 Copenhagen from Marie's Corner Project Store
Candlesticks Skultuna from A LINE STORY - www.alinestory.com



On the piano: Candlesticks Skultuna in A LINE STORY www.alinestory.com,
snowball from Bensimon Home Autour du Monde
On the table: Vases Guaxs from Marie's Corner Project Store





On the bed: Plaid from Bensimon Home Autour du Monde
 By the window: Dress Twinset, on the sofa: Honey Punch jacket on Zalando, on the desk:
 Candle Acqua Di Parma, dishes: from Bensimon Home Autour du Monde,
 On the floor: Shoes from Sarenza



On mirror table:
 Cosmetic cream
 & Parfum Acqua di Parma
 In the drawer: Parfum Rituals
 Sunglasses: Dolce & Gabbana
 Snow ball in Bensimon
 Home Autour du Monde

Fashion interview

Maison D'Longueville: Luxury is Belgian

Our fashion pages this month zoom in on a young man with very good taste



Kristof D'Hondt (1982) is the man behind Maison D'Longueville, the young Belgian brand dedicated to personalized luxury for men. It offers elegant, bespoke suits as well as handmade accessories and unique mechanical watches. Maison D'Longueville is established in Waregem, in a castle-villa of the early 20th century – it has been completely renovated and once belonged to a textile baron. It was

during one of his joggings that Kristof D'Hondt discovered this property full of character, but totally dilapidated.

A few years later, he transformed this little castle into a jewel of good taste and intimacy. Since the opening in 2016, Maison D'Longueville has been attracting more and more businessmen, future brides and fashion enthusiasts looking for a tailored suit or shirt,



**“ IF YOU CAN IMAGINE IT,
YOU CAN CREATE IT ”**



elegant Santoni shoes, the special Mont Blanc pen series, pretty leather goods or a custom-made mechanical watch, according to the customer's wishes. In short, luxury in a cosy environment, with a very personal style.

The story of Kristof D'Hondt, a self-taught entrepreneur, revolves around dreams and the will to achieve them. His motto is: "If you can imagine it, you can create it." He often has original thoughts and follows his instinct, ignoring possible setbacks. Failure and abandonment are not part of his vocabulary. When he finds an idea, he consults experts who help him make his dream come true. Kristof D'Hondt goes straight to the point, looking for niches in the market that correspond to his passions and knows how to be very reactive. These qualities earned him the title of "creative entrepreneur of the year" in 2015.

www.costumier-dlongueville.be ❶



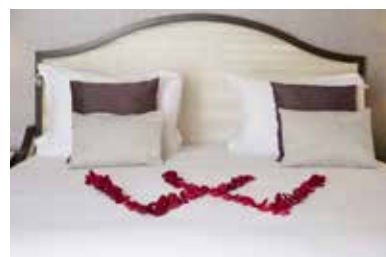
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2.



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LeaRose

LeaRose is a Belgian brand of costume jewellery. The creations are made by Perrine and Catherine in their workshop in Brussels.

- 1. Silver Dara ring **€45**, vermeil: **€55**
- 2. Ring Raphael silver **€85**, vermeil: **€95**
- 3. Vermeil Lucia ring: **€55**

www.learose.be

1.



Nardi

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www.degand.be



FREYWILLE

Inspired by the typical Art Nouveau motifs of the dragonfly and the butterfly, the goldsmith-enameller FREYWILLE has created a new chapter of its Papillon collection. Bracelet: **€855** shop.freywille.com



Wouters-Hendrix

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MAISON DE GREEF

Dada Arrigoni collection. White gold earrings set with diamonds: **€5,930**



MAISON DE GREEF

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degreef1848.com

TUDOR

In the spirit of its first women's diving watch launched in 1976, TUDOR today launched the Black Bay 32 model. Tudor's iconic design, it brings its attributes of wristwatch to the ladies' wrists: **€2,680**
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Women are heroes

A local firm is helping to enhance women's lives

As 2019 begins, it is the time for businesses to form allegiances with the community-based associations that are closest to their hearts, aims and ambitions, and this is certainly true of Trenker Pharmaceutical Laboratories.

More about Trenker presently, but first, let's have a look at the two organizations that Trenker values.

Wowo Community

First up is the Wowo Community – in Belgium, some 80% of women dream of starting their own business. Yet only 32% of them take action. The mission of the network is to make women entrepreneurs and project holders to enable them to gain confidence and use their talents, whatever they are. They want to accompany and enhance them so that they find the path of financial and emotional autonomy, because it is synonymous with freedom.

In May 2012, the WoWo Community was created by Nathalie Van Eeckhoudt. Her idea was to create an informal network through which fifty or so active women could meet and collaborate by exchanging useful information. This is just the beginning!

Alline Procap – Pink Ribbon

Did you know that one in eight women develop breast cancer in Belgium? To raise awareness of the prevention and screening of breast cancer, Pink Ribbon is the key player in 25 years of various activities such as Pink Monday and the distribution of pink ribbons, symbols of support against the fight against breast cancer.

Pink Ribbon depends on the support of its partners. Among them are Trenker Pharmaceutical Laboratories and their famous food supplement Alline Procap, which boosts beauty and hair growth.

Throughout 2019, Alline Procap will organize activities in close collaboration with partners to actively participate in supporting women's breast cancer prevention and screening.

Alline Procap is a food supplement, produced by Trenker Pharmaceutical Laboratories, based on natural keratin, 11 vitamins and 3 minerals. It helps maintain healthy, voluminous and shiny hair. This unique, complete and patented solution provides all the essential nutrients for hair growth.

Trenker

Trenker Pharmaceutical Laboratories were founded in 1933 by Rodolphe Henri Trenker with the aim of producing and distributing high quality pharmaceutical products, food supplements and medical devices. Since the beginning they have

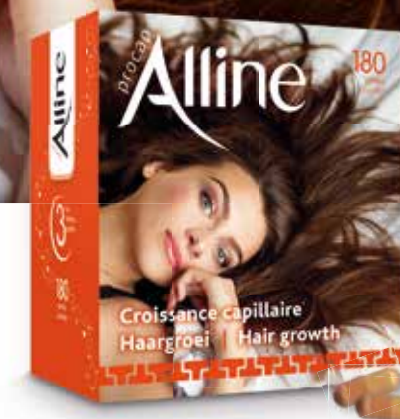
remained independent of any group. Trenker Pharmaceutical Laboratories give health professionals and patients top priority by working daily to try to improve everybody's health and quality of life. Trenker's aim is to become an international pioneer in the constant development of innovative high-quality solutions for the benefit of patients and health professionals.

www.wowocommunity.com
www.pinkribbonfoundation.org.uk
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Alline Procap
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* Beer C. et al. (2014). A Clinical Trial to Investigate the Effect of Cynatine HNS on Hair and Nail Parameters. The Scientific World Journal, Volume 2014.
 ** Zinc contributes to normal protein synthesis and to the maintenance of normal hair.



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TRENKER

Beauty

A *romantic* month for her, for him...

Our beauty expert **Caroline Dierckx** recommends the latest trends for Valentine's Day

The beauty brands have understood that the month of February allows them to offer bold products. From sensual perfume, to hair mists with refined scents or luxury treatments for luminous hair, all of which offer their very own seductive advantage. The beauty is inside us but nothing prevents us from enhancing it with the complicity of these fabulous products.

Available at Senteurs d'Ailleurs, **Blanc Poudre** by James Heeley is a fragrance that is white and powdery, creating an intense sensation of softness. The floral and luminous notes draw a cloud of innocence nuanced by the sensual and delicate heat of bare skin. On her: eternal Venus. On him: a New Romantic.



A light breath of fresh air for your hair with the **Nobili d'Acqua di Parma** mist. A new sensory experience in three exclusive scents: Magnolia Nobile, Rosa Nobile and Peonia Nobile. Just a small gesture, simple and refined, to intensify your femininity.



Boost your day with Crème Prodigieuse Boost from **NUXE**! This new generation of multi-correction care promises to erase the harmful effects on our skin due to the intense pace of life and the urban environment, thanks to an antioxidant with Jasmine Flower. It promises freshness, radiance and youth! In pharmacy and in Health and Beauty shops.



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LIFESTYLE

Beauty



Agent Provocateur is undoubtedly dedicated to the femme fatale! Attractive, animal and irresistible, Fatale Orchid sets the scene with subtle scents of apricot, bergamot and lemon, as well as hawthorn, magnolia, rose and plum, the background enveloping warm amber. Plus intoxicating notes of vanilla pod and patchouli. Available in independent perfumeries.



New look, same formula for **Alline Procap**! This dietary supplement based on natural keratin, containing 11 vitamins and 3 minerals contributes to the maintenance of

healthy, voluminous and shiny hair. A unique, complete and patented solution provides all the essential nutrients for hair growth and is suitable for all those who want to enhance their hair! Zinc contributes to the maintenance of healthy hair and participates in the synthesis of proteins (such as keratin). In pharmacies.



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Giorgio Armani said: "With his status of the modern male figure of self-fulfilment, Ryan Reynolds perfectly embodies the modern sensuality of the **Armani Code** man: someone with charisma, authenticity, an effortless style and the right dose of irony." 📌





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Design

Collectible: A unique design fair

We look at a design initiative that revives the design fair experience

Collectible is a new and unique fair dedicated exclusively to 21st century contemporary collectible design, whose second edition will be held from **14 to 17 March 2019**, in the centre of Brussels in the Vanderborcht building.

Conceived by Liv Vaisberg and Clelie Debehault as a unifying platform and an exclusive meeting point in the heart of Europe, Collectible brings together renowned international galleries and designers, all at the forefront of creativity, selected by a committee composed of distinguished figures from the world of design.

The event, which seeks to break with the traditions of conventional fairs, where a certain uniformity is offered, revives the design fair experience by offering visitors an opportunity to immerse themselves in an atmosphere closer to that of an art exhibition, where

everything is for sale. By bringing the fair to life in a new and different way, with an emphasis on creativity, Collectible shows that 21st century collectible design is for all art lovers. The presence of cultural institutions, as well as the particular care given to the pedagogical aspects, contribute to its unique format.

The Vanderborcht building is the perfect setting for design objects and furniture presentation: its atrium generates a light shaft that illuminates the six floors of the building, the infrastructure is composed of museum quality walls.

The fair intends to break the mould of traditional fair formats, with an atmosphere and a set up very similar to a biennale. This feeling will be accentuated by the architecture of the space, which allows the visitor to naturally find the pathway.
www.collectible.design

Photo © BaptisteSevin_JainaEnnequin



Photo © Marco Pinarelli



1. Liv Vaisberg & Clelie Debehault
2. GIOBAGNARA - Stéphane Parmentier - Malaparte - ©Giobagnara Studio
3. COLLECTIBLE Vanderborcht building jeroenverrecht
4. Nathalie Van der Massen - SVERIGE2 - ©Senne Van der Ven and Eefje De Coninck
5. One Design Space - Vanity - Dessislava Madanska



1. Puls Ceramics - Ellens - Skulpturer - © Puls Ceramics
2. Raw Material - Offcut 02 - © Raw Material
3. Sébastien Caporusso - © Jeroen Verrecht
4. SMENT - gestalt lamp
5. TARAS - Duo (1) - © TARAS
6. Thierry Struvay - Michaël Verheyden - H57

DES CONSEILS POUR VOTRE SALLE DE BAINS DE DEMAIN ?

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Interview

Mahershala Ali: Taking life in his stride

This month *Together* sat down with an actor who was the first Muslim to win an Oscar



Irrespective of the fact that Mahershala Ali won the Best Supporting Actor Oscar for his performance as Juan in Barry Jenkins's magnificent *Moonlight* in 2017, many people may not know that he was the first Muslim ever to clinch an Oscar.

In fairness, such a statistic should not and doesn't appear high on the list of important things in life for Ali. This is much more a man looking at the present and the future...

someone who seems to take life in his stride rather than letting its inevitable baggage slow him down.

Such an attitude has left the 44-year-old universally respected by his peers. Now an in-demand fresh face in Hollywood, he has the third instalment of the seasonal anthology series, *True Detective*, alongside Stephen Dorff and Carmen Ejogo about to be broadcast in 2019. Also, he will star in the



big-budget collaboration of Robert Rodriguez and James Cameron's – *Alita: Battle Angel*, due out on Valentine's Day.

But had he not chosen a change of career in his early twenties, Ali could have made his name on a court instead of in front of a camera. He entered college with a scholarship in basketball and possessed no small amount of talent for the game; but his feelings of indifference towards himself and his team-mates helped him to decide on a way forward.

“ THE VERSION OF THEM THAT WE LOVE IS NOT WHO THEY WANTED TO BE ”

Ali says his real-life experiences feed into every role. His Oscar win with *Moonlight* focused on the problems and dangers for a character growing up in a violent neighbourhood as a gay man, while in new

film *Green Book*, Ali plays Dr Don Shirley, a world-class African-American pianist who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip (Viggo Mortensen), a tough-talking bouncer from an Italian-American neighbourhood in the Bronx.



Despite their differences, the two men soon develop an unexpected bond, while confronting racism and danger in an era of unabashed, unapologetic separation and segregation.

Together: What did you think of the script when you first read it?

Ali: I laughed out loud reading that script! I don't really enjoy reading scripts and they are usually difficult to read because there is so much description in there, so the rhythm and the flow was constantly being broken in some way, in some regard.

I always know if I am responding to a script if I

can hear the character, and what I mean by that is if I almost have to hold myself back from reading out loud, if he is resonating within me already. If I'm not responding to it, that's when I actually may start reading some of the

“ IT'S JUST THAT HE WAS THE WRONG COLOUR ”

dialogue, and start trying to put something on it to see if I can try to wake it up in some way. But I could really hear these characters talking to each other and I laughed out loud at that chicken scene.

I was like: should I be offended? I don't know. But I laughed hard, you know.

How did you approach the character of Don Shirley and what research were you able to do?



Viggo has had a different type of support but also a different type of pressure, because of the presence of the family. He had the support, the presence and the information from Nick Vallelonga's family (the writer) which also puts more pressure on you too, because you constantly have these eyes on you like: 'My dad wouldn't do that', or whatever.

But with me, I didn't have the presence of the Shirley family at that point because it's hard to find anything on Don Shirley. There is music out there, there are some articles, periodicals but there isn't any real video or anything.

So, I had the privilege of really just going deep into his music during that time and sort of allowing that to affect my own frequency, because I feel like music clearly does that.

What does this story mean to you?

My interpretation, something that helped me

play Doctor Shirley, was this experience of African-American artist or black artists – Doctor Shirley was originally born in Jamaica – having to compromise in order to have a career.

If you look at Nina Simone, who wanted to be a concert pianist... she wanted to be a classical musician, a very similar story – we all hear Nina Simone and love her. She went on and moved to Paris and had this extraordinary career. But we see these black artists, and if you really speak to them, if you really hear their

story, the version of them that we love is not who they wanted to be, ultimately.

And people say: 'But Nina Simone is extraordinary...' but you have to really think what it does to that

person; how do they feel when they know deep down inside that they also have something else amazing to offer, something that you wanted to choose. But the world, the

“ I RESPECTED WHAT HE SAW AND THE FILMS THAT HE EXPOSED TO ME ”





circumstances chose for you what it was that you were going to be able to be?

Is that a key message in the film?

Yes, that's something that we try to address in one of the scenes when Lip says: "... but what you do is great and people love your music, nobody can play what you play".

However, at the end of the day, he wanted to be a classical musician and he wasn't able to do that because he was too black for that.

Not because he didn't have the capacity or the ability, it's just that he was the wrong colour. So, therefore you have to do some other version of something and so in preparing for him and listening to the music that he would have been drawn to, I tried to really go more in the classical realm because there were the Little Richards, the Chubby Checkers and the

Aretha Franklins of the world.

So, you entered St Mary's College in California not with an acting background, but with a scholarship in basketball...

I wasn't acting as I got into it relatively late. I was 22 really when I started acting... in a more committed way and so I think that when I was an athlete, that was a little bit out-of-body, because beating somebody or getting the better of them wasn't really what I related to, and it still doesn't relate to me. I just felt that when I got to the arts it was more about being your best self.

You also wrote poetry, didn't you?

I did, but only sharing it with people who I trusted and also people who I thought would get it and understand. It wasn't something that I did share with a lot of people. My father was

“ I DIDN'T HAVE A LOT OF TIME WITH HIM, BUT I DID GET ENOUGH TIME WITH HIM ”



ill at the time and it was something that I did to cope with that, and I also had really bad insomnia after leaving high school and I would be up all night into the next day.

So, I started writing a lot and I wrote this little book and I put it together and then I started performing it. My dad was a musical theatre actor and he did stuff like *Dreamgirls*, *Five Guys Named Moe*, in the 1980s. We were never connected in terms of the arts, we had different interests in different fields.

But I respected what he saw and the films that he exposed to me and shared with me. I had so much respect for his taste and his talent. But we never felt totally connected because I was really an athlete and it wasn't until the aforementioned basketball time at St Mary's when that wasn't going particularly well, that we started to connect.

I would go and visit him and perform the poetry for him – not knowing at the time that what I was really doing was performing monologues. He was so into it and his friends would come around as well, and I would perform for them. Kids are always looking for positive feedback and where to get their cues so that they know which direction to go in.

How else did your father inspire you creatively after that point when you both felt the connection?

So, some of the early independent films that I saw were: *The Player*, *Shortcuts*, *One False Move* with Billy Bob Thornton. I also remember being exposed to Spike Lee movies in the late 1980s and early 1990s in the theatre.

My father would take me to museums when I would travel to see him and one of my favourite stories about my dad when in 1993,

“ I HAD SO MUCH RESPECT FOR HIS TASTE AND HIS TALENT ”



the year before he passed away and I am in my sophomore year at college. He tells me that he's not getting me any school clothes that year. That made me excited because my dad had the best taste.

So, he said: 'I am going to get you one thing, though. I'm going to take you to Barney's.' I didn't know anything about Barney's, but he takes me there and then says: 'I'm going to let you pick out one thing.' So, I pick out this beautiful, oversized sweater. Later on, he was almost giving me this lesson in quality over quantity and I have that sweater to this day.

That's essentially who he was in my life and I didn't have a lot of time with him, but I did get enough time with him. You would be hard-pressed to say that a parent did more for me by leaving me than staying, but I truly believe that I got so much more out of my father leaving home when I was three years old and the lessons that I learned from him in his pursuit of a fulfillment that he couldn't necessarily find at home. ❶

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Bali: The Ungasan Clifftop Resort

Melanie de Lacy Staunton is blown away by a unique Balinese location

There are a few places in this world, so extraordinary; that you genuinely feel your life has forever been changed by the experience. The Ungasan Clifftop Resort is one of those places. Perched on the edge of Uluwatu in Bali, Indonesia, the sensational setting of The Ungasan is truly what sets it apart.

The elite service starts from before you arrive, with complimentary transfers included in your stay. After entering the beautifully manicured driveway, we pulled up outside our villa and I was in awe. Staring back at me was the most striking colonial style villa, reminiscent of a glamorous Hamptons residence. I couldn't quite believe this spectacular place was going to be my home for the next few days.

After managing to catch our breath, we ventured into the villa and with each step

exuded unabashed excitement. Entering the hallway, you see an impossibly spacious living room, with fans twirling overhead and an open view that leads out to the perfect blue ocean. Every villa comes with a butler, who looks after your every need throughout your stay. Putra and Eka were our wonderful butlers and they were there to greet us on arrival, offer us bespoke Ungasan coconuts and give us a thorough rundown of everything at the resort. Our check-in was completed in the comfort of the villa, which was a lovely touch.

The Ungasan is very unique, in the fact that it

is a resort made up exclusively of villas. We were staying in Villa Tamarama, which had a beautiful old-world aesthetic. It had an outdoor porch perfect for afternoon reading, five charming bedrooms including a master bedroom in the main hub of the villa and four bedrooms that lined a path to the clifftop. Two bedrooms directly face the ocean and have glass doors that open out towards the endless blue sea. Each bedroom has a four-poster bed, flat screen TV, his and her sinks, a bath, an indoor shower and an amazing outdoor shower. Details such as scented room spray and a personal preferences menu in each room are what elevate The Ungasan Clifftop Resort to the next level.

The rest of the villa is truly out of this world. As if having a private bar and cinema room wasn't impressive enough, Villa Tamarama has not one, but two swimming pools! The first is a

huge pool directly outside the villa, ideal for anyone who likes to get in their laps on holiday. The second pool sits perfectly in front of the garden bale, overlooking the Indian Ocean. This was one of my favourite spots in

the whole villa. Lounging in the pool, whilst looking out at the view, was without a doubt one of the most magnificent sights I have ever witnessed.

My other favourite spot was in Villa Tamarama's garden. It was gigantic! Perfect for morning yoga or an impromptu picnic. Simply to feel the grass beneath your feet, the wind kissing your face and hear the



soundtrack of soothing ocean waves was pure heaven.

Honestly, you could easily spend your whole holiday in the villa and never leave. However, if you do dare to venture beyond the sanctuary of your villa, The Ungasan has many exciting elements to explore. Firstly, if you like to work up a sweat, there is no better place to do it than in The Ungasan gym. With floor to ceiling glass windows, I nearly forgot how tired my legs were because the view was so distracting! If gyms are not your thing, then mosey on over to the tennis court or put your golf skills to the test on the putting green.

One of the highlights of The Ungasan is that you have direct access to the very trendy Sunday's Beach Club, a popular haunt for any beachgoer visiting Bali. As a guest at The Ungasan you get VIP access to Sunday's, which means no queuing, no entrance fee and your own reserved special section of the beach! At Sunday's, you can paddleboard,

kayak or snorkel to your hearts content. Happy hour is a must, as it is the perfect place to watch the sunset. Afterwards relax in a beanbag as you roast marshmallows over a glowing fire.

I believe no holiday is complete without a massage and the Vela Spa did not disappoint. The staff took their time to understand my needs and catered to them perfectly. You can

have massages in three different locations. The spa, the beach and in the comfort of your villa... see, you really never need to leave!

Dining at The Ungasan was a

real treat. Breakfast or Morning Harvest as it's referred to at The Ungasan, is included in your booking. You can have breakfast anywhere you want in the villa at any time, which gives mealtime a feeling of spontaneity. The portions are plentiful and delicious! You can order food to your villa at any time or go to the main restaurant Selatan. What we loved about the menu was that it offered healthy alternatives

**“ AN OPEN VIEW
THAT LEADS OUT
TO THE PERFECT
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The resort is surrounded by alpine valleys and offers a venerable array of pastimes through its seamless adaptation between winter and summer seasons.

A notable rendezvous for Italian high society, Cristallo's alluring service and enchanting cultural heritage have endured for over a century.




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that were super tasty. Moreover, the food at Sunday's is not to be missed! The pizzas melt in your mouth and each bite of the tempura lobster bao buns is pure bliss!

The final component that makes The Ungasan so exceptional, is the remarkable individuals that work there. Maya Angelou once said that people "never forget how you made them feel" and this is certainly true of the staff at The Ungasan. Everyone we encountered was so warm, tremendously helpful and incredibly attentive. Each person seemed genuinely proud and passionate about the resort and this shone through in everything that they did. The staff and the service were definitely a crucial part of what made The Ungasan feel so extraordinary.

As our stay drew to a close, it took all my strength not to stow away in a cupboard so I could live The Ungasan dream a little longer. I wish I could go back again and again and again. If you are looking for a holiday that is utterly out of this world, with a definite wow factor and luxury that is completely unique to you, then look no further than The Ungasan Clifftop Resort. www.theungasan.com 

St Moritz: Luxury and serenity

Mark Browne heads for the hills to two exceptional hotels



St Moritz is a name that has become synonymous with alpine glamour and luxury. One of the original homes to winter tourism in the nineteenth century, it has become celebrated in popular culture, even featuring in several Bond films! Throughout the winter it plays host to prestigious and internationally acclaimed events patronized by a host of international A-list celebrities.

However, it is worth recalling that St Moritz originally became famous not as a haven of glamour and excitement for the international jet set but rather as a place of quiet relaxation and recuperation. It was a famous centre for pilgrims over the centuries.

Together visited two of the finest hotels in the St Moritz region with a view to experiencing

both the luxury for which St Moritz has become renowned but also for some quiet relaxation in the serenity for which it was originally celebrated. With this goal in mind the hotels chosen were the Giardino Mountain and the Grand Hotel des Bains Kempinski.

Giardino Mountain Resort

For those seeking to focus more on the serenity of the St Moritz region, an interesting option may be to stay outside the town itself in the surrounding hinterland. An excellent option in this regard is the Giardino Mountain hotel. Located in the picturesque village of Champfer in the Engadine valley, only a few kilometres from St Moritz itself, the Giardino Mountain is situated in the seclusion of one of Europe's highest inhabited valleys yet is still within easy

striking distance of the glamour of St Moritz when diversion is on the agenda.

Containing 78 rooms and suites, the Giardino Mountain is a boutique hotel centred on a traditional 18th century mansion house but comprised of seven interlinked historical buildings. Some of these are available to reserve as stand-alone units for larger parties but all are combined into the single hotel structure through a network of brightly lit underground passages. This structure emphasizes the boutique nature of the hotel and gives it an even more intimate ambience than the number of rooms might suggest.

Completely renovated in recent years to the highest standard of contemporary Alpine design, yet also respecting the basic historic structures of the hotel, the entire premises is notable for the quality wood finish exhibited throughout. It is little wonder that the hotel has been accepted as a member of the Design Hotel Network. Many of the rooms feature balconies affording views of the majestic surrounding countryside or opening onto the central hotel enclosure.

The motto of the hotel is 'casual luxury' and it lives up to this from the moment guests enter. The hotel offers an impressive array of spa facilities for those wishing to unwind, including its own bespoke range of luxury products. In addition to standard spa facilities, the hotel offers its signature Ayurveda therapeutic and non-medical health



programme to provide holistic wellbeing adjusted for western standards and the local needs of guests.

“ LOFTY CHANDELIERS HANG FROM ELEVATED CEILINGS ”

The hotel is not directly on the slopes but it provides a convenient transfer service to bring guests to and from a choice of nearby lifts and there is a spacious ski room in the hotel itself. The hotel does however also offer proximity to snow kiting on the nearby frozen Lake Silvaplana for those wishing to have a more alternative winter sporting experience.

While St Moritz is accessible for diversion, the

hotel itself offers a variety of options. These include three restaurants, one of which, Ecco, has two Michelin stars. Alternatively visitors may like to sample more typical local fare at the hotel's Stuva restaurant. The Hide & Seek bar has cocktails and après ski drinks in an airy room around the fireplace and features a DJ nightly to ensure the appropriate ambience. Other entertainment options are also available on the hotel's doorstep in the village of Champfèr for those not wishing to transfer to St Moritz of an evening. The hotel offers separate entertainment facilities for children and teenagers in addition.

Grand Hotel des Bains Kempinski

For those looking for something closer to the action of St Moritz, but located at a discrete distance on the edge of the town in its own grounds, the historical Grand Hotel des Bains Kempinski is a stately landmark structure that stands out in the area, both literally and figuratively, in impressive fashion.

"THE MOTTO OF THE HOTEL IS 'CASUAL LUXURY' "

The interior is equally imposing. Lofty chandeliers hang from elevated ceilings, recalling the elegance of another era. The hotel originally dates from 1864, when it was built as a spa resort. However, it was substantially refurbished and updated over the years and now combines the dimensions and character of its past with contemporary style and comfort through a variety of architectural and design styles. It holds over 180 spacious guestrooms of a gracious scale rarely seen in modern hotels. The most impressive of these are located in the twin iconic towers of the hotel, which are available for reservation to those seeking signature accommodation with significant capacity and unrivalled views.

While the benefits of the renovations and modernisation of the hotel are evident throughout, the impact is most apparent in its 27 luxury residences and the fantastic and elaborate spa, gym and wellness areas. The spa was the original raison d'être for this hotel and the scale and range of services available

in the current fully modernised facilities reflects this. The hotel, which also features as a member of the Historic Hotels Network, is in fact located right on the source of the natural spa waters of the Mauritius Spring. It features a dedicated area where guests can learn more about local history and the related geological significance of the spring, as well as sampling the therapeutic water itself from a fountain of the spring that flows within the hotel for those whose curiosity regarding its restorative powers has been awakened

It is only a short walk to the slopes from the hotel, with the Signalbahn ski lift to the Corvigilia ski area being accessible directly across the road from the hotel grounds. Full ski facilities are available in the hotel and it affords direct access to the local cross country skiing area from the doorstep. It is also possible to ski directly back to the hotel from the Corvatch ski area via the 9k Hahnensee piste that ends at the hotel itself.

Apart from proximity to the slopes, the hotel's positioning on the edge of the town offers guests a detachment from the bustle of the busy mountain resort, while enabling them to still fully participate in the nightlife of the town itself, accessible by skibus, taxi or the helpful hotel transfer service (or even on foot for those seeking exercise in the healthy alpine air as part of their excursion!). Not that there is any need to leave the hotel itself. For those content to relax within they are well served by the selection of three gourmet restaurants (one of which, the Cà d'Oro, has been awarded a Michelin star) and bar, while there is a casino adjacent with direct access through the hotel.

In summary, both great choices for experiencing jointly the luxury and serenity for which St Moritz has become famous!

www.giardino-mountain.ch
www.kempinski.com/en/st-moritz/grand-hotel-des-bains ❶

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Sainte-Foy: Jewel of Savoy

Isabelle Ferrier enjoys the splendour of the slopes



At the heart of unspoilt nature, Sainte-Foy Tarentaise offers all the happiness of an authentic, magical and captivating resort... far from the hustle and bustle of the major resorts of the Northern Alps.

Nestled at 1,550 metres above sea level and enjoying a north-west exposure, the snow is exceptional, enriched with a vast network of snow production that guarantees optimal snow conditions - from the very start of the season.

Located alongside the Vanoise National Park, the resort is surrounded by a wonderful natural environment. Around the main town and the resort of Bonconseil, a dozen picturesque hamlets, boasting old chapels and houses with traditional architecture, enhance the stunning snowy landscapes.

Naturally, stone, wood and slate of the region are essential in recent constructions. These noble materials give the chalets - with their balconies, columns and double-pitched roofs - an old-world appearance. These hamlets are simply dripping with charm, with narrow

“ STONE, WOOD AND SLATE OF THE REGION ARE ESSENTIAL IN RECENT CONSTRUCTIONS ”



streets offering excellent gourmet stops, lovely shops, exceptional accommodation, cosy bars and spas.

At its highest peak, at 2,622 metres, the domain offers an incredible view of the surrounding peaks, where the slopes welcome all levels of skiing - whether you're a beginner, a mogul lover or an experienced free rider, everyone is catered for. From playful paths through the larches, wide pristine tracks or unforgettable experiences in heliskiing you can access even wider - and wilder - horizons. The domain really does offer unique

sensations.

If you want to discover the mountain in an original way, Caroline De Klerk, a qualified independent ski instructor and trekking guide, suggests that you discover the 'Tai Chi' snowshoes which use the XPEO method - in the heart of the forest, by way of an eco-fun path, you develop concentration that allows you to accomplish fluid and efficient movements and genuine moments when you can really let yourself go - and return home completely re-energized! It's worth noting that this method is available to all skiing levels.



Between simple luxury and upscale services, Sainte-Foy charms its visitors. A warm welcome, nature and serenity combine perfectly, leaving you with memories that will never fade and a burning desire to return!

We fell for:

Chez Mérie restaurant, with its magical setting and cuisine that revisits forgotten flavours.

The W, located at the foot of the slopes and offering, among other delicacies, succulent burgers, local specialties, a nice wine list and special beers.

The restaurant Le Monal, boasting cosy décor and a fine wine cellar – it's a genuine meeting place for local clientele, and you can savour regional and homemade produce.

The White Eden chalet-hotel, located on the edge of the slope, is the epitome of luxury in the mountains. The food is excellent and the wood fire creates a warm and cosy atmosphere.

Les Hauts du Monal managed by the company Première Neige, with five new high-end chalets, offering a bespoke service, great extras and breath-taking views.

The Yellowstone chalet, a charming lodge in the heart of the resort, combines tradition and modernity, contemporary luxury and refinement. This spectacular accommodation, with its Swimspa, Jacuzzi and massage room, attracts a high-end public.

Basically, Sainte Foy is must!
www.saintefoy-tarentaise.com/en

Learn or rediscover Telemark with XPEO, a method to ski with energy and less effort

Sainte Foy Tarentaise,
Savoy, French Alps

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XPEO is a method coming from Tai Chi Chuan to move easily with full consciousness.

Indoor training of the Telemark moves and skiing in the afternoon.

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www.arc1950.com

Pierre et Vacances: Every choice counts

We look at a travel company that has ski holidays running through its veins

Are you craving a winter wonderland of snowsports, fresh air. Pierre et Vacances residences welcome you to the heart of some of the most beautiful ski resorts, ensuring maximum snow coverage from December to the end of April. The majority of their residences offer ski-in/ski-out comfort. The fun starts every morning, the minute you step outside.



Easter: Children ski for free

If you have kids here is something that is surely worth looking at. In all the resorts below you'll receive a free children's pass of the same type and duration as the adult(s) passes purchased.

Avoriaz

Isola

Les Arcs - Domaine des Arcs Pesey /

Vallandry ou Paradiski

Valmeinier - Galibier - Thabor

Valmorel - Le Grand domaine Tarentaise - Maurienne

Of course Avoriaz, a French mountain resort in the heart of the Portes du Soleil, located in the territory of the commune of Morzine, has a strong association with Pierre & Vacances, which is one of the principal owners of Avoriaz - the company's founder, Gerard Bremont, took an active part in building the station.

Doing more together for the environment

Nature offers an abundance of precious resources. This is why Pierre et Vacances teams work hard to limit the impact our

residences have on the environment. With your help, the residences take action every day to recycle waste, use eco-friendly cleaning products and energy-saving equipment. Because every choice counts. So, you are helping to preserve the natural environment of the residences by adopting an ecological approach to green space management that limits the use of phytosanitary products.

Doing more together for the region

Enrich your stay with Pierre & Vacances by discovering the region's treasures so you can participate in local life. Take part in the activities organised by local partners and visit recommended locations and unmissable sites! The teams strive to share the best of the region with you. Enjoy it to the full! By the sea, in the mountains or the countryside, the residences invite you to discover some beautiful natural sites. Venture out into the fresh air!

Find out more about these initiatives on:
www.pierreetvacances.com

Radisson RED Brussels

Add a playful twist to your meetings



Located in the very heart of the European Quarter right next to Place du Luxembourg, the Radisson RED Brussels brings a breath of fresh air to the local hospitality scene. With its vibrant, contemporary design, casual atmosphere and ultra-comfy facilities, this lifestyle hotel breaks the mould of traditional business etiquette.

The same is true for meetings. More than just a cosy place to sleep, Radisson RED Brussels also offers three versatile 'Events & Games Studios' where you can hold any type of gathering, including cocktails and parties.

Young at heart

Meetings shouldn't be dull - easy to say but hard to accomplish? The challenge is all about keeping the participants fresh and focused. Yes, but how? Let's start with the basics such as quality AV equipment that's easy to use, good room temperature that prevents people

from falling asleep, daylight in the meeting room, regular breaks to stretch one's legs.

Then you can start thinking about adding some cherries on top to make a real difference:

- The wow effect (think about the venue's look and feel)
- Interactivity and creativity
- Feeding both body and mind with healthy snacks and meals
- Lightness and fun to boost attention and innovation

Radisson RED Brussels' creative Meetings and Events concept encompasses all these aspects to help you make the most of your get-togethers. On top of all the usual meeting facilities, the versatile spaces offer a sleek, contemporary design and smart features such as extra-large dry-erase walls, convivial communal spaces for breaks and even

**“ KEEPING THE PARTICIPANTS
FRESH AND FOCUSED ”**

games to relax and socialize during breaks (billiards, table-football, table-tennis, Dutch shuffleboard).

On the catering side, the venue provides various options, including meals made by famous local cooks 'Les Filles, plairsirs culinaires' to delight your guests with freshly prepared, healthy organic meals.

Impress your guests

During the day, the place perfectly suits meetings, conferences, workshops and trainings up to 75 attendees.

In the evening, the hotel's Event Studio 3 combined with large open spaces can welcome up to 350 guests for cocktails, product launches, press conferences, networking and parties. You can even book extra services such as a DJ, karaoke, silent disco, blind test and many more to choose

from a list of professional entertainments.

Last but not the least, this family-friendly hotel is well prepared to host kids' birthdays and companies' family events.

Invite your colleagues and guests to meet in an out-of-the ordinary setting! At the Radisson RED Brussels, you can truly break the routine to work, brainstorm, mind-map directly on walls, start-up style! It's up to you to arrange the room with sofas and comfy small stools and get creative in small-groups or ask for a more traditional layout.

Sounds like your cup of tea?

Get in touch with Radisson RED Brussels' Meetings & Events department at meetings.brussels@radissonred.com or telephone +32 2 626 81 31 www.radissonred.com/brussels/#events

Dining

Emile: An old-school bistro with a modern flair

Located between Place Flagey and the Ixelles cemetery, this 'trendy' bistro of the Brussels Capital has kept all the old-world charm of the 'old neighbourhood' bistro, while maintaining the original setting and adding more contemporary notes - this place has a little bit of extra soul which makes it very attractive.

With a wildly charming décor, it is a great place to meet for a drink or have a meal with friends. The south-facing town terrace is lined with old-fashioned bistro tables.

Very popular from the first rays of the sun, there is a varied clientele.

In the kitchen, the bistronomic menu offers home-made specialties, with generous plates composed of beautiful seasonal products that are taken care of so that they reveal all their flavour. You can also enjoy delicious cocktails, a selection of microbrewery beers and biodynamic wines.

Quality, friendliness and a good atmosphere come together so that everyone enjoys their visit!



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Tel: 02 642 96 29 Open 7 days a week.
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09h00 to 23h00. Brunch: 09h00 to 16h00 on
Sunday.
www.emilebistro.be
info@emilebistro.be 📍

AMEN to marvellous cuisine

Pascal Devalkeneer is a chef who believes in refinement

With his head chef, Hadrien Franchoo, it is Pascal's aim in his restaurant, which goes by the intriguing name of 'AMEN', to offer elegance, refinement and relaxation. In fact, Franchoo was Pascal's second in command at his other restaurant, the Chalet de la Forêt, and he is all about providing a precise, sincere and elegant cuisine

As Pascal explains: "I wanted a small restaurant, but with a big 'R', namely a place of refinement – not ostentatious, but, instead, I wanted it to be sober but elegant."

Pascal considers himself to be a sincere bearer of Brussels gastronomy, while his designer, Pili Collado, has turned the restaurant's location, on Rue Franz Merjay, into a simple, light ode to a love of fine cuisine. He has used very simple wooden furniture, and the bar, carved into a massive block of travertine, gives the restaurant charisma. In the evenings, white tablecloths and candles create an intimate, cosy atmosphere.

As Pascal explains: "When the opportunity of locating at 165 Rue Franz Merjay was confirmed, I did not hesitate! It is a place that is ideally located in a mid-bourgeois district, half Bohemian, full of history!"

Anne-Françoise Tassin, who also worked with him at Chalet de la Forêt, is responsible for at-table service, and her room management is just the right balance between a caring presence and discretion in the spirit of the 'casual elegance' that characterizes the place. Seasonal menus are always available à la carte, and, every Saturday lunchtime, all year



round, people keep returning for the delightful roast Lustin chicken. 📍

In a word, it's all about elegance, style and truly mouth-watering cuisine. AMEN to that!
www.amen.restaurant

Brinz'l: An Uccloise nugget

Taking pride of place on a street corner in the heart of the Uccle commune, this epicurean brand is led by masterful Laure Genonceaux, an ambitious chef that nothing seems to stop. After having prowled in the shadow of iconic Brussels chefs such as Christophe Hardiquet (BonBon) or Evan Triantopulos (Le Gril aux Herbes), the chef follows her path and delivers us a tasty and gourmet cuisine.

We went to try it out on a Wednesday night. Comfortably installed, we immediately felt comfortable in this warm atmosphere with a modern decor that invites you travel, to roam the menu. We opted for menus (several choices) which are also the best way to savour the breadth of the chef's talents. We plumped for the catch of the day, potato, kohlrabi and wasabi; duck breast, corn, soy, pak choi; Ravioli of



Jerusalem artichoke, lemon butter, truffle. And finally, the dessert that simply must be tasted: Paris Brest, salted butter caramel!

The food is nicely presented, colourful and filling. The service is impeccable! As for the wine list a very nice selection awaits you. www.brinzl.be

Classico

Since 2015, the Châtelain district has been enriched by a precious address: the Classico. Behind this nice landmark are father and son Dimitri and Yvan Pattyn, founders of the busy Selecto, one of the first Brussels restaurants to surf brilliantly on the wave of bistronomy. Passionate about good food, they opened a second establishment in Ixelles, a neo-brasserie where French cuisine is served up with passion. Like the Selecto, the Classico is an address of choice, where the menu ticks all the buttons of the brasserie classics.

The atmosphere of a French neo-brasserie

In the nooks and crannies of this brewery, the simple and casual atmosphere invites you to let go. There you eat, you drink, you laugh! There are two distinct places inviting you to sit down: either at the bar, a friendly place where there are many exchanges and a somewhat mischievous atmosphere; and in the dining room, which is classic, refined, where the banquettes and raw materials set the tone. www.classico-la-brasserie.com



Givry: Domain of kings

This month we take a look at a little gem on the Côte Chalonnaise



Sommelier's tips

Jean-Pierre Renard, expert trainer at the École des Vins de Bourgogne, introduces the geographical and geological specifics of the Givry appellation.

The closed structure of the reds hides a delicate aromatic register suggesting obvious harmonious pairings with pâtés, savoury tarts, terrines, cured ham, and delicate cold cuts. Its distinction and solid structure nonetheless make it a great partner for slow-cooked meat dishes and steak, as well as braised veal and poultry stews. A roast Bresse chicken would marry well with its dense tannins. It is

also ideal with soft-rind cheeses like Camembert, Brie de Meaux, and Reblochon. Serve at around 15°C.

The whites are a fine match for fish in light sauce, pike with beurre blanc, and poultry. Cheeses with pressed rinds such as Saint-Nectaire and Cantal also make for a good combination. Serve at between 11-13°C.

Givry as seen by Véronique Drouhin

For Véronique Drouhin, enologist at Joseph Drouhin, the Givry appellation now offers wines that can easily be described as elegant, far from their former "rustic" reputation. Easy drinking, they also offer excellent value for money and drinking pleasure, making them favourites for restaurant professionals around the world.

www.bourgogne-wines.com ①

Mainly producing red wines, the Givry appellation also has some whites to offer. This little gem on the Côte Chalonnaise is certainly worth getting to know.

An historic appellation

They say that Givry was the favourite wine of King Henry IV. One of the five jewels of the Côte Chalonnaise, the Givry AOC is made in the villages of Givry, Dracy-le-Fort, and Jambles. This little paradise for vines was awarded its AOC in 1946, clustered around a fortified settlement established in the Middle Ages.

Terroir

The brown limestone and calciferous soil was created here by alternate layers of Oxfordian limestone from the Jurassic and clay-limestone. Most of the vines face east-southeast and south, growing at 240-280 metres above sea level, although the summit of Les Bois Chevaux is slightly higher than that.

What's on

What's on Belgium



Sam McKinniss - Neverland

Neverland is a solo show by the Brooklyn based painter Sam McKinniss. Once upon a time, painting died. Hers was not a tragic death, she faded slowly—sputtering and flickering into her goodnight, shrouded in myth. While the whole story is terribly complicated, it boils down to the tale of a maiden whose life-force was eclipsed by a new-fangled monster: photography. But just like all fairytales or soap operas, no one ever really dies. Fast forward to the 1990's. Painting had arisen from her tomb, suddenly, her eternal spirit summoned by a cadre of artists that dared to put oil to canvas. Ditching their cameras, these anachronistic fetishists instead painted from photographs. McKinniss has emerged as a neo-Magical Realist, combining "the actual and the uncanny", transfiguring the reality of the internet age into his depiction of our contemporary Neverland. **Until 28 February.** Almine Rech Gallery, Brussels.
www.alminerech.com

SONAC: Affichage Sauvage

SONAC (aka Sophie photographer) was Born during the 70's in the North of France. Since 2010, Sophie has been sticking her animal portraits in the urban landscape of Paris, to create intriguing situations. Of course, she thoroughly prepares each installation, before she hits the button. The animal must find its correct place in space, be it neighbourhood, a street. Be it walking elephant, an owl on a cable, or a giraffe coming out of a door... Yes, the images are perfectly integrated into the detail of the urban environment. And yes, they manage to transform even the most usual sight into an extraordinary caption, and all nature's beasts into urban warriors or even heroes. **Until 14 April.** Mazel Galerie, Brussels.
www.mazलगalerie.com



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THE WORLD OF HANS ZIMMER

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JOE BONAMASSA

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25/06 ZZ Top

21/09 Alice Cooper

29/11 Pascal Obispo

07/12 Era



WWW.FORESTNATIONAL.BE/VIP

Mady Andrien

Mady Andrien (born in Engis, in 1941) is a fully-fledged sculptor. Her favourite materials are earth as well as bronze and steel, for works integrated in the public space. Andrien favours the human figure: bathers, children, rowers, passers-by or prince-bishops, historical witnesses of the city's past. She studies her subjects with attention and precision, digs deep for attitudes, expressions in the subject. Sometimes her groups of characters form a mass of matter that must be approached to distinguish the expressive faces. Their raw appearance, barely outlined, often gives her characters an inner dynamism, even as their pursuit or movement is captured on the spot.



The exhibition is organized in the form of a thematic retrospective, around seventy sculptures, presenting more than fifty years of creation. **Until 3 March.** La Boverie, Liège. Free en.laboverie.com

Brussels, dance! contemporary choreography

Brussels attracts creative professionals from here and elsewhere who come to take advantage of the effervescence of a lively, inventive and exciting capital where dance talent can meet and produce. Fourteen cultural sites are exchanging and pooling their programming under the label Brussels, dance! to provide greater visibility for the contemporary dance being done today and to show its richness and diversity.

This year, 14 cultural centres will bring together their programmes under the label 'Brussels, dance!' Beursschouwburg, Charleroi danse / La Raffinerie, Contredanse, Garage 29, Kaaithater, KVS, L'Le, Balsamine,



La Bellone, le 140, Le Jacques Franck, Les Briggittines, Les Halles de Schaerbeek and Théâtre National illustrate the richness and diversity of the Brussels dance scene and make their audiences an open and bold offer. Until 6 April. www.brusselsdance.eu

In the Age of Bruegel

In 2019 BOZAR is focusing on the theme of renaissance in all its different facets. The year kicks off with the theme *In the Age of Bruegel*, two unique exhibitions to commemorate the 450th anniversary of the death of Pieter Bruegel the Elder. With *Bernard van Orley: Brussels and the Renaissance* BOZAR is putting on a major monographic exhibition on the Brussels painter and predecessor of Bruegel and in *Prints in the age of Bruegel* BOZAR examines the explosion of printing in Antwerp in the sixteenth century, the age of Bruegel.

We shed light on the renaissance not just from a historical perspective; the term can also be understood as a 'revival in art and culture'. How do artists see the changing Europe of today, with all the challenges of migration, Brexit, digitalization and so on? From May on there will be a forum in the form of the new international art gathering 'RENAISSANCE', in collaboration with Brussels cultural partners such as Kunstenfestivaldesarts, Wiels, Kanal, La Centrale and others.



Bernard van Orley: Brussels and the Renaissance

BOZAR is hosting the first ever monographic exhibition of the work of Bernard van Orley, a key figure in the Renaissance in the Low Countries. Van Orley was appointed as court painter, inundated with commissions and had one of the largest workshops of his time. He worked in an artistic dialogue with figures like Albrecht Dürer and Raphael. His output was very varied and includes paintings of religious subjects and portraits as well as tapestries and stained-glass windows. For the first time, masterpieces from around the world will return to the place where they were once created. 20 February-26 May. BOZAR. www.bozar.be



Théâtre Royal des Galeries

Directeur : David Michels

Du 6 février au 3 mars 2019

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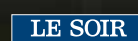
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What's on

What's On International

New Acquisitions and Works from the Collection, with two films by James Scott

Films about art can make art seem small and banal, but they can also expand and enlarge it—like the first films by the British art film pioneer James Scott (*1941). The Museum Ludwig will bring them into a dialogue with the works they feature: David Hockney's *Illustrations for Fourteen Poems* by C.P. Cavafy (1966–67) and works by Richard Hamilton.

Illustrations for Fourteen Poems by C.P. Cavafy comes from an early creative phase that was central to David Hockney's development. This portfolio brings together three subjects of Hockney's art: his interest in the expressive possibilities of prints, the question of the relationship between literature and visual art, and the markedly self-evident portrayal of homosexuality in a dominantly heterosexual society. This self-evidence is further underscored in Scott's short film *Love's Presentation* (1966), which follows the genesis of the series. The film shows the artist as a craftsman and does not comment on the homoerotic subjects that he documents in detail in the pictures, not because he views them as taboo, but because—like Hockney's work itself—he anticipates a state in which suppression has been overcome and the taboo long forgotten.

Richard Hamilton (1922–2011) was one of the earliest representatives of British Pop Art. Hockney painted his portrait, and in 1971 both artists protested against admission fees for British museums. Hamilton's prints carry out subversion through affirmation, distilling banal elements of popular culture (celebrity worship, advertising, postcards). Scott's film *Richard Hamilton* (1969) is also a film by Richard Hamilton. He brings the temples of consumption, pop stars, and crossed-out Marilyns back into circulation and dissolves them in the noise of the media from which Hamilton took them. Museum Ludwig, Cologne.

Until April 14

www.museum-ludwig.de

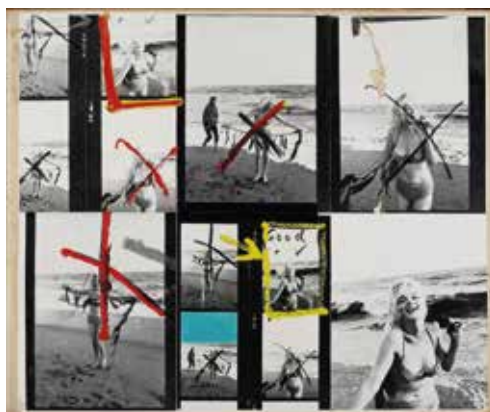


Photo © R. Hamilton, All Rights Reserved / VG Bild-Kunst, Bonn 2018, Reproduction: Rheinisches Bildarchiv



Photo © James Scott



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Cinema: All the latest movies playing in Belgium

Brussels' leading film critic **James Drew** looks ahead to films that will adorn the cinema screens in Belgium



Escape Game

Following the recent shocking news about five teenagers dying in fires in actual 'Escape Rooms' in Poland, this one would appear to have a timely significance - a la *Cube* (1997), the film's appeal likely lies in just how ingenious the traps are that are set for our heroes and heroines (shy physics student Zoey (Taylor Russell), struggling stock boy Ben (Logan Miller), young trader Jason (Jay Ellis), war veteran Amanda (Deborah Ann Woll), former miner Mike (Tyler Labine) and escape room enthusiast Danny (ik Dodani)). Familiar, but quite thrilling, apparently - Adam Robitel (*Insidious: The Last Key* (2018)) directs. 109 mins.

Free Solo

A quite astounding documentary, which follows the efforts of rock climber Alex Honnold, on his quest to perform a free solo climb of El Capitan in June 2017. Athletic feats that go way beyond belief - a truly exhilarating jaunt, from climber/director Jimmy Chin, whose first film this is. 96 mins.

The Old Man and the Gun

And this is likely to be Robert Redford's final bow, as the great actor has announced his retirement - at the age of 70, career criminal Forrest Tucker (Redford) makes an audacious escape from San Quentin, conducting an unprecedented string of heists that confound authorities and enchant the public. Wrapped up in the pursuit are rookie detective John Hunt (Casey Affleck) who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek) who loves him in spite of his chosen profession. Doubtless, tears at the end - so long, kid. 93 mins.

The Lego Movie 2: The Second Part

And yours truly will definitely be first in line for this one - I saw the first one over Christmas, and I genuinely can't remember laughing so much at a film since the glory days of *Airplane!* (1980). In the sequel from Mike Mitchell (*Trolls* (2016)), the Duplo invaders have announced their plans to destroy everyone in the Lego Universe, after Emmet and his friends saved the world by saving President Business from his evil spirit, and after Finn and his father convince Finn's younger sister to play with them in the basement. Tell me you don't want to play? Running time TBC. ❶

I have good news and bad news... the good news is there's no bad news.



LE CHAT by Philippe Geluck



LES ATELIERS DE LA CAMBRE

852 CHAUSSÉE DE WATERLOO - UCCLE

T. 02.375.76.46

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