

Together

magazine

*Real estate:
Cashflow is king*

*Luxury:
Las Vegas!*

Fitness

Group
exercise

Design

Decor
legends

Travel

Pita Maha, Bali
Ardennes-Etape
Radisson Red
Champagne & Dining

Technology in Africa
Money & Politics

Fashion

& Beauty
Art attitude

**PERSONAL
DEVELOPMENT**

Listen to your body
Transforming the mind
Arnon Barnes: Giving back
The three-letter word
Be successful books

Anne
Hathaway

Interview



Mon
GUERLAIN

THE NEW EAU DE TOILETTE
BLOOM OF ROSE



PERFUMER SINCE 1828
PARIS

IN A CHANGING WORLD,
**EXPATS FEEL AT HOME
RIGHT AWAY.**

WITH YOU FROM THE START

Simply enjoy the Belgian way of life.
We take care of all your banking &
insurance matters.

More info on bnpparibasfortis.be/expatinbelgium.



BNP PARIBAS

FORTIS

The bank
for a changing
world

SCAPA

YOUR SCAPA & SCAPA HOME
LIFESTYLE STORE

BOULEVARD DE WATERLOO 26
+32 2 469 02 77

SC
SCAPA
WOMEN

SC
H
SCAPA
HOME

BRUSSELS / BRUXELLES / BRUSSEL



6,1-9,4 L/100 KM • 161-214 G CO₂/KM (according to NEDC standards).
Environmental information RD 19/3/2004: www.mercedes-benz.be - Give safety priority.

The new GLE.

All kinds of strength.



Editor's LETTER

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

ON THE COVER



Anne Hathaway stars in *Serenity*

IMAGINE THERE'S A HEAVEN

A friend of mine was reading a book with an intriguing title, or rather she was re-reading it even though she had promised to pass it on to a niece – she couldn't resist delving back into it one more time. It was written by Jason Leen or rather by John Lennon himself several years after his death. What's that you say? Yes, after...

The aforementioned intriguing title is: *Peace at Last: The After-Death Experiences of John Lennon*, published in 1998. Leen describes his own visions of John Lennon's death and after-death experiences "such as passing through the tunnel of light and his emotional reunion with his mother, taking readers through a series of purifications and learning experiences". In essence, Lennon contacted him so that he could continue to communicate with his fans.

My friend says that her niece loves that kind of book, especially those bringing news from The Other Side – and all this news is hopeful, all the messages bear witness to a place where everything is wonderful and everyone is happy. A permanent state of grace.

My friend's face lit up as she recounted these glad tidings. I'm not religious but I am more drawn to folks who believe in the wider aspects of the spiritual world or at least leave their minds open to everything. For my part, I don't believe in ghosts. But I do believe in *Ghostbusters*... just in case.

Paul Morris
Editor



[f/togethermagazine](#) [t/@together_Mag](#)



MY TIME, THEIR TIME, OUR TIME.

At Aspria, the whole family can stay active and have fun at the same time – all under one roof, all year round.



PLAY, SPORTS AND CREATIVE

During school holidays, we offer camps with activities designed specifically to support the developmental stage, needs and interests of each child.

AN OUTSTANDING HERITAGE

Our renowned tennis facilities and coaching expertise boost the skills of our junior and adult members of all abilities, whether novice or advanced players.



FAMILY FIRST

Aspria Royal La Rasante's carefully designed classes, camps, activities and other services and facilities aim to make life easier for parents and more fun for juniors.

Contact us on 02 609 19 10 to start now with our 7 day Family trial.*

*Terms & Conditions apply

Aspria Royal La Rasante
Rue Sombre 56
1200 Brussels

02 609 19 10
ASPRIA.COM

 **ASPRIA**
ROYAL LA RASANTE

Contents

MARCH 2019

- 9 Welcome letter
- 12 Contents & contributors
- 16 Together online
- 18 Starring in Belgium
- 20 Charity: Amnesty Brussels



Self-help

Listen to your body



Technology in Africa

PERSONAL DEVELOPMENT

- 23 **Fitness:** Group exercise
- 29 **Self-help:** Listen to your body
- 33 **Self-help:** Transform your mind
- 36 **Self-help:** Let's talk about sex
- 41 **Arnon Barnes:** Cornerstone of opportunity
- 46 **Be Successful books by women**
- 51 **Money:** Green shoots
- 54 **Technology in Africa**
- 58 **Real estate:** Cashflow
- 62 **Politics:** Reforming rights

12 | togethermag.eu



Fashion

Art attitude

92



Design

Décor legends

LIFESTYLE

- 67 **Luxury:** Vegas, baby!
- 70 **Fashion:** Art attitude
- 84 **Shopping**
- 90 **Beauty**
- 92 **Design:** Décor legends

Bexley.com

QUALITY FOR MEN



Chemises 50€

3 pour 99€ - 5 au choix 129€

Ceintures 29€

La 2^e au choix 19€

Costumes 199€

Le pantalon supplémentaire 59€

Chaussures Ville et Boots 139€

La 2^e paire au choix 99€

Embauchoirs Cèdre Rouge 29€

2 paires 39€ - 4 paires 69€

Chaussures Détente 89€

La 2^e paire au choix 69€



«Un prix défiant toute concurrence, in-dis-cu-table» (Pointure) - «Rapport qualité-prix imbattable» (Capital)

NOS BOUTIQUES / OUR STORES

BRUXELLES Galerie de la Porte Louise - PARIS 4° 35, bd Henri IV - PARIS 6° 116, bd St Germain - PARIS 7° 39, bd Raspail
PARIS 8° 11, rue La Boétie - PARIS 8° 76/78, av. des Champs Elysées - PARIS 8° 4, rue Chauveau Lagarde
PARIS 17° Palais des Congrès - LYON 1° 38, rue Edouard Herriot - LYON 2° 4, rue Childebert
LYON 6° 51, cours Franklin Roosevelt - MARSEILLE 6° 32, rue Montgrand - AIX-EN-PROVENCE 25, rue Thiers
NICE 30, rue de Hôtel des Postes - TOULOUSE 40, rue de Metz - ANNECY 7, rue Sommeiller

SHOP ONLINE

WWW.BEXLEY.COM

- Leader since 1996 -

Chaussures, Prêt-à-porter, Accessoires

Shoes, Menswear, Accessories



98% of families who visit BSB choose our school

“We chose BSB after considering other international schools because of the superb advice and unrivalled support we received from the Admissions Office.”



Mrs Jagne from Gambia who chose BSB for her daughter Aisha (Year 6)

Your favourite school

To find out why, visit www.britishschool.be



Travel
Bali Royal Pita Maha



Books
The Complete Hitchcock

LIFE OF LEISURE

- 99 **Celebrity interview:** Anne Hathaway
- 106 **Travel:** Bali Royal Pita Maha
- 110 **Travel:** Ardennes-Etape
- 114 **Dining:** Otomat, Lou Ferri
- 116 **Dining:** Taverne du Passage
- 118 **Champagne** Experience
- 120 **Books:** The Complete Hitchcock
- 124 **What's on Belgium**
- 132 **What's on International:** Hong Kong
- 134 **Cinema news**
- 136 **Le Chat:** English cooking

PUBLISHER
David Mc Gowan
david@togethermedia.eu

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; Anna Boroshok
Erika Brincat; Mark Browne
Gerry Callaghan; Yannick Callens
Kate Cracknell; Caroline Dierckx
James Drew; David Deruytter
Philippe Geluck; Essential Home
Colin Moors; Will Moors
Paul Morris; Karen Northfield
Sarbani Sen; Melanie De Lacy Staunton
Taschen; Katarina Winslow

ART DIRECTOR
Nicholas Siro

FOUNDER
Jérôme Stéfanski
jerome@togethermedia.eu

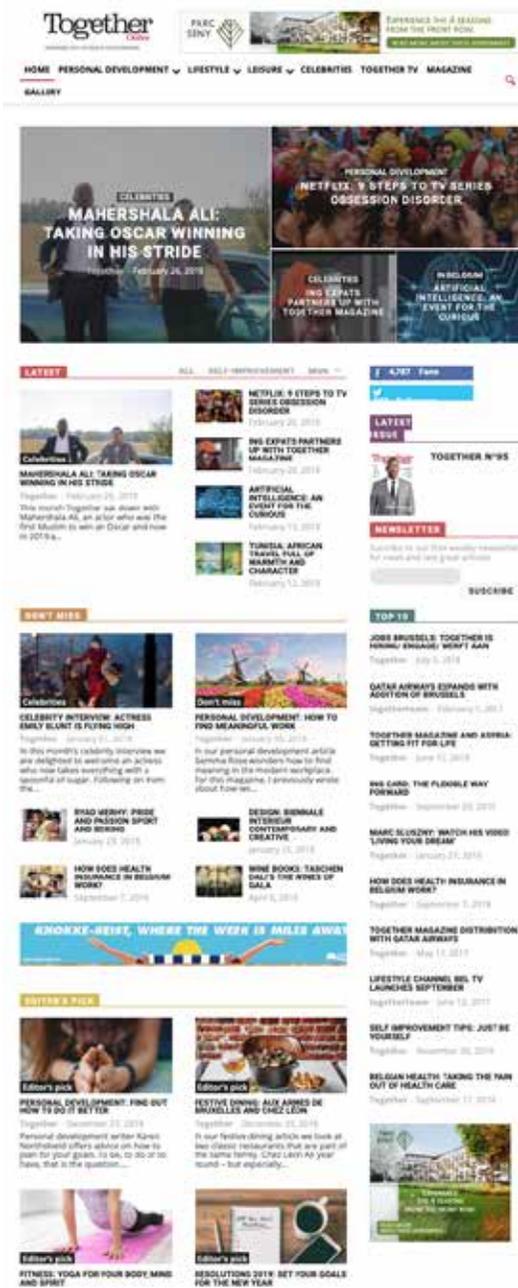
Together Media
Brusselsesteenweg, 187 – 1560 Hoeilaart
+32 2 400 00 24
info@togethermedia.eu - www.togethermag.eu

Make sure that you get your monthly printed magazine
Just send an email to subscribe@togethermedia.eu

For advertising sales rates please consult www.togethermag.eu

Nothing in this magazine may be reproduced in whole or in part without the written permission of the publisher. The publisher cannot be held responsible for the views and opinions expressed in this magazine by contributors. Together is neither responsible for nor endorses the content of published advertisements, nor can the magazine be held responsible for any errors or inaccuracies in the same.

Be inspired on www.togethermag.eu



Together magazine in your (non-virtual) mailbox!

New!

If you want to make sure that you get your monthly printed magazine, it's best to subscribe to our special delivery service. And it couldn't be simpler – just send an email to the dedicated email address: subscribe@togethermedia.eu And happy reading!

Mahershala Ali: Taking Oscar winning in his stride

This month *Together* sat down with Mahershala Ali, an actor who was the first Muslim to win an Oscar and now in 2019 a second for Best Supporting Actor in the *Green Book*. 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*. And, of course, the film *Green Book* that won him his second Oscar.

Netflix: 9 steps to TV series obsession disorder

Sarbari Sen looks at the mesmerizing influence of Netflix. I am actually quite a spiritual person, meditating in the morning, reading a book at night before sleeping, concentrating on my goals in life, praying for my kids to be fine, etc. I used to think of myself an informed person, with a master's degree, speaking eight languages and now starting to learn Arabic – so, not the average mass-controlled person. Until I met Netflix.

Artificial Intelligence: An event for the curious

This event is aimed at business people eager to learn more about Artificial Intelligence (AI) and how it will impact their job and life. Many of us have heard of AI and are curious about it, but do not yet understand how it will impact our lives, both professionally and personally. **1**

ONLINE LEARNING AT VLERICK BUSINESS SCHOOL

At Vlerick we believe that learning is a continuous journey. Be ready to be immersed in a **mix of online learning experiences**.

During your online journey you will encounter a variety of learning bites: short videos, testimonials, readings, individual or group assignments, moments of reflection. You can take them **whenever** you want, **wherever** you want.

At present we offer the following online open programmes to support your professional development:

- **ONLINE MBA**
Turn a great career in an exceptional career.
- **BRINGING STRATEGY TO LIFE**
What every middle manager should know to make strategy work.
- **NEGOTIATE FOR SUCCESS**
Ready to take your negotiation skills up a level.
- **TAKE THE LEAD**
Transform your organisation through digital leadership.
- **OR ANY CUSTOMISED PROGRAMME**
Tailored to the specific learning challenges of your organisation.

In cooperation with



GET PERSONALISED DEVELOPMENT ADVICE



Contact us for an appointment:

Saar Dhaene

T: + 32 9 210 98 84

E: programmeadvisor@vlerick.com

WWW.VLERICK.COM/ONLINE



Executive Education
Rankings 2018



Starring in Belgium

Will Moors looks at upcoming concerts in Belgium

Poppy Ajudha

Poppy Ajudha's goal as an artist is to bring to light conversations of race and gender through her music in a way that empowers and informs. She masterfully matches her tried and true soulful vocals to the music of jazz and soul inspired contemporary R&B. Her sound is complex and powerful, which only complements her subject matter.

She is fresh on the scene, with her first full EP, *FEMME*, being released in February 2018. Her releases have quickly caught the eyes of both pop and R&B fans, as well as supporters of her message. Her singles now all sit at over one million streams on Spotify. Her popularity has grown significantly since the release of her second EP, *Patience*, in December 2018.



Ajudha is set to play her first ever Brussels headline show this month at the AB Club. It is a show worth seeing for fans of contemporary R&B, and those looking for a fresh take on social commentary. **21 March.** AB Club, Brussels. **Tickets: €15.** www.abconcerts.be

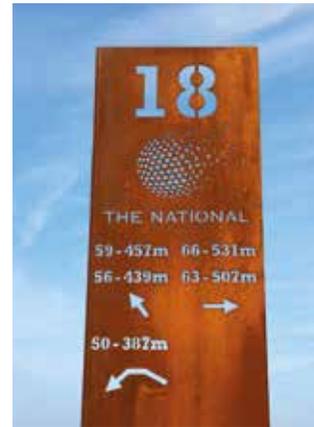
Xiu Xiu

Xiu Xiu is a musical outlet for experimental multi-instrumentalist, Jamie Stewart. Joined by an ever-changing roster of members, Stewart has released some of his most personal and introspective experimental rock, as well as some of art rock's most genre defining tracks. The group play it fast and loose when it comes to their music, changing their sound entirely nearly every album.

Their range of music switches interchangeably between beautifully orchestrated art rock and pop songs to indulgent and highly personal experimental tracks. On one album they collaborated with Japanese noise artist, Merzbow, in 2015's *MERZXIU*, for the new one Stewart is compiling an album of covers from the soundtrack of David Lynch's *Twin Peaks*. With



such an expansive range of music, every show is a different experience. Some gigs will be heavier on the noise than others, so be prepared; but Xiu Xiu is definitely not one to miss for lovers of art and experimental music. **27 March.** Beursschouwburg, Brussels. **Tickets: €12, €15** on the door. www.beursschouwburg.be



Welcome to



THE NATIONAL

- GOLF BRUSSELS -

Golf, just a stone's throw away from Central Brussels

The perfect place for wonderful experiences

A challenging course

A table with a view

Green and inspiring environment for meetings and events

The exquisite perfect mix of business and pleasure

www.thenational.be



Amnesty International in Brussels

Amnesty's Brussels branch explains its work in the European capital

Who we are

Amnesty International's European Institutions Office (EIO) in Brussels coordinates and promotes our advocacy and campaigning directed at decision-makers in the European Union (EU) and Council of Europe (CoE). We seek to ensure that the EU integrates human rights into its internal and external policies and that the CoE and its member states take tangible action to promote and protect human rights nationally and regionally. The office lies at the heart of an extensive advocacy and campaigning network which includes national Amnesty International operations in numerous European countries.



Photo ©Amnesty International Hannibal Hanschke

Our organisational development programme helps our European offices to grow through professional support to develop their skills and reach. To ensure its independence, Amnesty International does not seek or accept money from governments or political parties for its advocacy and campaigning work.

What do we do?

We investigate and expose the facts, whenever and wherever abuses happen. We lobby governments, and other powerful groups such as companies, making sure they keep their promises and respect international law. By telling the powerful stories of the people we work with, we mobilise millions of supporters around the world to campaign for change and to stand in defence of activists on the frontline. We support people to claim their rights through education and training.

The European Institutions Office covers diverse EU policies and Council of Europe- related human rights issues including:
Human rights in CoE member states and

accession countries

Reform of the European Court of Human Rights and EU's accession to the European Convention on Human Rights
Human rights in EU foreign policy
Security and human rights
Refugee and migrant protection

And much more...

How do we work?

We advocate to the EU and CoE policy-makers to influence how they set standards on human rights-related issues, to encourage them to change policies where necessary and react to unfolding human rights crises.

We work with the European Commission, European Council, European External Action Service, national diplomatic missions to the EU and Members of the European Parliament. We also work with various institutions and human rights monitoring bodies of the Council of Europe.

Working with Amnesty International's national teams throughout Europe, who advocate to their own governments on human rights issues, we talk to national representatives, to press for a strong focus on human rights in EU and Council of Europe policy-making. We work in partnership with other NGOs, as part of formal coalitions and informal partnerships, to advocate for change. We also have an active media programme, providing the Brussels-based press corps with our expertise and briefings and ensuring that the human rights implications of EU action are considered. We issue Amnesty International research and other publications with an EU focus. We routinely send our documents to officials in all decision-making institutions.
www.amnesty.eu

Ready for your new adventure in Belgium?



ING makes your life easy by helping you organize all your financial affairs.
Call +32 2 464 66 64,
or go to ing.be/expats



Group exercise: Stick to your routine

Aspria's **Kate Cracknell** has found the answer to lapsed wellbeing resolutions



Group exercise isn't just for women: it's proven to help everyone stick to their wellbeing routine. You just have to identify the class that's right for you – and you might be surprised by what you find.

If you're struggling to maintain your exercise motivation, now might be the time to consider adding a few group classes to your wellbeing routine.

Why? Because independent research shows that – male or female, young or old – group exercise classes do two important things: they encourage you to exercise more frequently, and they make you more likely to stick with your exercise routine over time.

Let's take a look at the numbers...

In 2013-14, a UK study found that health club members who *only* used the gym were 56% more likely to drop out than those who took part in group exercise classes. Meanwhile, a global study found that – even among active gym-goers – group exercise attendees visited their club on average 2.7 times a week, compared to gym-only users who attended twice a week on average.

It seems that group exercisers build stronger connections to their club and are more likely to stay committed to their workout routine.

So why is that?

PERSONAL DEVELOPMENT

Other sources of pleasure have started showing up too such as tantric massage

FOIRE AUX SKIS !

JUSQU'À 60%

DU 02/03 AU 22/04/2019

THE FACTORY 18-20
SPORT & LIFESTYLE

**CHAUSSÉE DE NIVELLES 18-20
1420 BRAINE L'ALLEUD**

***DANS LA LIMITE DES STOCKS DISPONIBLES**

PERSONAL
DEVELOPMENT

Health



A virtuous circle

First of all, group exercise makes fitness fun. There are high levels of interaction, motivation from the instructor, plus the workouts are varied and usually accompanied by great music. It's an interactive, entertaining experience.

Group exercise also builds a sense of community. You'll see many of the same people at class each week, to the point that it becomes as much about seeing your workout buddies as about the exercise itself. If you aren't there, you'll be missed... and that makes you far less likely to drop out.

Finally, thanks to this fun and sense of community, you're more likely to attend regularly, which in turn means you're more likely to achieve results – and that's absolutely key to staying motivated and keeping up your exercise routine. This is the virtuous circle of group exercise.

Challenging preconceptions

The challenge, of course, is perception: men in particular tend to think of group exercise studios as women's territory – a place of dancing, aerobics and stretching.

But things have moved on in the world of group exercise. Take a look down the long and varied list of classes at Aspria and you'll find all sorts of options that will appeal whatever your age, gender, interests and level of fitness.

High-intensity interval training (HIIT), for example, gives plenty of scope to push yourself and your fitness to the limit. The same goes for studio cycling, combat-based workouts,

circuits... Even the fittest athlete can challenge him or herself in these classes.

Meanwhile, for those whose concerns are less 'group exercise won't push me enough' and more 'I don't think I could manage a class', there are also plenty of options on the

**“ YOU'LL HIT A
GOLF BALL
FURTHER, RUN
FASTER ”**



timetable. Aqua classes are a great, low-impact option for those with joint problems; core training and pilates can strengthen muscles that help protect against bad backs; and functional training classes are on offer to develop mobility, balance and co-ordination.

Improved sporting performance

And if you think classes like yoga and pilates are just for women, think again. Slower paced they may be, but these full-body workouts not only develop strength, musculature and flexibility – they also bring a range of other benefits that will absolutely resonate with a male audience.

The flexibility, core strength, power and agility developed in these classes means pilates and yoga can help improve your athletic performance. You'll hit a golf ball further, run faster and with less pain, be able to safely lift more weight in the gym thanks to a strong core...

You'll also reduce your risk of getting injured, not only while you're playing sport but also in day-to-day life. That's in part down to improved core strength, but it's also down to enhanced

flexibility, balance and agility – all key to fluid, easy movement, which in turn helps prevent injury.

Not convinced? Google 'pilates and professional athletes' and you'll get all the proof you need: elite athletes, from Premier League football teams to Olympic athletes, swear by pilates as a crucial part of their strength and conditioning training.

Meanwhile, as the discipline of yoga continues to grow and evolve, more and more variants are emerging to push you both physically and mentally. The likes of hot yoga, Ashtanga (power) yoga and Bikram yoga are very physical, intense forms of exercise that will give your body as good a workout as any gym-based programme.

Nowadays, there really is something for everyone on the class timetable – and finding the right class is proven to help you stick to your exercise routine. Time to sign up for a class?

Have a look at the Aspria class timetable on www.aspria.com



Magical days and enchanted nights!



aerocom.eu - Photos : Andy Parant

www.arc1950.com



Listen to your body

Intuitive Healer **Katarina Winslow** explains that the body has its own intelligence

NEW

WWW.H2OSHOP.EU

SPORT&LIFESTYLE

A DÉCOUVRIR À PARTIR DU 10 MARS 2019



Media is full of quick fixes on how to obtain the body of your dreams.

Unfortunately, the reality is often a bit disappointing, and it is more challenging than what the miracle cures promise. Don't be discouraged, because there are many logical reasons why dieting often brings you to an endless struggle of repeated failures. If you listen to your body and try to understand it as if it were

a separate person from yourself, you will understand why. The body has its own logic, just like your friends might not think, feel and

“ THE BODY HAS ITS OWN LOGIC ”

behave like you do. After all, the body is there as a vehicle to ensure that you stay alive. To maintain life, it has a survival mechanism installed in the genes to assure that it has the vital essence to keep you breathing. What happens

when you starve your body is that you put it in a state of fear and want. Instead of the body

Self-help

feeling confident and reassured that it has what it takes to make its organism function in a peaceful and safe manner, your body withdraws itself and enters a zone of fear.

We all know that things in life run smoother when we are in a state of love instead of in a state of fear. What happens in a state of fear are tension and stress. To compensate the insecurity that the body feels - of when and how it will make you function - it slows down and tries to store as much energy as possible to assure your survival. This is one reason why diets usually fail as your body is fighting for its survival.

In the fight for survival, it is no wonder that when you succumb to temptation the body gives off signals to binge. When more fuel finally is available to it, it is as if it says, go ahead eat as much as possible because I never know when I will have what it takes to get you going. On a psychological, emotional and intellectual level, there is also you. What are you telling yourself in the moment of temptation and defeat? Your own feelings and reasoning are probably not that far from the intelligence of the body in the moment of compulsion. You certainly want to enjoy the moment as you know that you will have to diet the next day again.

So, you tell yourself, I'd better eat the three bars of chocolate now as tomorrow I am not allowed to eat anything sweet and forbidden. I'd better take the chance when I have it. To resume, the metabolism of the body not only slows down by dieting, but there is also a double pressure to go for excess once you fail. The pressure from your body to stock up some security and the pressure from yourself to take the chance to allow yourself to savour and satisfy your taste receptors.

When you really think about it, your mouth is full of them. Your tongue is designed for flavours; bitter, sweet, sour and salt. The good news is they are there for a reason. They are

there to make sure that you keep feeding yourself so that you may live a happy and long life. Not only is your tongue designed for an exquisite experience of taste, but nature is also reassuring that you will survive by offering an abundant source of infinite flavours. When you look closer it is almost too good to be true. Raspberries and cacao beans, basil and cheese, chili and ginger, and all the other marvellous things we find in nature are there to be able to satisfy your sense of flavour.

Nature is designed for life, and your mouth is designed for life. It is all arranged like that for a reason. The one and only good reason is for you to appreciate, enjoy and welcome the pleasure of eating. If you see food as something cursed and bad, you are not in line with the creation of life. To bring your body from a place of fear to a place of love you need to allow yourself to enjoy your food. To enjoy food should be a pleasure in everyday life, not only at parties and birthdays.

Of course, you should feed yourself to feel physically and psychologically good. If you go against nature and feed yourself mainly artificial and processed food, certainly, you won't feel good. As with everything else in life, fake won't bring you to a beautiful place. The sacred truth

is that the more you feed yourself with high fibre fruits and vegetables, the more you may eat of everything. Fibres heighten your metabolism and put your body in a place of love, as it has a lot of nutrients and vitamins to make it feel safe. Fill your plate with a lot of fibres and fill it less

with the things that are more high-calorie intake.

When you feed yourself healthy food, your metabolism creates an optimal state of functioning. We are created to be able to enjoy a lot of food and stay slim once we live in accordance with nature. To put it simply, we are not made for diets, and that is the simple reason why they don't work. Instead, we are made for laughing and enjoying, which actually



heightens your metabolism. Other things that heighten your metabolism is the cold, so don't hesitate to go out for a walk when the weather is a bit chilly. A good thing to do is also to turn down the heating in your bedroom at night. You sleep better and you are helping to reduce global warming.

Spices also heighten your metabolism, and we all know that life is a bit more fun if we add some spice to it. Ginger, black pepper, cinnamon, mustard seeds and chili are the top spices to heighten your metabolism so spice it up! Water is also part of our essence, so drink a lot of water to give your body what it needs to feel good and secure. Let yourself change the view you have of your body and stop feeding it from a place of fear, consolation or compulsion. When you eat for these reasons, throw it in the bin

instead of using yourself as a bin. A golden rule to have is, 'In one bin or another.' Never use yourself as a bin.

“ YOU NEED TO ALLOW YOURSELF TO ENJOY YOUR FOOD ”

I know a lot of people are starving in this world, and even here in Brussels, but you are not saving humanity by being bad to yourself. On the contrary, the better you feel about yourself, the more good you can bring into the world. Embrace the pleasure of taste and feed yourself well because you are hungry, hungry for life. In the end, life is supposed to be joyful. If you trust the intelligence of nature and you move your body, you will reach that dream.

Let us live the good life, with intelligence and pleasure.

Together. ●



Patrick's
Lodge

Senegal
★★★★★

THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

Located in Senegal, between Dakar and Palmarin, this prestigious lodge is an exclusive and intimate address, privatizable for 16 adults and 8 children.

Ultra all-inclusive package, dream beach, spa, fine dining, excursions, creche and kids-club... the best for your family vacations!

Located just 5 hours from the European continent and 1 hour 40 minutes from Dakar International Airport.



BOOK ONLINE: LITTLEGUEST.COM

Transforming the mind through the body

Karen Northshield looks at a very underused facility



It is a commonly held belief that we only use up to 10% of our brain's capacity. That leaves us with 90% of untapped potential to explore. Our minds are incredible machines and can be our greatest asset but can also be our biggest barriers. The latter happens when we engage in self-limiting thoughts or give impetus to negative emotions. Henry Ford once said: "Whether you think you can or can't, either way you are right". Either way, we are capable of more than we think. Each one of us has potential far beyond our limitations and capacities. So the question is, how do we uncover the hidden 90% of our potential and bring it to use?

As we are often caught up in our minds,

we have a tendency to ignore the body's intelligence. Our minds are powerful but the body has an intelligence of its own too. What if we were to delve into the layers and depths of our body's intelligence? The body is constantly speaking to us in highly intuitive ways. Our body is like an ocean, rich with hidden treasures.

We are told that meditation, relaxation and other classical self-healing therapies can increase our mental awareness. When the mind is at rest is when awareness takes place. But how often do we give time for our minds to rest? Unless we actually submit to the process of conscious self awareness, we can easily remain captive to our mind and cease our



mental expansion. However, there are other routes to explore that can lead to revealing our potential. Our bodies.

Take the following example which illustrates the body's natural instincts and intelligence: if you were in a situation with a perceived threat to your life, your body would react instinctively to preserve itself. This is called the fight-or-flight response which is a natural physiological reaction. In such a case the body reacts spontaneously without waiting around for instructions from the mind. So how is it that the intelligence and speed at which the body reacts can surpass the mind's authority? We often think the body is submissive and subordinate to the mind but the body's intelligence is infinite in so many ways we ignore.

Body and mind are inherently complementary and interrelated. Each has their own intelligence as they co-exist. The body without the mind has no purpose. At the same time the mind can be manifested by the body. The mind is not physical but it can be manifested through the physical if it uses the body as a

means of exploration. By reaching out to the body, the mind extends itself. In other words the body is an extension of the mind and we can use our body to cultivate the mind and expand mental awareness. The question is how? By increasing body movement through respectively spatial and physical perception. Conceptually speaking the brain to body mass ratio is of 1:50. The brain (which contains the mind) is limited in size. However, the size of the body is 50 times that of the brain. The brain by

itself cannot move under its own command and is limited to move in its own spacial field.

On the other hand how extensively can the body move? Physically and geographically speaking the body can move endlessly. We are

not strictly confined to the spacial field of our bodies. Our body is a boundless medium of exploration and movement. More concretely, physical perception is cultivated by exploring and movement. How does an infant learn? He learns essentially with his body. He'll crawl all over, get dirty, put objects in his mouth, etc. The child develops awareness through body movement and discovering physical perception.

“ LIKE AN OCEAN, RICH WITH HIDDEN TREASURES ”



If we assume that mind cultivation happens when the mind is at rest, body awareness happens when we sense and feel in our body. On a physiological level, by increasing body movement through spatial and physical perception, each movement creates a physical sensation which sends new information to the brain, resulting in higher mental awareness. In their interrelatedness, the body, through movement, naturally and constantly sends new perceptions to the brain to register. The moment we stop moving in our physical realm and exploring physical sensations, mental expansion ceases.

So like the infant, we have to continuously look for new ways to feel and perceive with our bodies. Rather than letting the mind control the body, the body on its own is already speaking and acting for itself. Just like the person caught up in a (perceived) life threatening situation, the body naturally triggers the flight-or-flight response - a natural instinct and inherent physiological reaction towards survival. Like an ambulance with its siren, the body is constantly and continuously signaling to us. If we can capture these signals we can only increase our awareness.

“ THE MIND EXTENDS ITSELF ”

Given the mind's limited volume and size, what if we were to use our body and its physical capacity to exploit the remaining 90% of our human potential? Rather than try to work everything out with the mind, which is constricted by its mental overload and our self limiting perception, why not work things out in the body? Allow the mind space and freedom to breath and give the body a chance to use its natural instincts and intelligence.

Transformation, evolution and expansion happen at a level of not just mental but also physical freedom with each perception leading to an even higher level of awareness. Perception after perception, through sensing and feeling in and with the body, we can transform our mind and cultivate mental expansion. The Buddha didn't become enlightened overnight. It took him many nights before he was awakened. Buddha, we often forget, was human. If he had the potential to realize himself, surely we can do the same. ❶

The three-letter word

Sarbani Sen delves into the complex world of sexuality



When we talk about sexuality, we mean the physical, chemical, emotional and intellectual properties and processes, the cultural and social influences and experiences, how people experience and express themselves as sexual beings.

Some aspects of all those things are very diverse and unique, others are very common and collective. In a more and more educated societal context, our vision of sex and relationships has evolved too.

Sex vs relationship

For Esther Perèle, French TedX speaker and author of various innovative books on infidelity and marriage, long-lasting relationships require ways of behaving and attitudes that are a turn off for sexual arousal. For her, monogamous life is more linked to the standards of an enterprise than a romantic companionship. Having a liaison brings back the poetic atmosphere that is very much needed for a rich sex life. For her, partners looking outside of their marriage for a liaison don't actually try to leave their partners, but need to escape from boredom and thus to be able to rejoice again

about the attachment to the spouse or husband. Pamela Haag, historian, talks about "melancholic marriages", where couples are constantly half-satisfied or happy. As if constancy killed the joy, joy killed security, and security killed desire.

To avoid boredom, some will step out of monogamy and try polyamorous relationships. A very complex set of rules can help live this trio or poly relationship in a smoother way. But at the end of the road, someone is often lost in this kind of relationship. This was explored a very long time ago by Christiane Singer.

Let's take a look at the average duration of a monogamous life: statistics show that people still want to go for marriage but autonomy (mainly financial) does not help the project. Previously it was difficult for a woman to leave her husband because of money. But today, with the possibilities for women to work, it is less certain that they will stay no matter what.

Moreover, today women can find other relationships easier, giving them sexual autonomy too. They don't have to stick to one person, they have the liberty (if they want to) to get another provider. Other sources of pleasure have started showing up too such as tantric massage for women, varieties of dildos and specialized websites for hungry women.

On the other hand, some women choose to no longer have love or sex. They simply feel "full by themselves". Financial and sexual autonomy have greatly changed the perspectives for life as a couple today, making it a real choice to stick to one partner or stay with one forever. As soon as the other significant other shows signs of weakness or unwanted behaviour he is possibly not going to last very long.

Passion, addictions and perversions

However, according to some authors, passion is to be recommended and yet everybody

wants it. According to Anne Dufourmentelle, each of us secretly wants to be taken by this mortal sin: ruin of the family, slow destruction, toxic attachment. Yet passion is not possession, it is a mere way of honouring the movement, de-possessing and revealing us at the same time.

Some people believe that sex is a lesser version of our humanity, that sex is linked to lower aspirations - whereas spirituality lifts us up from our animal instincts.

Christine Ayoub, a very interesting guide in the Royal Museum of fine Arts in Brussels, has helped uncover the underlying dynamics of it all. Etymologically, passion comes from *passio*, she says, which means "to bare, to accept to

be left in the unknown, to lose our identity". We can choose our route but we can't order the wind.

“ HAVING A LIAISON BRINGS BACK THE POETIC ATMOSPHERE ”

She goes back to Sigmund Freud with his book on "the drive as the motor of life instinct itself". Freud's

theory of the drive is a concept that exists between the somatic (the bodily) and the mental. It consists of a quantity of energy and its psychical representative. Like a constant force of a biological nature, emanating from organic sources, it always has as its aim its own satisfaction through the elimination of the state of tension that operates at the source of the drive itself. According to Freud there are four characteristics of the drive: its pressure, its aim, its object and its source.

Sex, sexuality, sensuality

According to Access Consciousness guru's Dain Heer and Gary Douglas, there are different ways to approach physicality, and words are narrowing the scope, working as distractors to our real needs. For instance, if you ask yourself at various moments of the day: "What body would I like now? What would bring me pleasure right now?" You will be surprised that sometimes you'll get the most awkward answers: for me it has been "hanging

Self-help



Indian tantric lovers



Raising of the djed pillar, Jon Boosworth

In Hindu tradition, the tantric school has developed a few protocols of bringing sex and sensuality to another level, thus allowing the enlightening and healing aspect to take over. As such, real tantra (not the name given to some branch of prostitution) is used to enhance creative manifestation of life and the divine on earth. It is very important to release blocked energy, through chakra healing. This can be done through Kundalini activation too. There are beautiful books on a real tantric education. I suggest books by French author Daniel Odier for example, who had the chance to be initiated to this branch of spirituality by a Tantrika in India, on the upsides of a sacred river.

Annie Dieu-Le-Veut writes about the occult cause of the Madonna and the whore complex and explains that the Roman Catholic Church has spent a lot of time arguing over whether Mary Magdalene really was a prostitute. According to her, it has given rise to the Madonna/Whore complex, which some men suffer from when they are rooted in base consciousness, and cannot see both the Madonna (Virgin Mary) and Sacred Whore (Mary Magdalene) in the same woman and therefore need different partners to serve those different needs.

In shaman work, the spirits that govern the land of our ancestors are the spirits of Sovereignty that, on the energetic level, are a huge force that gushes forth from the Rivers of Blood or the DNA of the ancestors that are buried in the land. It reaches the emotional intelligence of the people through the portals of these spiritual conduits, an Elder race whose role it is to guide the spiritual evolution of human beings. From

the evidence going back for thousands of years, it is clear that there were specialized women shamans and high priestesses who were known as Hierodules that were in touch with the spirits of the land, and were able to

out at the pool in a sexy swimsuit” and that made my day. I felt aroused but wasn’t sure that my body wanted sex (intercourse, penetration). Sometimes it simply wants to feel the sensualness (as vibratory beings). Being in nature is also very sensual when all our senses are open, we breath deeper and all our cells feel more alive. Intercourse as such is just a very small part of sexualness.

They also bring a very interesting theory on the five elements of intimacy (we’ve had a previous article on that topic) where they preconize healthy relationships built on:

Trust, allowance, faith, sacred sex, Kundalini and the divine connection...

“ CREATIVE MANIFESTATION OF LIFE AND THE DIVINE ON EARTH ”



transmit their wisdom to the king or pharaoh through sacred sex practices on his coronation night. These became known as Sovereignty rites because through them the king’s inner cosmic serpents were invoked to rise up and fire up his higher brain centres.

The serpents arise from the genital region and then criss-cross the djed, or energetic spinal column, until they reach the chalice of the cup-shaped hypothalamus.

The heads of the two serpents then rest in the rim of the hypothalamus and from their mouths issue droplets of sweet elixir that stream down the inside of the chalice until they reach the pineal gland which is nestled like a pine cone at its base. Once the pineal gland is bathed in

these nectars, it fires up the crown chakra, thus opening up a portal to a huge library of wisdom akin to the Akashic Records, which the king then has access to. This in turn gave him the wisdom to rule – to bring order from chaos, just as the deluge hero of myth

conquers the sea serpent to separate the land from the watery chaos.

With growing inter cultural mixes, we get to choose how we want to handle our drive, and are potentially prepared to live any and all the parts of it. Amen. 1

“ SOME WOMEN CHOOSE TO NO LONGER HAVE LOVE OR SEX ”

World Class

www.worldclassfitness.be

Let's celebrate our 21st Anniversary together!



AMAZING OFFER!

12 MONTHS
FULL DAY
299€

100 MEMBERSHIPS AVAILABLE

Secure your membership today online: www.worldclassfitness.be

VERY LIMITED OFFER! Valid until stock last or 31st March.

PERSONAL

DEVELOPMENT

Be success

Arnon Barnes: Giving back to society

International Speaker, Peak Performance Trainer and Business Mentor **Arnon Barnes** defines hard work



When I decided to focus on developing my coaching and training skills, little did I know. Little did I know that especially when starting out within this niche, I'd get to meet the 'broke' people. As any business owner may know, when starting up a company it's not always roses, glitter and glamour. It takes a lot of hard work, dedication, action and focus to get to the level that makes you feel successful.

It was no different for me. I started out offering coaching to whomever I met. I didn't allow myself to set clear boundaries or even define my target group. All I wanted was to make mileage, take action, get practice and fail

quickly so I could get back up again and do it better. What I gained out of this approach are many things, of which I'll share a few with you now.

Without clarity on what the end goal is, ALL work is hard work.

There's a clear difference between working hard and hard work. I work hard (my A\$\$ off even) when I have set a goal, have a clear vision and know what, but most importantly, WHY I do what I do. As soon as things are not well defined, or rather, when I find myself following other people's vision (about me) instead of my own, I feel deflated and every moment of work is hard work.

Be success

Without a clear target audience, you will, by default, attract the 'broke' people.

In business there's people that simply want your product because it will serve them, as a tool, to get to the next level, on the one side. On the other side there's the people who will want your product because they expect it to solve all their problems for them. These are the broke people; people who are constantly looking for solutions outside themselves, to get ahead in life with as little effort as possible. They do not need a coach, they need an awakening.

Without the right team, you're not building a business, you're building a house of cards. (and it will come tumbling down, eventually)

Positive energy is one of the most important keys to achieving wealth. When you create a team around you that serves not only what your business needs in terms of the skills they bring, but, even more so, the right attitude, your business will thrive.

Now, it's important to differentiate between

negative people and critical people. In my business I work with people that are always super positive and reinforcing my ideas as well as people that will inevitably ask questions and trigger my thought processes, before getting on board with a strategy, vision or new goal.

I enjoy the game we play in our team meetings where one of us will pitch an idea and someone else will ask the hard questions. This works because it gives us clarity on what we set out to achieve; we know we're all in it together.

Negative people will do whatever it takes to bring you down; critical people will do whatever it takes to help you widen your vision and become bigger and better in the process.

Nobody can be the visionary and the positivist and the critical thinker at the same time. That's why it's so important to build your team fast, get people in with the right attitudes and teach them the skills if necessary.

Without self-reflection, there is no true leadership

Nowadays success is no longer only defined by how much money you have in your bank account. It's about what you do for others – it's how you serve people and give back to society that matters most. It's easy to make money these days, there's thousands, if not millions of ways, creative people can make money online and offline. You need creativity, hard work and dedication, but money can be made. When the only focus is money, people lose track of what is the most important thing in their life. In all of our lives there's only one constant factor: ME.

“ IT'S NOT ALWAYS ROSES, GLITTER AND GLAMOUR ”

I have to live with me whether I have money or not, whether I am healthy or not, whether I have people I love or not. A true leader realizes the importance of nurturing oneself. Developing oneself is the only surefire way to get

to whatever level is next. We, ourselves, hold the key to pushing our potential and living life to the fullest. And as a leader, this is the way to inspire our team and the people around us to go to new heights together.

With all my Elite coaching clients, one of the first things we evaluate is where they stand in their business and life. Making money is one thing, enjoying being a business owner is another. We create clarity on all fronts of their life, because where there is clarity there is power.

Meet and work with Arnon Barnes live? Join his next upcoming 2-day event in Belgium. For more information on the event, or coaching, contact his office via info@arnonbarnes.com



NOUVELLE ALFA ROMEO STELVIO

B-TECH



LE POUVOIR DE FASCINATION

Élégant. Sportif. Polyvalent. L'icône Stelvio dans sa version B-Tech répond aux plus hautes exigences. Ses détails noirs subliment toutes les lignes de son design unique, tandis que ses technologies de pointe offrent une connectivité avancée ainsi qu'un niveau de sécurité supérieur.

VENEZ DÈS MAINTENANT L'ESSAYER CHEZ VOTRE DISTRIBUTEUR ALFA ROMEO.

E.R.: Yann Chabert. Annonceur: FCA Belgium S.A., Rue Jules Cockx 12 a - 1160 Bruxelles. RPM: Bruxelles, BCE 0400.354.731. IBAN FCAB: BE 86 4829 0250 6150. Informations environnementales [A.R. du 19.03.04]: www.alfaromeo.be. Photo à titre illustratif et non-contractuelle.

(L/100 KM): 5.3-8.1 NEDC 2.0 (G/KM): 139-187 NEDC 2.0 DONNONS PRIORITÉ À LA SÉCURITÉ.

ALFA ROMEO STELVIO

La meccanica delle emozioni

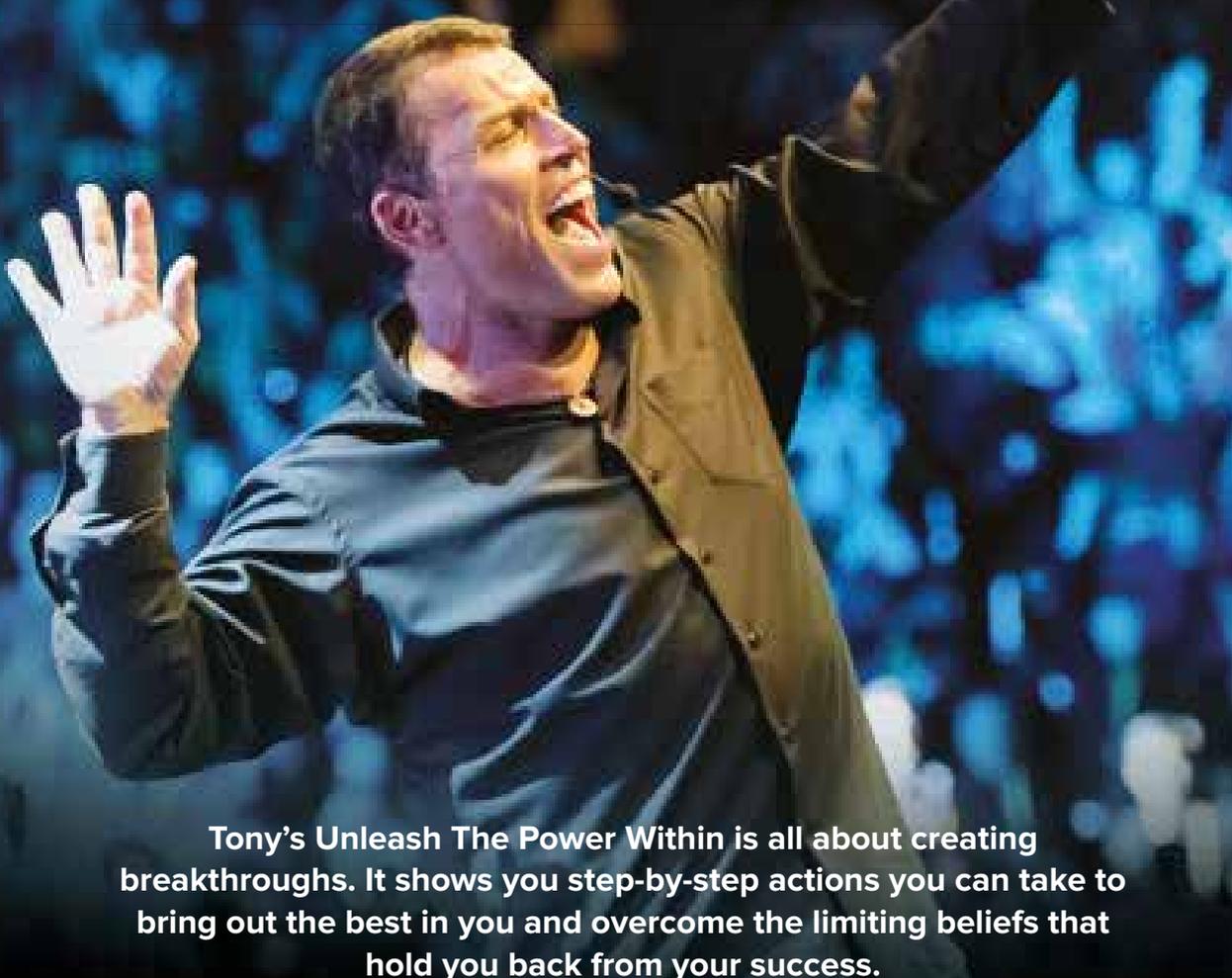


GEBROEDERS MERCKX
Brusselsesteenweg 341, 3090 Overijse
Téléphone : 02 687 64 30

TONY ROBBINS

As seen on **NETFLIX**

UNLEASH THE POWER WITHIN



Tony's Unleash The Power Within is all about creating breakthroughs. It shows you step-by-step actions you can take to bring out the best in you and overcome the limiting beliefs that hold you back from your success.

TURN YOUR DREAMS INTO REALITY
TURN YOUR FEARS INTO POWER

What People Are Saying About UPW



"It doesn't matter what social status you are—what level you think you are at—he raises you to the top of your capability."

USHER

After attending UPW Ft. Lauderdale, 2014



"Tony Robbins provides an amazing vehicle for looking at your life, determining what's holding you back and what you need to move forward."

DONNA KARAN

Legendary Fashion Designer



"Tony Robbin's coaching has made a remarkable difference in my life both on and off the court. With Tony's help, I've set new standards for myself, and I've taken my tennis game - and my life - to a whole new level!"

SERENA WILLIAMS

21-Time Grand Slam Tennis Champion and Olympic Gold Medalist



"We've been selected by Forbes as the most innovative company in the world for four consecutive years. Our revenues are now over \$5 billion annually. Without access to Tony and his teachings, Salesforce.com wouldn't exist today."

MARC BENIOFF

Founder, Chairman and CEO of Salesforce.com

UNLEASH THE POWER WITHIN **FREE WORKSHOP**

Grand Slam tennis champ Serena Williams, Academy Award winner Anthony Hopkins, President Bill Clinton and countless leaders from every walk of life have all turned to Tony Robbins to take their lives to the next level. This FREE workshop introduces you to Anthony Robbin's latest up-to-the-minute strategies to meet today's challenges and transform your life. It will show you how you can not only survive but THRIVE in today's tough world, fulfil your potential and turn your goals into reality.

LIMITED TO THE FIRST 100 ONLY!

RESERVE YOUR SEATS NOW

www.success-together.be

The workshop will be led by a Success Resources Trainer

Be success

5 books that will change your life

Anna Boroshok searches for meaningful books on your behalf

This article will save you years of time you would otherwise spend on searching for books that can make an incredible impact on the quality of your life, your relationships, confidence (where do you go without it these days?), success and overall happiness. Take it seriously and beware, you might not be the same person ever again after reading the recommended books.

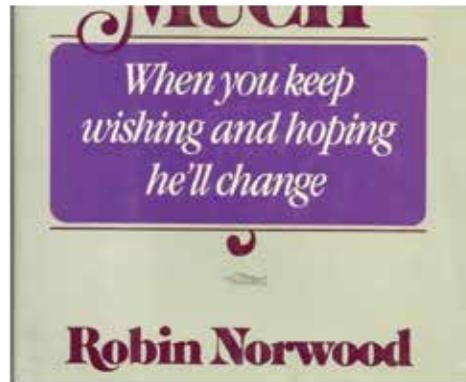
Since March is very much about Women's Day, allow me to start this list from a book which is meant to be for women but will actually be very useful for men as well.

1. *Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change* by Robin Norwood

If you have ever wondered why you constantly meet the same kind of people on your way who are either emotionally not available to you or do not treat you well, this book is for you. Very often we follow the same behavioural patterns over and over again, attracting the wrong people in our lives without even noticing it.

This book will open your eyes on what is going on in your life, why it is going on and what you should do about it to break the old patterns and build meaningful, loving, respectful relationships that will nurture you and help you grow in all the other spheres of your life.

It forces you to look into the patterns of your behaviour and where they come from in a very powerful way providing you with actionable exercises and step-by-step guidance to break away from your harmful history.



This book is particularly relevant for people with the history of emotionally absent parents, drug addicted parents or alcoholics in the family. Even if you did not have any of this, this book will still help you to find the hidden skeletons of your past that hold you back from being a happier and more fulfilled person, take them out, understand them and let them go. Believe me, this book will blow you away and change your life in a way you cannot imagine.

Beware that it might take some time to rebuild yourself after reading this book but you will finally break away from your harmful history and patterns that did not serve you well. You will meet a partner who will deeply care about you and learn to be self-sufficient.

2. *Dark Side of Light Chasers: Reclaiming Your Power, Creativity, Brilliance and Dreams* by Debbie Ford

Just like the previous masterpiece, this book is really powerful and should be one of those must-read books for anyone who wants to be a happier, more fulfilled self-sufficient person.

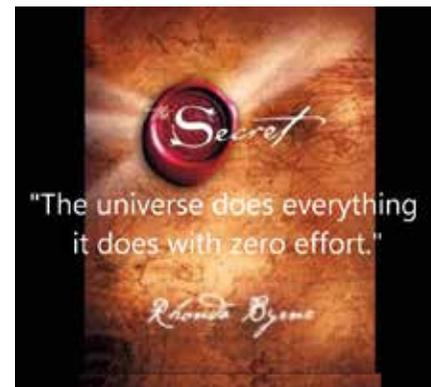
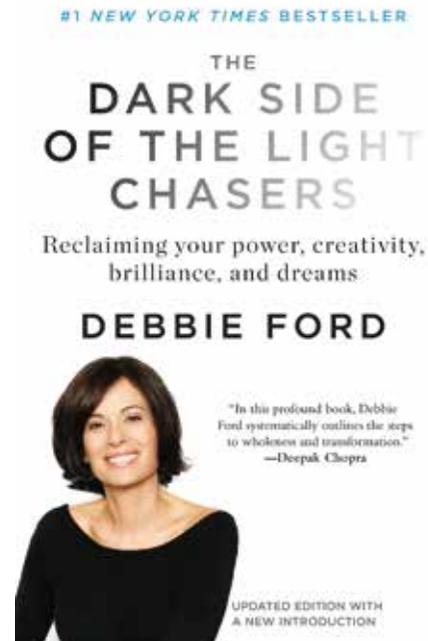
This book will make you look deep inside yourself and let you understand all the problems with your low self-esteem, and most importantly, will teach you how to accept your weaknesses and become confident in communicating them to others.

Once you finish reading this book, you will clearly know your strengths and weaknesses. You will understand the hidden state of your unconscious self and what it has to share with you. First of all, you will learn how to repair your relationships with your unconscious self and then with people around you. The book contains very powerful exercises which will most probably make you cry and push you beyond your limits. But once you complete them, you will see the difference in the quality of your life, your connection and harmony with yourself and therefore others.

Be prepared to face your dark side and bring it into light and you will start your journey to a more joyful and relaxed life.

3. *The Secret* by Rhonda Byrne

Once you have sorted out your negative history and how it has been affecting you for so many years, you can move to building awareness that everything you dream about depends on how skilfully you manage your mind. This book is a treasure for such a complicated task.



“ LOOK DEEP INSIDE YOURSELF ”

meant both for men and women.

Most of the time we do not even realize that we attract negative experiences in our lives by focusing on the negative thoughts and unconsciously searching for more and more proof of them. This makes our life a vicious cycle of misery, poor financial existence and unhappiness.

This book will teach you that you have power to have anything you want in your life by being aware of your thoughts and directing them into the right channels. Most of the time we do not realize where we bring ourselves by growing the ocean of negative thoughts, while we are the ones responsible for what we think and where this brings us.

It is a very inspiring book and you will soon feel powerful and uplifted while reading it. But remember that it is hard work to be an owner of your thoughts and you will need to maintain your continuous journey in mastering your mind.

4. *Take control of your life: How to silence fear and win the mental game* by Mel Robbins

Mel Robbins is not related to Tony Robbins but, ironically, she is referred to as 'Tony Robbins for women'. Yet, her books and courses are not gender specific, and are

PERSONAL
DEVELOPMENT

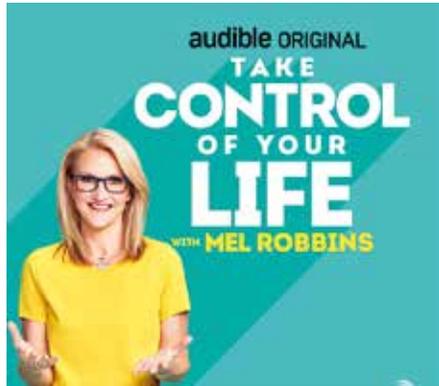
Be success

Take Control of Your Life by Mel Robbins was released just recently but it has already made some noise in the world of personal development, booming with five stars reviews. And rightfully so. You will not find a better book to finally learn how to leave your fears behind and become a person you want. This book is quite different from anything else on the market in many ways. It focuses on freeing you from fear of realizing your potential and approaches it in a way you have never experienced before.

Firstly, it explains the roots of fear based on research. Secondly, it leads you through several stories of people with different kinds of fears which are actual coaching sessions with Mel. Thirdly, you get exercises and workbook which you can use to keep track of these exercises and your progress of freeing yourself from fears that hold you back.

5. Give and take: Why helping others drives our success by Adam Grant

Even though the title seems to be self-explanatory, you should not disregard this book as it is much deeper than it might look from first sight. If you have ever tortured yourself with such thoughts as "Why people do not like me?", "Why my colleagues ignore me?", "How can I get help from others in succeeding?", etc., then this book is a must-read for you.



NEW YORK TIMES BESTSELLER



“ IT IS A VERY INSPIRING BOOK ”

we-fearless.com
contact@we-fearless.com

It dives deep into research of three types of personalities: takers, matchers and givers. We are accustomed to think that givers are usually losers or doormats but the research shows otherwise and this is what makes this book special. In a world of growing individualism, we are taught to be takers, we are taught to protect our boundaries, to say No -our working cultures often propel unhealthy competition that pushes us to be nasty to our peers. But is it right? Does it serve us and others well?

Let me not be a spoiler for the whole book and give away all the tips and tricks because I think it deserves to be read fully, but I will tell you this: it does prove that while takers win in the short term, givers win in the long-term and have a happier and more fulfilled life. This book gives you the right exercises and tips not to be a doormat but still to be a giver that builds a strong network of people willing to help back, support and help you grow.

Anna Boroshok
Digital strategist at Emakina
Co-founder of Fearless
Female Founders

DOMAINE DE
L'OBSERVATOIRE
UCCLE

OUTSTANDING APARTMENTS IN ONE OF UCCLÉ'S MOST ATTRACTIVE NEIGHBOURHOODS

- **Sober, classic architecture**
- Close to from **quality shops**, highly reputed restaurants, prestigious Belgian and **international schools**, ...
- Spacious, well-oriented **terraces**
- Completely fenced off and accessible only via security gates, with a system of cameras and videophones ensuring **permanent surveillance**
- Ceiling heights of up to **3 metres** to offer generous, light volumes
- Luxurious private estate standing amidst **unique greenery**



Starting prices :

- 1 bedroom apartment : 265 000 €
- 2 bedroom apartment : 360 000 €
- 3 bedroom apartment : 480 000 €



3D REAL ESTATE

ADDRESS : Rue Groeselenberg 57 - 1180 Uccle (Belgium)
info@lobservatoire.be

WELCOME TO BRUSSELS !

'Also home to exceptional golf...'



2 Championship Courses - *The American & The English* - Executive Course | Excellent Facilities & Service
International Golf Academy | Multinational Members
Private & Corporate Membership

JOIN GOLF CHATEAU DE LA TOURNETTE NOW !

No entrance Fee & Attractive Welcome Offer



Information, a visit to the Club or Membership application?
+32 (0)67-894 266 | info@tournette.com

Temporary offer for a limited number of new Members

WWW.TOURNETTE.COM

Green shoots

Dave Deruytter has some positive news for us in a volatile world



It is time to look beyond the current lingering international issues such as Brexit or the world trade war. Of course, the trade war and Brexit need a good and future-proof solution, there is still more to life and business than those two problems. Technological but also social innovation is looming around the corner to change parts of our way of working and our way of relating to, or socializing with, one another.

Technological advances are well covered in the press. Medical breakthroughs, digital advancement, social media, virtual reality, service robots, self-driving cars, IOT... all led by

advances in Big Data and Artificial Intelligence. We are only at the start of this industrial or service revolution. There is much more to come and many observers expect the pace of innovation and change to accelerate even more.

“ HOPE IS AROUND THE CORNER ”

On the social side, we see developing countries getting richer and their populations too. That is a good evolution. Still, quite a few of those countries have to watch out for the already large and increasing divide between the haves and the have-nots. The 'Gini' coefficient of these countries is not good and worsening. That may become dangerous for social

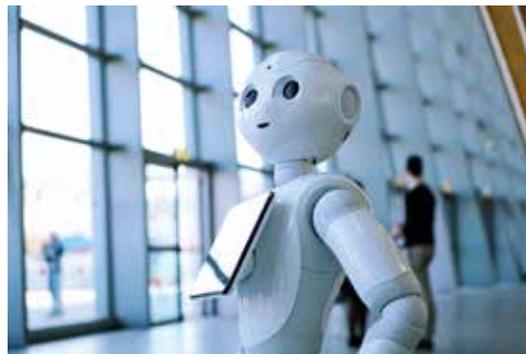
Money

stability. Strangely the same seems to be happening in the West, with lower pay for large numbers of the young generation, leading to unrest like the 'Yellow jersey' movement in parts of continental Europe.

We will have to revisit the relation between what people do and what they are paid for it. Should the CEO really earn 100 times more than his lowest ranking employee? Should a top sports player earn more in a week than most people in a year? Is it normal that the 26 richest people in the world own as much as the 50% poorest (according to Oxfam)? Thus 26 people own as much as the 3.8 billion poorest people on earth. All in favour?

I know there is no law against greed and there probably should not be one. Still, maybe we should consider greed to be a legal drug and tax it. You cannot spend more than you can eat, drink, wear, live in, fly with, play with... can you? But money is power for the people who have it, or at least it increases their status. Maybe we should consider power and status as legal drugs too and tax them.

Agreed, taxation alone, will not get us where



“ WHAT PEOPLE DO AND WHAT THEY ARE PAID FOR IT ”

amongst the population. Even youth is pulling the cart. What are today still partly buzzwords, under the umbrella of the green economy, are becoming evolutions or revolutions, already adding to the world economy today. However,

we need to be.

I do not think that wages today are as closely related to the added value, the risk or effort a person puts into his or her job, as they should be. As far as financial income is concerned, capital gains in particular, it is an overrated income from a human or social point of view. Shareholders are of course important stakeholders in companies, but they seem to be able to punch well above their weight, almost unchecked. The employees, clients, plus society as a whole, are not always served as well as they should be by companies, particularly large companies and especially those active in the new economy. Change is needed there.

Luckily, there are other real green shoots popping up too.

The ever faster moves and pressure towards a sustainable or a circular economy, is receiving widespread attention



with the new green momentum building up, they should eventually create extra business sectors, aiding worldwide economic growth even more.

The same will be happen with the final outcomes of Brexit and the world trade war.

The UK and the EU will find a new way of working together. The EU should also refocus and find a new drive. The UK too, not in the least by strengthening its economic and other ties further with the Commonwealth countries.

After the trade war, China will keep on reinventing itself and should grow its domestic market even further, becoming less and less reliable on exports. In a sense, the Chinese economy should mirror the economic situation of the US today. The US should find its industrial and economic vigour again

and start exporting more, alongside the EU. The likes of India, in fact all the non-China BRICS countries, the BRIS countries or BRIIS countries, if you include Indonesia as the second 'I', should take their share too.

If the world economy and the global social relations evolve in those positive ways, Russia will have less room to play on the current

divides between long-time friends like the EU and the US, and should find a new resolve to take its share of the renewed world economic growth, be it with its abundant natural resources or with its technological strengths.

All in all, hope is around the corner. We should just keep on going strong to get there and not let the current global fires evolve into more serious trouble. ●

“ THAT MAY BECOME DANGEROUS FOR SOCIAL STABILITY ”

Out of Africa

Our tech guy **Colin Moors** looks at how technology has improved the world's second largest continent



My columns for this esteemed publication tend to be about what's new and hip in the world of technology. It's natural, I suppose - I live in a First-World country with exceptional access to computers, mobile tech and fast internet. In this bubble of ours, it's easy to forget what's going on elsewhere in the world. Africa in all its forms and flavours has taken to technology, and in particular mobile technology, in a big way and many countries are using the two in new and exciting ways. Some are touting the huge uptake in mobile technology as Africa's new industrial revolution while some are wary of pie-in-the-sky schemes and the ever-present hype. Could better communication

ease the woes of a continent beset with problems both man-made and natural, or will it merely amplify them, as it has been seen to do in Europe and the US? Let's take a look at what's going on in the continent that begins a short plane trip from here.

In the beginning there was... pretty much nothing, as it goes. Mobile and fixed broadband connectivity in Africa was pretty much non-existent as few as 15 years ago. The old copper-based infrastructure was patchy and relied on undersea cables dozens of years old. Between 2009 and 2012, some 65,000 km of fibre-optic cable were laid by various consortia connecting India, Europe and



Africa. These cables skirt Africa from Portugal in the west to Saudi, Egypt and the UAE in the east, providing what's known in the industry as 'last-mile' points - the point at which the connections are made to the main backbone from which the business of retailing the data can begin. This investment saw the uptake of mobiles jump to around 300 million by the end of 2016 with an expected rise to around 700 million by 2020. To put it in perspective, that's just short of the number of mobiles in Europe.

So how are people using this new-found digital liberty? Aside from the usual suspects; Facebook, Google Microsoft and Amazon, there is a raft of ideas from small to enormous. The future is promising, particularly with developers like Nellya Maylis and Aida Mansour Lo, the creators of a land registration app called **Sigeste**. The two young women code and develop the app, which is used by local authorities to ascertain who owns a particular piece of land in Senegal. It would be easy to think that this was no big deal but with

Senegal's history of wars, conflict and disputes, land records have become somewhat blurred and there are numerous accounts of the same land being 'sold' several times to unsuspecting buyers. Sigeste, which relies heavily on mobile technology, can pull up the deeds for any particular plot of land - or tell the user if it isn't yet registered. This is proving invaluable in resolving disputes and bringing a long-awaited level of security to buying land.

“ HOW ARE PEOPLE USING THIS NEW-FOUND DIGITAL LIBERTY? ”

Projects such as this are helped by a sea change in cultural expectations in Senegal and by the government actively encouraging projects submitted by women. Bitilokho

Ndiaye, the adviser on technology to the Senegalese government said: "Infrastructure-wise, there's no obstacle in Senegal. What the obstacle is, is all of the socio-cultural stereotypes and judgments around the issue of women in technology. And we're trying to deconstruct that stereotype." With the government being so forward-thinking, things are looking good on the tech front in Senegal.

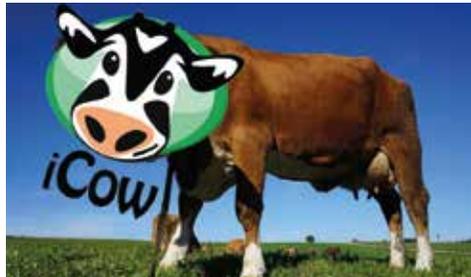
Technology



SIGESTE



REFUNITE



iCow

As is customary in these columns, I will now blather on about something and try to make it readable by humans. Stick with this one though, it's pretty cool. Remember, oh, about a thousand years ago now, when you used to have a phone with no pretty pictures on which you'd dial *121*reload#88888# to add credit to your phone? Well, right now in 2018, this system is being given a new lease of life. For the majority of Africans, smartphones are a luxury and very basic (often bulk-produced Chinese) handsets are the norm. Of course, no real apps can be produced for such devices, as they lack the technology or even the network connectivity. Unstructured Supplementary Service Data (USSD) works over the standard phone network, which some of you may know as GSM.

USSD used to work like this: Send a message via text, network reads the request, treats the code, sends a result to your phone. The new way is very similar, except that the network operator now funnels the request via their internet layer, allowing them to

treat these codes in a secure fashion, either performing transactions on their network or a third party's, then returning the results via the GSM network again. The huge advantage is that the number of apps is virtually limitless because they are all hosted with the phone service provider, so even the most basic of phone can use them, provided they support the GSM standard. This opens up even the most basic brick-style phone to a whole world of new possibilities.

Mlouma, for example, uses the USSD portal to put farmers and growers in touch with buyers and live market prices. Localization allows them to negotiate the best price for their crops at any given time. **Eneza Education** uses USSD to deliver educational content, lessons and courses to around 5 million Africans, mainly in and around Kenya and **Refunite** (my favourite) is a million-strong user base that uses the technology to reunite refugees with their families in conflict-torn countries. Surprisingly, this has only really come about in the past couple of years, since a few enlightened individuals started to repurpose the older technology. It seems it has a bright future.

Finally, a useful app with a silly name - **iCow**. Yes, it's about cows. Cattle prices and milk prices are one thing but iCow is an app that registers the beasts, then sends the farmer details of best feeding times, milking schedules and immunization dates via SMS, meaning the farmer can maximize the potential of their herd and potentially spend less on production. This sort of application is literally changing the way agriculture works in Africa. No bull. 🐮



Fall asleep in Europe...
Wake up in Mauritius



Fly NON-STOP
with Air Mauritius

airmauritius.com

Cashflow is king... not cash

Our real estate expert **Yannick Callens** suggests you keep your money on the move



We have always been taught that it is important to have cash, be cautious with it and save money.

However, the distinction to make is to have enough reserves in case of glitches, in case of emergencies. But saving to save and leaving it in a good family account is no longer relevant, especially in 2019, and it has been this way for several years now.

Instead of favouring cash, you have to think about cashflow, making money that sleeps with energy, money moving in the right direction and reaching a constant and desired

cruising speed. This is called 'passive income'. And it's closer to you than you think.

One of the safest ways is real estate. You take money that does not earn much from your accounts, you put it into a good real estate investment. The money stays in your heritage in another form, you give it the desired speed by 'leverage'.

"Nothing is lost, nothing is created: everything is transformed" is a well-known quote from Antoine Laurent Lavoisier. This phrase has never been as current as today in a world where we have to reinvent ourselves every

**“ HOW TO GET THERE?
HOW TO DO IT?
WHY HIM AND NOT ME? ”**

Living nearby Sterrebeek's golf

10 minutes from Brussels



Exclusive villas with excellent golf view & swimmingpool.



Exclusive penthouses nearby the golf.

PERSONAL DEVELOPMENT

Housing

day. And, of course, it applies to our finances and the obligation to adapt to grow.

For example, you want to buy a one-bedroom apartment for €150,000. You ask for a loan from the bank for 80%, this is a leverage effect of €120,000 for your purchase that you can of course then rent out. And I'm not talking to you about the effect it will have on the day of your pension.

We all want to be free and happy. We all ask ourselves the same questions: How to get there? How to do it? Why him and not me?

If you have a family and/or wish not to take (too much) increased risk, such as the stock market where your capital is not guaranteed, or its results, I suggest that you invest in bricks and mortar - that's real-estate investing.

1. Dormant money in cashflow is under your control.
2. You can leverage the purchase of your property.
3. You can rent your property.
4. You can benefit from passive income and feel freer and happier.

In addition, there is no law that prohibits you from doing this several times, to the best of your ability.

Multiply what works

Did you know that 90% of millionaires have become so by... real estate! Interesting, is it not?

I hear more and more that in 2019 it is no longer necessary to become an owner. I do not agree with that. Saving is worthless with lower rates of return, a smaller pension and a world that changes very quickly.

We hear more and more that physical money,



**“ A WORLD THAT
CHANGES VERY QUICKLY ”**



notes and coins, will disappear. It's a desired choice. And what will remain visible and tangible? Real estate, of course! And we will always need a roof over our heads, a place to sleep, to live, to be free to do what we want to do and to be happy.

Cashflow is a matter of time, speed and money. Real estate is a matter of cashflow and leverage. It's time for you to build your destiny... by putting your cashflow into real estate. ①



**PARC SENY.
WHERE YOUR INVESTMENT CAN GROW.**

INVEST IN ONE OF BRUSSELS' GREENEST DISTRICTS

- APARTMENTS FINISHED TO A HIGH STANDARD IN A COVETED NEIGHBOURHOOD
- EXCEPTIONAL LOCATION NEAR EMBASSIES AND INTERNATIONAL COMPANIES
- SMOOTH RENTAL THANKS TO RENTAL SERVICE SPECIALISING IN EXPATS

MORE INFORMATION? 02/201 00 01 OR WWW.PARCSENY.BE

PARC
SENY

powered by

IMOBEL
Since 1863

Politics

EU: Reforming rights

Gerry Callaghan reports that the European Council has backed plans to update the bloc's copyright regulation



European governments have backed a directive reforming EU copyright rules, paving the way for the first update to the directive in nearly 20 years after its introduction. EU member states backed the directive after an intense lobbying battle between tech giants, like Google and Facebook, and the creative industry itself.

The compromise text gained support of a qualified majority of governments in Brussels in

February. However, the Netherlands, Italy, Poland, Finland and Luxembourg did not give their blessing. In a statement the governments said the copyright reform signalled a "step back" in Europe's attempt to create a digital single market.

"We regret that the directive does not strike the right balance between the protection of rights holders and the interests of EU citizens and companies... We feel that the directive lacks

legal clarity, will lead to legal uncertainty for many stakeholders concerned and may encroach upon EU citizens' rights", added the statement.

Under the new rules, Google and other online platforms will have to sign licensing agreements with rights holders such as musicians, performers, authors, news publishers and journalists to use their work online. Google's YouTube and Facebook's Instagram and other sharing platforms will be required to install upload filters to prevent users from uploading copyrighted materials. The reform's goal was "to stimulate innovation, creativity, investment and production of new content," the countries said. However, the final text "fails to deliver" and "is a step back" for the EU, they said. The biggest stumbling block has been a provision that calls for YouTube and other platforms to remove illegal content using automatic filters, or face massive liability. Another bone of contention is a provision to create "neighbouring rights" -



“ THE GREATEST PUBLIC SPACE WE'VE EVER INVENTED MUSTN'T BECOME A CASUALTY ”

EU digital chief Andrus Ansip supports the move and said in a tweet: "Agreement reached on #copyright! Europeans will finally have modern copyright rules fit for digital age with real benefits for everyone: guaranteed rights for users, fair remuneration for creators, clarity of rules for platforms."

that opponents call a link tax - for media publishers.

News organizations have pushed for the reform, arguing that tech giants like Facebook and Google make billions from advertising tied to news stories, while publishers suffer. This sparked a fight between traditional media seeking payment for online content on the one hand, and Silicon Valley as well as internet freedom activists on the other.

The European Commission launched the debate around two years ago, saying the rules needed to be overhauled to protect the bloc's cultural heritage and make sure that publishers, broadcasters and artists are remunerated fairly.



Google, on the other hand, which has lobbied intensively against both features and even suggested that it may pull Google News from Europe, said it would study the text before deciding on its next steps. "Copyright reform needs to benefit everyone - including European creators and consumers, small publishers and platforms... The details will matter," the company said in a tweet.

Spain and Germany in recent years tried to force Google to pay publishers for taking snippets of their news articles, but that backfired after Google News pulled out from Spain and traffic of German publisher Axel Springer plunged after it sought to block the search engine. EU lawmaker Axel Voss said it was time internet giants pay their dues to rights holders. He said: "This deal is an important step towards correcting a situation which has allowed a few companies to earn huge sums of money without properly remunerating the thousands of creatives and journalists whose work they depend on."

Leading the opposition within the European Parliament is Julia Reda, MEP for the Pirate Party Germany. "Lawmakers looked at copyright primarily through one very particular

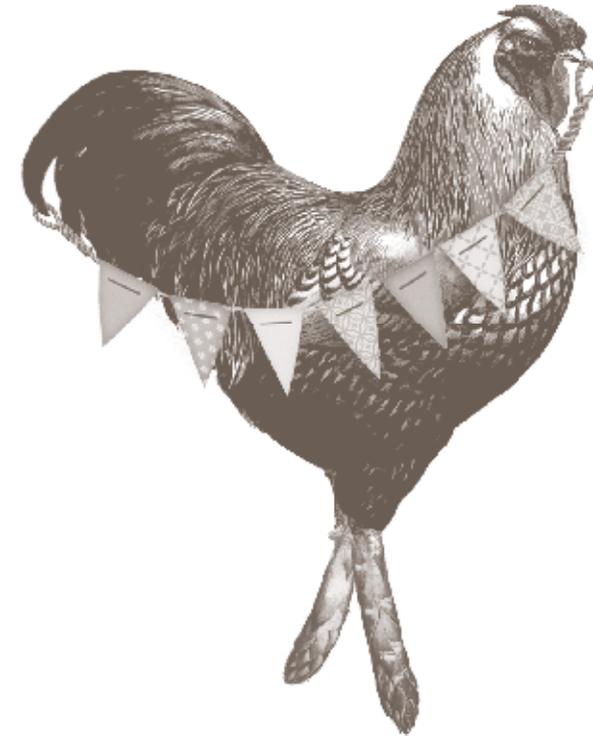
lens: that of big media companies, with their waning control over distribution channels," she argued in an editorial in the wake of the vote. "The greatest public space we've ever invented mustn't become a casualty of attempts to use copyright law to solve problems not caused by it in the first place. Our freedom of expression online is too precious to be wasted as ammo in a corporate battle."

Online platforms in existence for less than three years and with less than €10m in revenue and fewer than five million monthly users are exempted from installing upload filters. Non-profit bodies, online encyclopaedias such as Wikipedia, and open source software platforms such as GitHub may be able to use data for research and educational purposes without being subjected to the copyright rules.

The directive received its approval in the European Council and the European Parliament will also need to back the directive in a vote in late March or early April where the outcome is not a formality. **1**

“ THE DIRECTIVE DOES NOT STRIKE THE RIGHT BALANCE ”

VOTRE
BRASSERIE
PREFEREE
DEPUIS
20 ANS!



OUVERT 7/7 midi et soir | SERVICE VOITURIER

COMMANDES EN LIGNE | SERVICE TRAITEUR (emporter & livraison)
SALLE PRIVATIVE pour toutes vos réceptions privées & professionnelles

TOUCAN BRASSERIE +32 2 345 30 17 | Avenue Louis Lepoutre 1, 1050 Bruxelles
www.toucanbrasserie.com | Facebook.com/restaurantstoucan

LIFESTYLE

A sleek, seductive retreat awaits at SLS Las Vegas, which is an all-encompassing, mixed-use resort



LIFESTYLE

Luxury

Luxury: Vegas baby!

Our luxury pages this month look at The Entertainment Capital of the World



Las Vegas has certainly changed since a young Mexican scout named Rafael River, credited as the first non-Native American to set foot in the valley, discovered it in 1829.

SLS Las Vegas

A sleek, seductive retreat awaits at SLS Las Vegas is an all-encompassing, mixed-use resort and casino with more than 1,300

guest rooms and suites, 30,000 square feet of meeting space, and a collection of sbe's acclaimed restaurant and nightlife brands. This Las Vegas hotel indulges and tempts the senses with Bazaar Meat by José Andrés, Katsuya, multiple nightlife offerings, and SLS retail.



Envisioned by Creative Director Philippe Starck in collaboration with Gensler and SLS Hotels, SLS Las Vegas features over 1,600 guestrooms in three distinct hotel towers—Story, World, and Grand—each with a unique personality, designed to offer contemporary and stylish settings for an amazing Vegas getaway! SLS Las Vegas is an all-encompassing, mixed-use resort 30,000 square feet of meeting space, and a collection of sbe's acclaimed restaurant and nightlife brands. This Las Vegas hotel indulges and tempts the senses with Bazaar Meat by José Andrés, Katsuya, multiple nightlife offerings and SLS retail.



sllasvegas.com/hotel/

Luxury



The Venetian Hotel Las Vegas

Part of a complex that includes The Palazzo and Sands Expo Convention Centre, this lavish, Italian-themed casino resort on the Las Vegas Strip is three miles from McCarran International Airport.

Ritzy suites with plush sitting areas feature flat-screens, Wi-Fi and minibars, plus soaking tubs. Upgraded suites add dining areas, fireplaces and/or whirlpool tubs.

Valet parking is free. There are 20 restaurants, some run by acclaimed chefs, and bars and lounges, as well as a nightclub, a wax museum and a theatre. Other amenities include a buzzy casino, a shopping mall, and artificial canals with gondola rides, along with 10 outdoor pools and a spa. www.venetian.com



Caesars Palace

Set in a sprawling complex of Roman-themed buildings along the bustling Las Vegas Strip, this iconic casino hotel is a mile from I-15 and 14 miles from Rio Secco Golf Club.

Elegant rooms housed in five towers come with Wi-Fi access, flat-screen TVs and minibars. Suites add living areas and whirlpool tubs; upgraded suites include pool tables and/or dance floors. Room service is available 24/7.

There are 11 dining options, including an upscale Japanese restaurant and a casual grill. The casino features classic table games, poker and slot machines. There's also a seasonal outdoor pool, a gym and a spa, plus a nightclub and live entertainment. www.caesars.com



ART ATTITUDE

Photographer Maria Dawlat - Assistant Photo Emile Tonnelier

Art Director Nicholas Sirot

Make-up Artist Sabine Peeters Make-up for MAC Hair: bumble&bumble

Model: Manon L @ Imm Models Agency

Special thanks to Fondation Kanal - Centre Pompidou

Quai des Péniches 1000 Bruxelles - Belgique info@kanal.brussels +32 (0) 2 435 13 60

Total look: Christian Wijnants

Earring: Olivia Hainaut

Belt: Dream Catcher

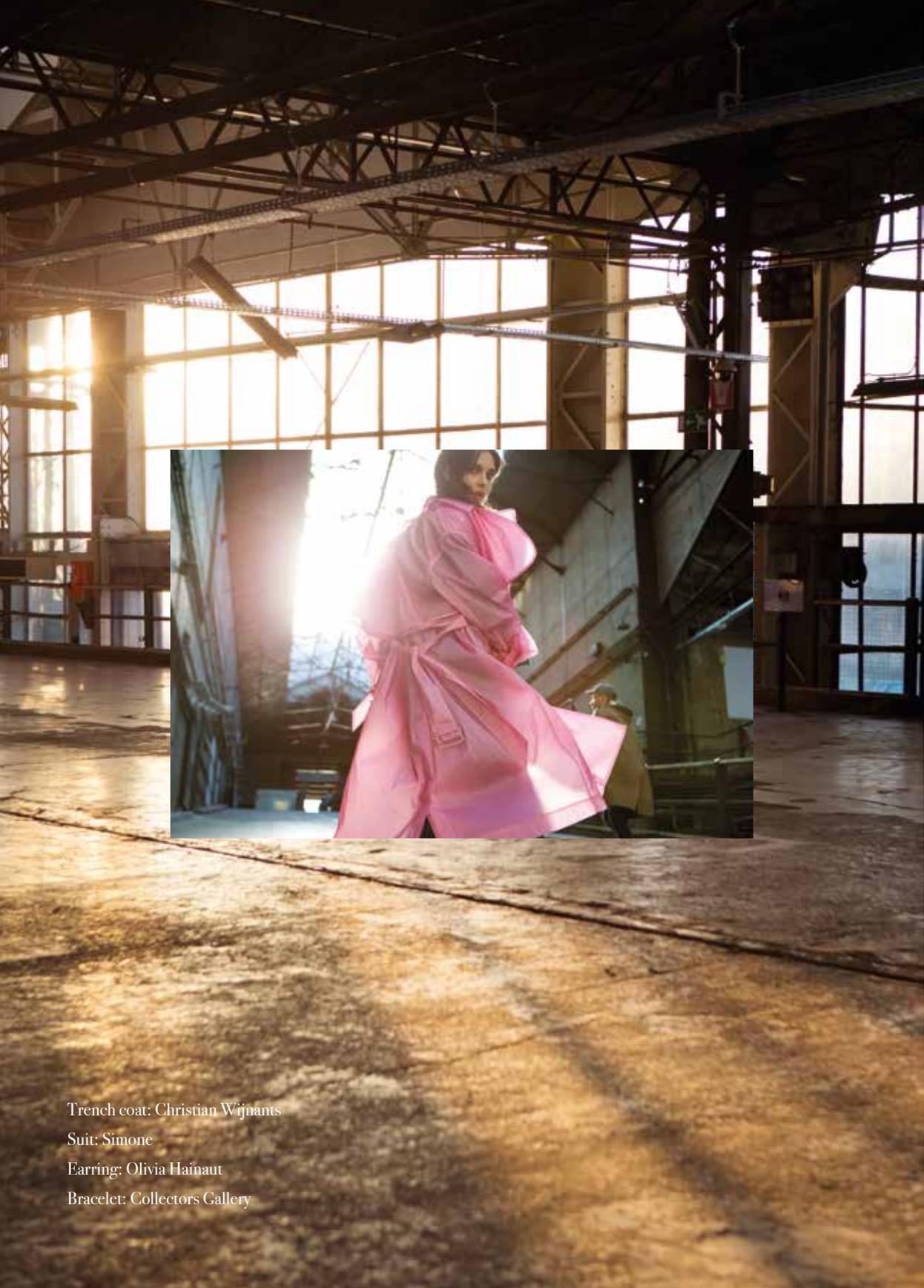




Top: Chantal Thomas
Jumper: Christian Wijnants
Trousers: Maison Natan
Perfecto: Karl Lagerfeld
Shoes: See by Chloé for Sarenza
Earring: Olivia Hainaut



Shirt: Zara
Skirt: La Redoute
Belt: Dream Catcher
Jewels: Dinh Van
Earring: Olivia Hainaut



Trench coat: Christian Wijnants

Suit: Simone

Earring: Olivia Hainaut

Bracelet: Collectors Gallery



T-shirt: Zara
Denim jacket: American Vintage
Skirt: Zara
Belt: Dream Catcher
Earring: Olivia Hainaut
Bracelet and ring: dinh van



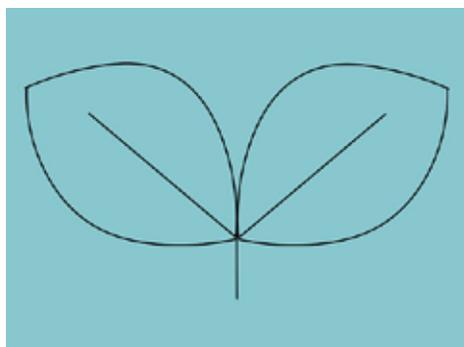
Total look: Christian Wijnants
Earring: Olivia Hainaut
Beauty Picture: Thickening Spray by Bumble&Bumble,
Charcoal Brown eye shadow by MAC, Face&Body
foundation by MAC, True Water Deep Serum by Thank
You Farmer, Gerçuria Le Chateau on the lips

The Happy Closet

Personal Styling Services



Deirdre Clehane and Debbie Clerkin



www.instagram.com/thehappyclosetbrussels

I'm nicer when I like my outfit...

A slight exaggeration maybe, but a recent poll by Marks & Spencer of 2,000 people revealed that 15% of adults think that the stress of getting dressed in the morning often ruins their mood for the rest of the day.

Looking at a wardrobe full of clothes and feeling that we have nothing to wear is pretty common it seems. It doesn't need to be like this!

Since launching our personal styling and shopping service – The Happy Closet - it has been our goal to help both men and women feel good about their style and eliminate the daily stress of getting dressed. This we do by giving them the knowhow to curate a wardrobe that works for them every day. By taking the time to get to know and understand each of our clients' specific needs, we help them discover their own unique way of dressing.

On first meeting a client we often ask to review their current wardrobe. Many clients' wardrobes consist of a few loved outfits and several impulse buys but most often are made up of pieces which are either unloved, no longer fit, worn out or dated. Together with our client, we sort through and make the most of what is there by coordinating outfits or suggesting new accessories or pieces that might help make an item wearable again. The goal is always that our closets should only contain clothes that make us feel confident and happy. We strongly believe that life is too short not to look great and feel great all the time, not just on special occasions.

We equip our clients with the knowledge of how the cut, hue, fabric and style of a garment can be used to enhance their unique shape and colouring. Armed with this information, our clients leave us feeling inspired and with a newfound confidence in how they look, shop and feel.

For further details on all our services visit www.thehappyclosetbrussels.com

Follow us on Instagram to keep up to date with what we like in Brussels right now.

Teinturerie de la Senne

MAISON FONDÉE EN 1928

*Travail artisanal,
fait main uniquement*

Haute Couture Ameublements

*Prise et remise à domicile
gratuites* (minimum 3 pièces)*



Photo © Thomas Blairon

10, rue de l'arbre bénit - 1050 Bruxelles
Tel. : 02 512 25 59

Ouvert du lundi au vendredi de 7h30 à 18h non-stop



Selman
Marrakech
★★★★★



THE PERFECT COMBINATION BETWEEN LUXURY AND FAMILY HOLIDAYS

At the foot of the Atlas Mountains stands an elegant palace with an exceptional atmosphere: Selman Marrakech. Travellers from all over the world share the joys, love and dreams of its warm and passionate hospitality in this intimate and personal family property.

From the setting designed by Jacques Garcia to the architecture of the buildings, this luxury establishment in Ochre City honours the Moroccan art of living. In this timeless setting, every moment is magnified by the presence of sublime Arabian thoroughbreds, symbols of the greatness of a civilisation.



BOOK ONLINE: LITTLEQUEST.COM

A luxury bag for self-confident, independent women !

Together spoke to a woman who puts her whole self into her designs



Having worked for several years in northern Italy, Els Demeersman's passion for Italian products and fashion went from strength to strength. She devoted all her spare time to discovering major well-known Italian fashion brands – from haute couture to handbags, from shoes to jewellery.

The MarosEtti handbag is classic, yet playful. Simplicity and class go hand in hand at MarosEtti.

© Mjean Rochus



You can easily go to work with one during the day, and then to a party in the evening. Your own stylish choice of skirt or other accessory will give the handbag extra character.

"I love to feel things deep in my soul. I am only able to create when I have found peace inside myself," Els adds. "That's why I chose the name ME. Only then can my thoughts and ideas flow freely. Discreet luxury, that's what I love and promote." www.marosetti.eu

www.MarosEtti.eu

Els Demeersman

0032 479/39 57 64

MarosEtti_designerbags

MarosEttiDesignerBags

Shopping

Shopping



KRNS Watches

Belgian-made high-end stainless steel, original details, neat finishes, a wardrobe of superb leathers and an ultra classy presentation. KRNS 1002: **€149**
www.bekrns.com



AUORE DE HEUSCH

Emerald Sapphire or Tourmaline raw stones and yellow gold ring: **from €889** www.auroredeheus.com



Ginette Jewellery Design

Diamond Milky Way Baguette Ring: **€1,050**
www.ginettejewellerydesign.com

Designed in Schaerbeek (5 km)

matteu
nice to see you



Assembled in France (720 km)

dauidrose

optométriste - lunetier

Rue de Trèves 16
1050 Brussels
(Luxembourg district)
+32(0)2 512 66 10
dauidrose.optique@gmail.com

dauidrose commitments :
- 95% of our frames are crafted in Europe
- Lenses manufactured in Germany or France



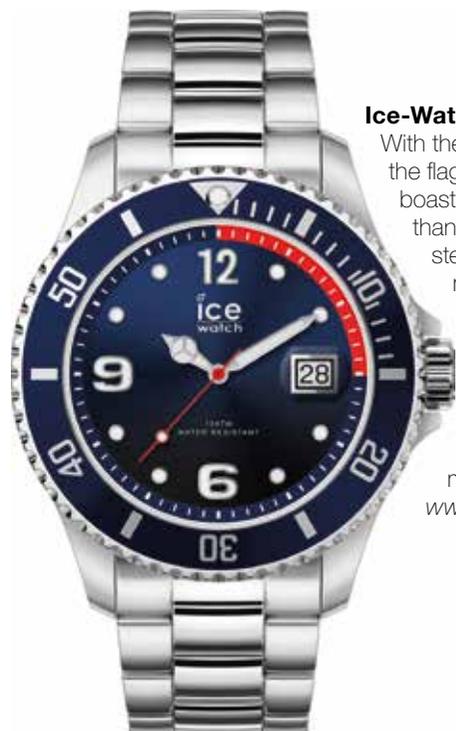
Designed and assembled in Cologne, Germany (216 km)

MARTIN&MARTIN

Mykita Manufactured with surgical steel



Designed and assembled in Berlin, Germany (796 km)



Ice-Watch Steel

With the ICE steel collection, the flagship Ice-Watch model boasts a virile, robust look thanks to its distinguished steel details. This modern and particularly resistant men's watch can be worn on any occasion and adds a metallic touch to any look. Green silver medium: **€149**
www.ice-watch.com/en

Colman

Pink rose earrings, rose sapphire, cognac diamonds and coral: **€3,225**
www.colman.be



Wouters & Hendrix

Wouters & Hendrix launches the Spring-Summer 2019 season with an original collection that evokes surrealism, both in terms of aesthetics and working methods. With Cadavre Exquis the two Antwerp jewellery designers take a new path, deliberately throwing a cultural heritage overboard to draw a new and unknown perspective. **€390**
www.wouters-hendrix.com



FREYWILLE Claude Monet

The collection honours Claude Monet and his flower garden in Freyville. Orangerie bracelet Diva: This collection is available in the FREYWILLE store in Brussels: **€880**
shop.freywille.com/be/



Le Labo

Verveine 32, perfumed candle: **€63**
www.lalabofragrances.com

Esquisse Jewels

Esquisse Jewels is a boutique-workshop dedicated to the world of jewellery where the custom-made is put in the spotlight. Imagined by Sergiu Lom, Esquisse Jewels presents itself as a precious jewel box entirely structured like the crossroads of the imaginary, of the human being, using metals and precious stones.
www.esquissejewels.com



Shopping



Breitling
Three new Breitling Aviator 8 Curtiss Warhawk watches honour Curtiss Wright, a renowned American aircraft manufacturer, and the Curtiss P-40 Warhawk, its most famous plane. The P-40 Warhawks were manufactured

between 1938 and 1944. Two chronographs – one featuring a Breitling Manufacture Caliber 01 movement – have been introduced along with a stunning three-hand model.
www.breitling.com



BOUCHERON
A new Eau de Parfum for Woman revives the myth, BOUCHERON Fleurs, contemporary interpretation of the original.
BOUCHERON Fleurs
Eau De Parfum 100 ml:
€84
eu.boucheron.com/en_eu

ART ON SIGHT IN KNOKKE-HEIST

6-7 April - Art Knokke-Heist - Open art gallery weekend



Inspiration from travelling clouds and wild roaring waves, the kind of emotions canvasses crave. In Knokke-Heist, art in all its expressions is born, admired and felt, making every delicate soul melt. This is the place for ideas to thrive. Art loves life, life loves art, and creativity will always be Young at Heart.

YOUNG AT HEART
#artlover #myKH



Beauty

Beauty: A voyage through the senses

Caroline Dierckx leads you on a journey through the latest fragrances

The marvellous month of March brings us new fragrances and gorgeous colours. Let them fly you beyond all borders and take you on a sensory voyage.

In the springtime, many beautiful brands launch new fragrances or adaptations of those that are already well known. You will be inspired by some lovely bottles that contain all their secrets. Find yours!



Miss Dior is Miss Dior, an endless whirlwind of life and love. The refinement of the new **Miss Dior Eau de Toilette** is irresistible, confusing the radiant lover with the past of a legendary house and the future of the young women of today. @diorparfums

The latest creation of **Hermès** "grows in the shadow of dreams", breathing out the woody, serene and tender breath of the garden revealed at the edge of the lagoon, with dreamy salicornes bending towards the sea winds, the cheesewoods, the Madonna lilies, the magnolias. The murmur of their heavenly scents caresses the silent dawn of Venice. A fragrance is born that makes one simply happy. It carries the secret sweetness of a dreamy garden, *Un Jardin sur la Lagune* (A Garden on the Lagoon).



Montblanc EXPLORER takes men on an unforgettable journey, to the edge of the explored limits – it's an unconventional fragrance, of aromatic burnt wood. A bergamot from Italy, a vetiver from Haiti and a patchouli from Indonesia make Montblanc EXPLORER an invitation to discover the world. The bottle itself echoes both terrestrial hemispheres, recalling the multiple horizons encountered during this olfactory expedition.



The perfumes from the **Mémoires d'une Palmeraie** collection bring Europe, the East and Asia together in a captivating melting pot of emotions. Le Palmier, one of the most iconic symbols of the Middle East, has been the brand's inspiration and guideline throughout the creative process. The unisex perfumes of the first collection of FO'AH: Memories of a palm grove are all formulated around the unique scent of the palm tree captured at the perfect moment of its blooming. At Chez Senteurs d'Ailleurs.

Chloé invites you to Rajasthan to discover her new vibrant and radiant Eau de Toilette.

Nomad Eau de Toilette is a solar interpretation of Eau de Parfum, based on natural ingredients highlighted by the perfumier Quentin Bisch. The freesia brings its multiples nuances, allied to a delicate and enveloping floral freshness. The character of the oak moss exalts the tones of this luminous fragrance. A very well-travelled elegant perfume.



Design

Five mid-century design legends

Essential Home honours masters of beautiful things

Food. Fashion. Automobiles. Furniture. Interiors. Is it genetics? Or something in the Chianti that makes Italians such masters of beautiful things? Not only do they have such a rich history that is evident in their bold and brash creations, but we can also feel the drama and bravado of their culture and personality. What Italians make is always sexy, gorgeous — and gorgeously made. So, this well-known heartland of art-level furniture is from the same

country responsible for Da Vinci's paintings, Armani's tailoring and Sophia Loren's elegance.

“ CONCEIVED AS CREATING A NEW WAY OF LIVING ”

Here, on the occasion of the Super Bowl of design - April's Salone del Mobile in MILAN - *Essential Home* takes a look back at some pivotal mid-century designers of the 20th century - one from each decade between the 1940s and the 1960s, these

giants carry the style of global design on their shoulders.



Marco Family

Marco - Chair Family

Architect, designer and university lecturer, Marco Zanuso was one of the leading interpreters of the Modern Movement. Marco was one of the first designers in Italy to take an interest in the problems of product industrialization; according to him, the form of an object destined for serial reproduction is an amalgam of opportunities, experimentation, and innovation in the concrete process that connects creativity, production and the social and cultural context.

VOTRE PROJET SUR MESURE ET TOUT LE CHARME DU BOIS



CUISINE



SALLE DE BAIN



DRESSING



BIBLIOTHÈQUE



DIVERS

WOOD FASHION

www.woodfashion.com

WATERLOO • Chaussée de Bruxelles, 396 • 1410 Waterloo • Tél. +32 (0)2 387. 31.02

WATERLOO

UCCLE

DEAUVILLE

Design



Baughman

Baughman - Bar Cart

Milo Baughman was one of the most agile and adept modern American furniture designers of the late 20th century. Baughman is famously opposed to ostentatious and idiosyncratic designs that were made to excite attention. Baughman tended to let his materials carry the aesthetic weight, most often relying on frames made of sturdy and sleek flat-bar chromed metal, and chairs, tables and cabinets finished with highly-figured wood veneers.

Richard Neutra

Neutra as an Austrian-American architect who came to be considered among the most important modernist architects. He was famous for the attention he gave to defining the real needs of his clients, regardless of the size of the project, in contrast to other architects eager to impose their artistic vision on a client. Neutra sometimes used detailed questionnaires to discover his client's needs, much to their surprise. His domestic architecture was a blend of art, landscape, and practical comfort.



Neutra

“ HIS DOMESTIC ARCHITECTURE WAS A BLEND OF ART, LANDSCAPE, AND PRACTICAL COMFORT ”

Family Bertioia - Dining and Bar Table

Harry Bertioia was a worker ahead of his time who crossed boundaries daily. His sculptures are a window into the universe, sensual and sculptural and often hand-shaped. His gentle nature was expressed in delicate fine wire work while his superhuman strength was needed to handle the massive architectural commissions.



Bertioia



Charlotte Perriand

Charlotte Perriand

Charlotte Perriand, a darling of the avant-garde cultural movement, brought a profound change in aesthetic values and gave birth to a truly modern sensitivity towards everyday life. Her specific contribution focuses on interior composition, conceived as creating a new way of living, still today at the heart of contemporary lifestyle. Our Armchair Charlotte brings that contemporary and modern furniture piece honouring the French and feminine avant-garde that represents this amazing designer. 1



LES ATELIERS DE LA CAMBRE

852 CHAUSSÉE DE WATERLOO - UCCLE
T. 02.375.76.46
WWW.DAVIDTS.COM

Anne Hathaway: In a happy place

This month *Together* sat down with an actress who has had to battle some demons



Anne Hathaway is down to earth and charming and witty. The Oscar-winner is engaging and open and relatable, making the trolling she has received in the past all the more unfathomable. So where did all the Hatha-hate come from? One slightly stunted Oscars ceremony?

The reality, probably, is that the New York-born beauty had probably just been trying a little too hard. Having long suffered from a chronic need to please others, she took to putting on a

cheery media façade to endear people to her... which had the exact opposite effect.

But as time has progressed, the Oscar-winning actress has undergone a profound self-re-examination, confessing, "I didn't think I was good enough... so I pretended to be someone I wasn't." These days, that honesty stretches right through into her movie-making too. "I have learned a huge lesson from every job I've worked on but of course, not all of them are my own personal taste. I'd be first in

LIFE OF LEISURE

I was looking to experience true Balinese authenticity in the heart of the jungle

Interview

line for some more than others, but I'd still see them all."

Her new movie, *Serenity*, comes from the creative mind of Oscar nominee Steven Knight. It is a daringly original, sexy, stylized thriller which positions Baker Dill (Academy Award winner Matthew McConaughey) as a fishing boat captain leading tours off a tranquil, tropical enclave called Plymouth Island.

His quiet life is shattered, however, when his ex-wife Karen (Hathaway) tracks him down with a desperate plea for help. She begs Dill to save her – and their young son – from her new, violent husband (Jason Clarke) by taking him out to sea on a fishing excursion...

Proud of what is already an impressive body of work, she chats about her desire for risk and danger in her career and why she was looking for something different.

The star lives in LA with husband, Adam Schulman and their two-year-old son, Jonathan. They produced *Song One* together.

Together: What's it like working opposite Matthew McConaughey?

Anne Hathaway: I've said it before, but Matthew's just a very easy guy to be around. It's so easy when you're working with people who don't take themselves too seriously. He is,



of course, an actor of incredible stature, but he's one of those people who expresses that stature in the roles he plays and the performances he turns in, not in his day-to-day demeanour.

What I also admire about Matthew is that ability to reinvent. I know a lot of actors talk about stepping outside of genres and playing about with different characters and different styles, but you watch some movies and you know the actor is really someone else much different to the person they are playing. With Matthew, I've always found him totally believable, totally absorbed, in whoever he is playing.



What's your process for choosing and assessing a script?

There is no set process, per se, but I think the best scripts are those that I read and really can't work out. It was a bit like when I first read *Colossal* – I sat back and said to myself, 'what the f*ck did I just read'. It was so removed and fresh and bracing, it made me sit up. It was exactly what I am after – that kind of thing represents for me the movies I wanted to make when I first got into acting. Just entirely directionless, in a good way and really unpredictable. These are the kinds of movie where I would have been first in line at the theatre, whether I was in it or not! It's about

choosing stuff that, in whatever way, pushes the boundaries of filmmaking... so trippy, totally left of centre – the sort of thing that will make me fall back in the love with why I do this,

something that teleports me to another, visceral experience.

“ WITH MATTHEW, I’VE ALWAYS FOUND HIM TOTALLY BELIEVABLE, TOTALLY ABSORBED ”

Do you find it easy to portray dark, challenging characters, as well as the funny, light ones?

Certainly, because we've all been to dark places as people. That's

inevitable – it just is. We all get down, despair, wonder will it get better, and it inevitably does. I'm making it sound much worse that it has been in the past, but we're all the same, life's a rollercoaster.



Coming back after having your son – is it a tough juggling act?

I was so fearful that I wouldn't be able to get pregnant, it wasn't the easiest journey and it's something I wanted for a long time but it happened and he's here and I'm so happy that he is, everything after is a gift. At the start I was making it up as went along, so far so good. So far so amazing. When we got him to his first birthday that felt like a big achievement [laughs]. Everything since then, with the relief and confidence that grows every day, has become easier.

Someone told me the other day you were teetotal... that must help!

**“ ENTIRELY
DIRECTIONLESS,
IN A GOOD WAY
AND REALLY
UNPREDICTABLE ”**

No, god no. I am not [laughs]. Before I went to college, maybe, but then I went to Vasser, I let loose, maybe went a little further than I should have sometimes. It was never out of control but yeah. I think most people are shocked to learn I'm not teetotal, far from it.

Emily Blunt said she used to unfocus her eyes to play drunk. What was your trick?

I don't know if she did the same but what I found very helpful in those scenes where I'm playing drunk, who's trying to be sober [laughs], before they'd say action, I'd spin around in a circle as many times as I could and when they'd say action, I'd be in this very disorientated, wobbly space and I'd attempt to walk in a straight line. Which is impossible. It worked [laughs].

You seem happier and content, in yourself now?

I'm very happy with how my life is evolving. I've figured out that I don't have to stress myself as much and can just enjoy everything more by being true to who I am.

Your honesty is very heart warming

It's just I've realized over the years that you don't ever want to look like you're trying too hard, and I know I do sometimes, or at least, I did. But then I figured out that I don't have to put on an act and I can still be appreciated just for who I am in my own awkward, contradictory, messed-up self. I don't try to hide behind some façade that isn't me.

Does being settled make you look back on past relationships and experiences?

I do like to reflect because it proves to you how far you have come. I guess every relationship is different. Sometimes you fall in love very hard and sometimes it takes time to develop. I remember many years ago when I was at a low point in my life and a stranger entered my life and we had this fairly intense time together even though it didn't last very long. Unfortunately we wound up going our separate ways and we no longer have any contact but he had this incredibly positive impact on my life and it was one of those relationships that changes you for the better.



In general, though, a relationship becomes real once the initial glow wears off and you each start to reveal yourself and become much more open. That's when you're going to find out if it's going to last. Ultimately, I am very lucky with who I fell in love with... a keeper, so I kept him. He was smart enough to know I still had a lot of demons to battle and gave me my own time and space.

What's next? A return to music?

Music is a big part of my life and always has been. As a young girl I sang in choirs and trained as a soprano. I also sang in an acapella group in college. My mother also toured the country with *Les Mis* and music and musical theatre was a huge part of my upbringing. I would often listen to *Evita* in my room and



imagine myself as Eva Peron singing on Broadway. But I always associate music with performing and acting and I realised a lifelong dream when I played Fantine (in *Les Misérables*, for which she won an Oscar).

And you can play the guitar, right?

I know a few songs like *Sea of Love* that I can play on the guitar and feel pretty comfortable at it, but I don't see myself ever becoming some sort of folk singer! (Laughs) Also, songwriting is not one of my skills.

What about comedy?

Sure, I do love and will always love doing comedy. I'm a big fan of stories that explore relationships and try to understand what brings people together as lovers or friends. Humour is a great way of presenting those... of finding a way in.

Will you work with your husband Adam

Shulman again?

It was a great thing to do. Adam is so organized and sure about what he's doing that we never had any problems working on this together, so I don't see why not. I actually respect my husband even more after having made that film with him and he's a very good producer.

“ WHO I AM IN MY OWN AWKWARD, CONTRADICTIONARY, MESSED-UP SELF ”

I didn't realize how hard it is to produce a film. There are so many details and so many issues to deal with on a constant basis and I have a lot more respect for the producers who work very hard to finance

and get moves made.

Is acting still as much fun now as in your teens when you were starting out?

I don't think it will ever not be fun – it's a constant journey, as much about yourself as it is the character you embody. I love that thrill,



always have and I'm sure always will. For as long as people want to watch me then I will carry on performing, because it is such a pleasure and the most exhilarating thing I think I could possibly do.

What I will say is variety is important to me in how I move from one role to another, but to have the role in the first place is the ultimate thing for me, and despite the things I have been through I do always consider myself very fortunate. 🍀

“ I'M VERY HAPPY WITH HOW MY LIFE IS EVOLVING ”

Bali: The Royal Pita Maha Resort

Melanie De Lacy Staunton
heads for the jungle... and a few luxury spas



In the heart of Bali lies a place of pure tranquility. Picture a soundtrack of rushing rivers and birdsong. Views filled with a million shades of green, punctuated with bright floral colours. A haven, where worries simply can't resist melting away. This is Ubud.

If you are craving peace and feel the need to truly extract yourself from life's pressures, then Ubud needs to be next on your travel list! A location historically popular for yogis and wellness enthusiasts, it also has many adrenaline-pricking activities for those seeking a little more adventure.

As this was my first trip to Ubud, I was looking to experience true Balinese authenticity in the heart of the jungle and this is exactly what The Royal Pita Maha delivered. Everything about The Royal Pita Maha resort makes you feel like you are living and breathing history and tradition. Perched seamlessly along the bank of the magnificent Ayung River, the location is a key ingredient for rejuvenating the body and mind.

Entering the lobby, it was hard not to trip over my own feet, as I stared in awe at the countless sculptures, some towering over 40

feet high. Intricate maze-like stone carvings adorned every surface and provided a sensational welcome. Craftsmanship throughout the whole resort is so unbelievably detailed, there is no place I have experienced quite like it.

When we arrived at our room, a stunning, meticulously engraved door greeted us. I've genuinely never seen a more ornate entrance to a hotel room; it felt like a piece of art beckoning you into your villa. We stayed in a deluxe pool villa and considering this is the standard room category, I couldn't quite get over the size; it was bigger than my flat back in Hong Kong! The opulent four-poster bed is the centerpiece of the room and faces floor to ceiling windows that look out over your own private pool. The pool faces towards the astonishing valley below. On the left side of the villa there is a small living room and, on the right, a gigantic bathroom, with a heart shaped bathtub that I'm convinced could fit 10 people.

The terrace was truly the most remarkable part of the room. Firstly, the pool was not a plunge pool, but a sizable kidney shaped emerald green oasis, with the jungle acting as your personal privacy screen.



“ A SOUNDTRACK OF RUSHING RIVERS AND BIRDSONG ”

attempted chair pose.

Yoga was followed by breakfast at the Ayung Garden restaurant also located by the river and

Then there was the view. Wow. We were positioned up at the top of the resort, so we could look down into the gorge below and watch the river rush past, whilst being surrounded by an endless sea of trees, flowers and wildlife. It was a sanctuary of total seclusion, perfect for relaxation.

The Royal Pita Maha offers lots of great activities from wood carving to authentic Balinese cooking. We decided to avail of the complimentary morning yoga. Having arrived the evening before in the dark, in the light of day I felt like I had been transported to another time, as we snaked our way through the myriad of resort pathways resembling a scene from *Indiana Jones*. The yoga pavilion was positioned down at the bottom of the valley hugging the river. This yoga spot was particularly stunning because the roof of the gazebo was so high, which allowed for uninterrupted views of the mighty river. It was certainly one of the most picturesque places I've ever

Travel

it is simply impossible to get used to the fact that you are having a delicious organic meal, while looking out over gushing rapids and the soaring mountains beyond. If you prefer an open view over the gorge, then I would recommend trying both of the other two restaurants The Royal Pita Maha has on site, the Dewata Lounge, or the Ayung Valley Restaurant located at the top of the resort near the lobby.



“ AN ENDLESS SEA OF TREES, FLOWERS AND WILDLIFE ”

One of the most unique features of The Royal Pita Maha is their holy spring water pool. It is the only holy pool located inside a resort in Ubud. The water comes from a spring in the gorge. It is an all-naturally sourced pool, which is supposed to help purify the mind. There is also a shrine for blessings or prayers. I thoroughly enjoyed this element of the hotel and thought it was a very special experience, which complimented the whole spirit of the resort.

If you are a spa lover, then the Royal Kirana Spa & Wellness cannot be missed. I repeat. It cannot be missed! Encompassing 18,000 square metres, this spa is without a doubt a mecca for wellness. It almost feels like a mini resort inside The Royal Pita Maha - there are two big swimming pools, steam rooms, saunas and jacuzzis, along with a spa food menu if you decide to indulge in a little lunch. The treatment villa had its own changing area and shower for you to use downstairs.

Then as you walked upstairs, the room was completely open with its own outdoor pool for

you to enjoy post-massage if you wished. A detail that I relished was that there was no electronic spa music. Instead they had a pond, which provided naturally soothing sounds. The Royal Kirana Spa & Wellness incorporated nature to effortlessly compliment the spa journey and to me it truly

encapsulated what a trip to the spa is all about.

The final element that made The Royal Pita Maha so wonderful was the overwhelming feeling of warmth and genuine care from the staff. Every person we encountered made a conscientious effort to get to know us, and learn our preferences so they could make our stay not just more enjoyable but bespoke to us. We left feeling like part of the family.

One of the employees at The Royal Pita Maha said to me that their idea of a holiday is where you “escape your reality and go back with an experience”. I loved that sentiment and thought it so perfectly captured our time at the resort. If you are looking for jungle luxury, beauty that is simply spellbinding and respite from the hectic landscape of every day life, then The Royal Pita Maha awaits you with warm hearts and open arms.

www.royalpitamaha-bali.com

La Corse c'est:



2.700 heures de soleil par an



1.034 km de côtes dont 300 protégés par le Conservatoire du Littoral



A 1h45 de vol de Bruxelles



Pour s'y rendre, contactez Corsica Travel



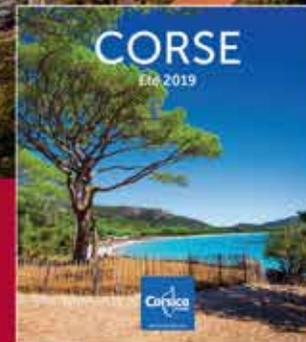
Au départ de Charleroi et de Zaventem, 18 vols directs chaque semaine



168 pages de vacances, toutes testées personnellement pour vous



5 personnes pour vous conseiller avec 57 années d'expérience cumulées en Corse



99,99% de clients satisfaits de nos services en 2018

Commandez la brochure 2019 sur www.corsicatravel.be

code promo MAG19 = frais de dossier (15 €) offert

Radisson RED Brussels: Family friendly and stylish

Together visits Radisson's trendy hotel in the European quarter



Just 12 kilometres from the airport, the Radisson Red Brussels is situated in the European quarter just a hop, skip, and a jump away from the European Parliament. Not far from many of the city's main attractions, it's an ideal place to base yourself if you're in Brussels for work or a short city break.

From the moment you walk through the hotel's revolving red doors and take in the bold signature red and white style of the Radisson's brand aimed at target families, you can't help but be delighted by the fun and youthful vibe of the lobby itself and cheerful

hotel staff. The decor is modern, hip, and fun, with friendly spaces and a relaxed and informal atmosphere.

“ ONE OF THE MOST FAMILY FRIENDLY VENUES ”

Organized with self check-in desks, pool and table tennis tables, and a bunch of flat screens showing photos of past guests in comical poses, you know immediately that you're not in traditional hotel. Employees, or Creatives, as they are called, were found through an innovative social media campaign. All staff are international and polyglot.

Located in the heart of bustling Brussels, you

can find one of the most 'family friendly' venues available. Indeed, the Radisson RED Brussels hotel stands in the building just adjacent to the European Parliament, almost allowing guests to watch the plenary sessions through their room's window. It might be the least location you'd think about for an afternoon break with the kids, family yoga workshop or child's birthday. And yet, the 'RED' – as we call it – meets the double challenge of appealing to both the EU quarter's busy business crowd and local tribes.

A family-friendly café and restaurant

With its large bench seats and all-day dining options, the OUIBar + KTCHN proves to be a super comfy and convenient spot to refuel any time - a kids corner at breakfast time and a waffle bar, with a kids menu available for the rest of the day.

It's open every day of the week from breakfast to dinner so you can drop by anytime for breakfast, snacks or more sophisticated dishes. The fuss-free but well-balanced menu offers enough options for everyone's liking at a fair price. Plus, the kids will love the large illustrations decorating the walls. As a matter of fact, the hotel's designers collaborated with Belgian cartoonists Wauter Mannaert and Max de Radigues – so it almost feels like visiting a Comic Strip museum.

Games, family yoga workshops and kids' parties

The Radisson RED Brussels also offers a full range of in-house activities, going from the PlayStation 4 for the lazy ones, up to a

foosball table and snooker for those who are allergic to pixels. Organized in partnership with Pop Up Yoga Concepts – Kids and Family Yoga classes and workshops are regularly announced on the hotel's Facebook page. Something to celebrate? During the week-ends, the hotel's Events & Games Studios are available to rent for kids birthdays with plenty

of fun activities you can choose from to animate the party. And just five minutes away from the hotel is the Museum of Natural Sciences – perfect for a fun and cultural visit with your children.

The very first Family Suites

Last but not the least, the RED has created dedicated 'Family Suites' – a specific room category that can host up to five people in perfect comfort. These suites have 2 interconnecting rooms – one for adults, one for youngsters – where everybody can relax and live in harmony while taking advantage of family-



“ EVERYBODY CAN RELAX AND LIVE IN HARMONY ”

friendly amenities such as the TV's wireless streaming tech', Kids channels and welcome gifts. Each room is a single suite with two key areas: an adult room and a living room with sofa bed to accommodate the children. There is also a large

bathroom with shower and bath, convenient for all ages!

Visit the Radisson RED Brussels and not only you will wish to stay, but very probably your kids will not let you leave.

www.radissonred.com/brussels
www.facebook.com/RadissonRedBrussels
www.instagram.com/radissonredbrussels

Visit a region that has it all with Ardennes-Etape

We headed to the beautiful south to offer just a few suggestions in the Belgian Ardennes

The river Ourthe, Belgian Ardennes



So, what is the appeal of the Ardennes? It's safe to say that it's near universal – it's a region of extensive forests, rough terrain, rolling hills and ridges formed by the geological features of the Ardennes mountain range and, what's more, it is one of the most relaxing and friendly parts of sunny Belgium.

Truly, it's just one of those places that, when you arrive, you can breathe deeply, admire the magnificent panoramas and, most important, relax.

Take care of yourself, close to home... in the Ardennes!

You do not need a trip to the Seychelles or a thalassotherapy cure in Saint-Malo to relax, pamper yourself or recharge your batteries - to feel good just a few (dozen) kilometres from home, take the direction for the Belgian Ardennes with these four wellness suggestions.

A relaxing dip in a salt cave

It's an unprecedented experience in Durbuy. The basement walls of a house that can

accommodate up to 22 people have been covered with salt from the Dead Sea. Indoors, the ambient temperature is 20 to 23°C and the humidity is 40 to 60%. As a result, these conditions make it possible to recharge in this 'salt cave' marine microclimate, charged with negative ions and rich in trace elements. With soft light and relaxing music, lying on a deck chair, for 40 to 60 minutes you will be able to relax deeply while enjoying the benefits of this saline atmosphere, ideal for relieving many ailments, including bronchitis, asthma, skin problems, stress, fatigue... (Ref: 106172-01)

A cosmetics manufacturing workshop

No doubt about it: Do It Yourself (DIY) is trendy. Many workshops are blooming across the Ardennes encouraging you to create, realize and manufacture. And the field of beauty and wellbeing? At Chapeau Vert workshops in Habay-la-Neuve, for example, you can learn how to make natural cosmetics (cream, lip balm, body scrubs) or solid shampoos and deodorants (out go the plastic bottles, long live zero waste). Ideal for a stay with friends in the Ardennes! Another proposal is the non-profit association Nature Attitude which organizes a plants distillation workshop to create floral waters.

A mindfulness session outdoors

In this frenzied and hyper connected life that the modern world imposes on us, taking a little break in nature is often beneficial, to relax your five senses, to oxygenate your mind, to reduce your stress. Take advantage of the choice of activities offered in the Ardennes. Guide Vincent Louwette is organizing a 'Nature and Return To Your Roots Day' on 6 April. On the programme: an initiation in the techniques of relaxation and mindfulness, a Tibetan bowls concert, meditation, outdoor contemplative discoveries... In short, happiness and wellbeing are assured! Share it as a couple, as a family or with a friend by

combining the experience at a weekend in a holiday home in the Anlier region.

A relaxing stay in wellness accommodation

Want to escape the stress and whirl of everyday life? We have not yet found better than taking a weekend in the Ardennes. But not just anywhere. There is an establishment that has made wellbeing its main *leitmotiv*, with a swimming pool, Jacuzzi, sauna, steam room... Sounds mouth-watering? Take a look at this luxurious 5-star Spanish villa, at this splendid stone and wood house in Trois-Ponts (Ref: 102027-12) or this wonderful holiday cottage in Paliseul, which sleeps up to 12 (Ref:106488-01). And what about this holiday house with a large wellness area for 10/12 people to rent in Malmédy (Ref: 105572-02), which offers an exhilarating, high-quality stay thanks to its exceptional facilities.

“ HAPPINESS AND WELLBEING ARE ASSURED! ”

In short, say goodbye to worries, forget your frustrations and just relax!

Find your holiday home in the Ardennes on en.ardennes-etape.be ●

Dining

Dining



Otomat

Everybody loves a pizza! But it's refreshing to walk into a restaurant that has added some extra touches to their service. The first is clearly the base which has an unusual – very Belgian – ingredient added to its mix. Duvel. Yes, there's devil in the detail. Duvel is fermented three times and the folks at Otomat explain that it gives the base a consistent, unusual flavour. The pizzas come in the traditional tomato sauce variety and also in a white sauce with pepper running throughout.

The other novelty is that they are big fans of sharing these pizzas so they all come in a smaller size so that friends and families can discover the various topping, which change regularly to keep customers coming back for more. The service is excellent and the system is explained to diners in a cheery manner. Location is everything for me – a terrace looking across at the front façade of the church of St Catherine in the centre of town will do me any day of the week. Ciao and buon appetito! PM - www.otomat.be/en/

Lou Ferri

Nestled in the heart of the town of Uccle for a little over a year now, this Provencal restaurant really turned our heads! Chef Karin Burton and her husband Claude are true ambassadors of the South. Here the products come directly from the small producers and craftsmen with whom Karin has already worked when she



was at the controls of the kitchen in their 17th century country house in a small village near Uzès. We particularly liked the olives and olive oils of Raymond Gonfond (Maussane les Alpilles), the rice and ducks of the Canards des Rizières and of course the truffles from Uzès.

An evening rich in taste, surprising taste buds that feasted on colourful and tasty dishes. We were guided by a menu 'surprise' that we did not regret. We enjoyed among other things a Carpaccio of truffles and raw foie gras, olive oil from Hugo de l'Oliveraie Jeanjean, an egg 'Mamette' stuffed with truffle and foie gras (a delight!), a fabulous crispy confit of duck with nougat on a cream of white wine and dried tomatoes, mashed roe, a pair of cheeses: picodon (goat - Drôme-Ardèche) and U Pecurinu (ewe - Corsican), with Grossane olive confit and a succulent spicy chocolate soup to finish. The wines of the South of France helped harmonize this particular culinary journey. A highly recommended address! CD www.louferri.be



Rob
THE GOURMETS'
MARKET



OUR GOURMET DAYS

BE PART OF THIS UNMISSABLE TASTING EXPERIENCE!

IN-STORE TASTINGS ON 29 AND 30 MARCH 2019 FROM 11 AM TO 5 PM

This spring 2019 edition of our gourmet days will be dedicated to 100% Belgian products as well as to Rob's know-how and artisanal creations.

Seize the opportunity to meet our small producers, passionate artisans who enjoy sharing their love for good products. Make sure to attend this extraordinary event !

Find our detailed programme on www.rob-brussels.be as from 11/03.

Dining

Brasserie Taverne du Passage

Taverne du Passage is an unobtrusive and familiar friend to anyone who has wandered down the beautiful Royal Saint-Hubert Galleries. The galleries were designed by Jean-Pierre Cluysenaar in 1838, its celebrated glass and wrought iron canopy and alluring – if somewhat pricey – shops are a *de rigueur* place of pilgrimage for those visiting Brussels and an enduring source of pleasure for the city's most hardened residents – of whom I now count myself as one.



The Galleries aren't set in aspic; above and around there are apartments, the Théâtre Royal des Galeries and my favourite cinema in Brussels can also be found here. The Taverne is not solely for passing tourist trade – like others in the environs, it is full of local Belgians enjoying traditional Belgo-French cuisine. It is therefore probably best to make a reservation, if you want to be sure of a table.

The brasserie's Art Deco credentials are impeccable - one could easily imagine that most famous of Belgians, Hercules Poirot, sitting quietly in the corner enjoying his dinner while assessing the various diners and their quirks.

We were served a delicious and crisp glass of champagne while we browsed through what is a very traditional menu. It is so refreshing to read a menu that does not list every ingredient that is to be found in the kitchen. Even more so, not to be told how the ingredients were procured from bio-organic artisanal farmers.

Instead we are informed in a restrained and polite sentence that the dishes are prepared by their chefs and with fresh products delivered on a daily basis – there is nothing strident here.

We chose the Belon oysters, alive and minerally, as our entree. For our main course we couldn't resist the Entrecote Angus – from cattle raised on their 'terroir' and meat matured for a minimum of six weeks – we accompanied this with a generous Margaux. Finally, we chose a crème brûlée for dessert.

The Brasserie recently changed management, the new team have resisted the temptation to guild the lily. Taverne du Passage marries tradition with warm and competent service. Proximity to cinemas, concert halls and theatres makes this a particularly good venue for a pre-performance meal. www.taverne-du-passage.be



eat2five.eu

Who we are

Every day, between meetings, conferences and family duties, it's hard to find time for healthy cooking.

At **eat2five** we use our expertise on your behalf to design a healthy and delicious diet.

With **eat2five** you will eat 5 tasty meals a day and you will be able to gain proper eating habits and eating patterns.

Our Chef will take care of a variety of meals and will prepare fresh and tasty food every morning.

We deliver every morning from Monday to Friday.

www.eat2five.eu

 info@eat2five.eu

 +32 2 675 88 42

 [eat2five](https://www.instagram.com/eat2five)

 [eat2five.eu](https://www.facebook.com/eat2five.eu)



Wine

Champagne Experience

Here's a wonderful opportunity for champagne lovers to discover unknown vineyards



Two enthusiasts and lovers of Champagne have opened their address book to share their privileged contacts by inviting the wine-growers they discovered during their journeys in the field - nine wine-growers, nine terroirs, four regions and one appellation.

Thomas Colart and Benjamin Duplouy created C. de Champagne to introduce Belgian enthusiasts to the small vineyards of Champagne country. They have selected twelve partner areas perhaps as yet unknown to us, chosen for their work of very high quality, their exceptional wines and their love of the soil. For champagne lovers, this is a unique opportunity to get off the beaten path

and discover the diversity of vineyards of Champagne.

Thomas and Benjamin offer a tailor-made service to share their meetings with their winemakers and their passion, from a small dinner to the big party, from the tasting and information session to the creation of your cellar. Among their customers are many professionals and wonderful gourmet addresses (Comme chez Soi, L'Air du Temps, L'Essentiel...) as well as renowned establishments such as Maison Degand, Maison De Greef and Belgian designer Charles Kaisin. **31 March and 1 April.** Atomomium, Brussels.
www.champagneexperience.be •



bulthaup

Structure PLUS

SHOW ROOM
Structure PLUS SA
Chaussée de Waterloo 1391A - 1180 Uccle
T : 02 344 45 50 - F : 02 344 26 27
info@structureplus.be

Books

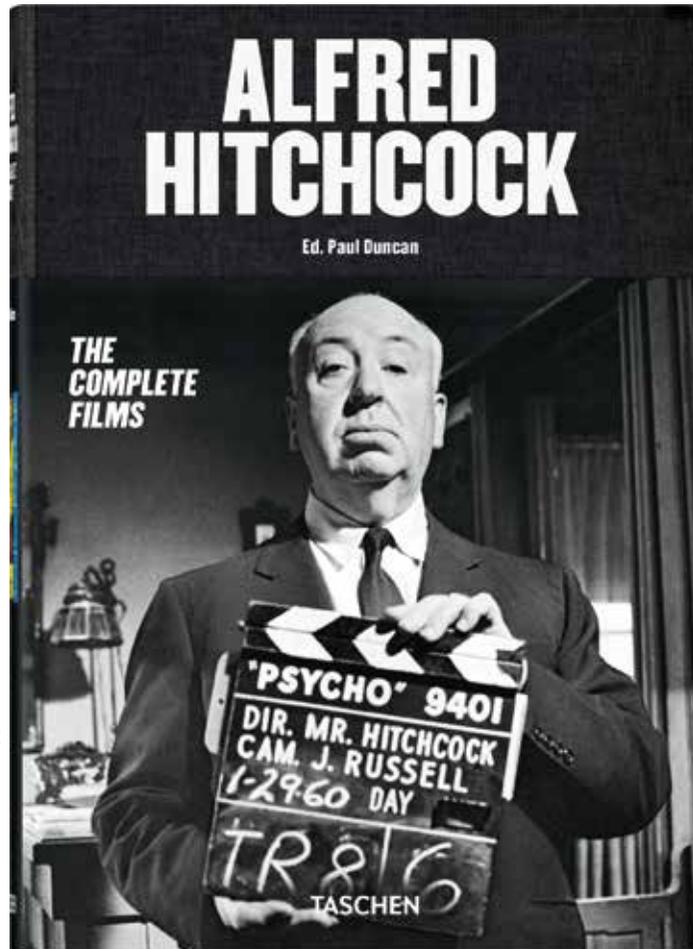
Alfred Hitchcock: The Complete Films

Our book this month looks at the entire output of one of cinema's great directors

The name Alfred Hitchcock is synonymous with suspense - that is to say, masterful, spine-tingling, thrilling, shocking, excruciating, eye-boggling suspense. With triumphs such as *Rebecca*, *Vertigo*, *Rear Window*, and *Psycho*, Hitchcock (1899-1980) fashioned a new level of cinematic intrigue and fear through careful pacing, subtlety, and suggestiveness.

This complete guide traces Hitchcock's life and career from his earliest silent films right through to his last picture in 1976, *Family Plot*. Updated with fresh images, the book combines detailed entries for each of Hitchcock's 53 films, an incisive essay that sheds light on his fear-inducing devices, photos of the master at work, and an illustrated list of each of his cameos, together adding up to a movie buff's dream.

The editor Paul Duncan is a film historian whose TASCHEN books include *The James Bond Archives*, *The Charlie Chaplin Archives*, *The Godfather Family Album*, *Taxi Driver*, *Film Noir*, and *Horror Cinema*, as well as publications on film directors, film genres, movie stars, and film posters.



Alfred Hitchcock. *The Complete Films*
Paul Duncan
Clothbound, 17 x 24 cm, 688 pages
www.taschen.be





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.

Avenue Louise, 480 • 1050 Bruxelles
+322 647 66 68
Fermé samedi midi et dimanche



What's on

What's on Belgium

Frankenstein

In their twenty-first century opera, Mark Grey and Àlex Ollé return to the source, which they see as highly topical. At a time of atom bombs, genetic engineering, artificial bioselection and social media, the gap between our ability to invent and our inability to understand could be even greater than in Shelley's time. The need is greater than ever to experience a moral and emotional awareness in parallel with what we have just created.

Grey and Ollé asked librettist Júlia Canosa i Serra to turn the novel into a stage play and to update Shelley's poetic English. The opera *Frankenstein* is set in an unspecified future. Several scientists discover a creature frozen into the ice fields of the North Pole. One of them, Dr Walton, takes the lead in bringing him

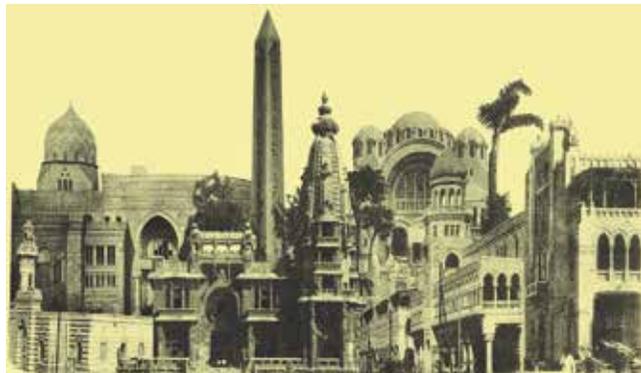


back to life in a bold experiment. Encouraged by their success, the scientists go a step further. Gradually the 'Creature' returns to consciousness... **Until 20 March.** La Monnaie. **Tickets: From €10 to €159** www.lamonnaie.be

Heliopolis The City of the Sun

The Boghossian Foundation highlights Heliopolis, the birthplace of a new city built entirely from scratch by the Belgian industrialist Edouard Empain at the dawn of the twentieth

century. Now a part of the vast Egyptian capital, Heliopolis was born of a dream, one which has always brought to mind the city of the same name in Ancient Egypt. Nearly a hundred Egyptian antiquities, ancient works and 20th century objects have been selected by the curators Marie-Cécile Bruwier and Florence Doyen. The exhibition invites the visitor to rediscover the influence of the ancient city as well as the the famous Baron's founding company. A visionary and patron of the arts, Baron Empain was also Louis Empain's father, who built the Villa Empain. **28 March - 18 August.** Boghossian Foundation, Villa Empain, Brussels www.villaempain.com



Théâtre Royal des Galeries

Directeur : David Michels

Du 13 mars au 7 avril 2019

ILS SE SONT AIMÉS

de **Muriel Robin**
et **Pierre Palmade**



Maria del Rio
& **Pierre Pigeolet**

Mise en scène :
David Michels

Décor et costumes :
Dimitri Shumelinsky

► www.trg.be
02 512 04 07



What's on

My Secret Garden Sculptures: Lupines

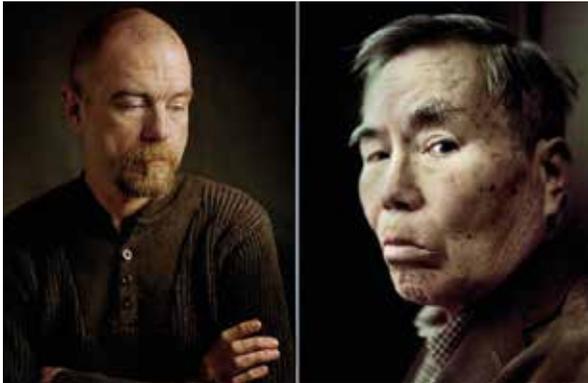
My Secret Garden Sculptures: Lupines is a new series of medium-sized sculptures that embodies Ame Quinze's research on the diversity of nature. With the works *The Chatelain*, *Lobelia*, *Lupine*, *Persicaria* and *African Iris* the artist focuses on different questions in the evolution of anthropology through botany.



series is the artists attempt to capture the power of nature and to shift our focus back to the importance of our relationship with nature.

4 April 2019. Maruani Mercier Gallery, Brussels.
www.maruanimercier.com

The unbridled evolutionary force of plants to develop into a broad spectrum of diverse forms, structures and colours are the basis for Ame Quinze's visual storytelling. The *Lupines*



Sofía Moro: Who deserves to die?

Sofía Moro is a freelance photographer based in Madrid, Spain. Since 1996, she has worked with the Spanish daily *El País*, where she has published several articles about the death penalty in collaboration with the Spanish journalist Álvaro Corcuera, and collaborates with many Spanish and international magazines. Moro is known especially for her

incisive and moving portrait work of artists, musicians, writers, political activists and politicians. A passion for social justice and striving for human rights inform Moro's personal projects. She collaborates with multiple NGOs like Amnesty International, Doctors without borders, Red Acoge, Fundación Vicente Ferrer, ARMH, Médicos del Mundo...

Who deserves to die? is an in-depth, ongoing research project developed by photojournalist Moro over the past ten years on the application of the death penalty in the world today, combining photography and journalism. The author takes viewers on a journey of moving testimonies conveyed through compelling images and portraits that speak louder than words, leading to the only possible conclusion: death penalty is inherently inhumane and cruel and should be abolished worldwide once and for all. Until **7 April**. BOZAR. Free entrance
www.bozar.be

ENJOY FOREST NATIONAL AS A VIP

Treat yourself and your partner to a worry-free and entertaining night; celebrate an occasion with friends; invite your business partners to network in an informal setting; or motivate your staff with an original reward. It's all possible at Forest National.

Our VIP area offers plenty of possibilities and can be customized to your needs. Whether you want to roll out the red carpet or keep it more low key, our VIP experience fits all!

Check out our range of VIP offers and turn your next visit into an unforgettable experience.



22/04 Harlem Globetrotters

14, 15 & 16/05 Patrick Bruel

25/05 Angèle

30/05 Jamiroquai

01/06 Roberto Carlos

08/06 Youssou Ndour

10/06 Florence Foresti

14/06 Bryan Adams

25/06 ZZ Top

21/09 Alice Cooper

29/11 Pascal Obispo

07/12 Era



Centre
Pompidou

LAST 23.01 > 30.06
PERFORMATIK-ALÿS-SOTTSSASS
LA CAMBRE-STARCK-ARCHIZOOM

KANAL BRUT

www.kanal.brussels
Quai des Péniches, Akenkaai - 1000 Brussels



LIFE OF
LEISURE

What's on



Photo © Serge Delaunay

Rencontres intergalactiques: Serge Delaunay and André Robillard

As part of the exhibition entitled *Intergalactic Encounters*, like a spacecraft, the Art et Marges Musée, takes you through the cosmic labyrinths of Serge Delaunay and André Robillard – two artists brought together by the wonder they share for “heavenly subjects.” Stops are also planned on the planets of some of their other areas of interest. “Mechanical speedwells” drawn in clear line, and “guns to kill misery” made of discarded objects are among the encounters awaiting you...

Serge Delaunay was born in 1956 in Charleroi. Delaunay uses black felt pen on large sheets of paper. Colour is rare. Cars and spaceships are his favourite subjects. He is fascinated by science, especially astronomy and mechanics, and buys science magazines



Photo © André Robillard

every week. He adds texts and captions to his drawings. The initials GTX, often under his signature, refer to the automotive industry too.

Born in 1931, the son of a forest ranger, André Robillard was hospitalized for mental disturbance while still a teenager. After several unsuccessful attempts to live outside the hospital, Robillard was hired as an assistant for the hospital's water-treatment plant. This job provided him with social status and a degree of independence. The same year, at the age of thirty-three, Robillard created his first rifle, which was sent to Jean Dubuffet by an enlightened connoisseur. Located in the heart of Brussels, the Art et Marges museum, museum of outsider art, questions art and its borders. **Until 19 June.** Art et Marges Musée, Brussels. www.artetmarges.be/en

What's on



Antwerp à la carte

The exhibition Antwerp à la carte presents the history of the City of Antwerp through culinary glasses. It does not focus on political events, economic theories or artistic trends. Instead it focuses on the vital challenge of how cities feed an ever-growing group of city-dwellers throughout the world. Today, more than half of the world's population lives in cities. More than 500,000 people live in Antwerp. That is half a million mouths that have to be fed every day. How does Antwerp do this? What will we do in the future? And is that so very different from a few centuries ago?

Follow the trail of food in the city and discover how our food also influences the map of Antwerp. Saunter through markets and supermarkets, look inside inns, cafés and restaurants, be surprised by scent and art installations. Your mouth will water when you see 16th-century recipes given a new look. Peek inside old kitchens full of rare cooking utensils and discover how food has been influencing the street scene in Antwerp for centuries via paintings by Antwerp's greatest painters and contemporary photography. A vigorous exhibition that will stimulate all your senses. Tickets: €5.
www.visitantwerpen.be/en



Baroque Burez

The Antwerp photographer Athos Burez (b. 1987) reveals his most Baroque side in the MAS's walking boulevard. The exhibition highlights the beauty, the fantasy and "unheimlichkeit" or weirdness of his colourful visual language. Antwerp's tallest museum will become a Baroque beacon for the city for one year, thanks to Burez's works, which are displayed on the large light walls of the MAS. **Until 21 April.** MAS, Antwerp.
www.mas.be

GREENHOUSE TALENT PRESENTS



- | | |
|--|--|
| DOJA CAT
09.03 Botanique • Brussels | HUGH JACKMAN
12.05 Sportpaleis • Antwerp |
| SHAWN MENDES
10.03 Sportpaleis • Antwerp SOLD OUT | THE BIZARRE WORLD OF FRANK ZAPPA
07.06 Ancienne Belgique • Brussels |
| ADY SULEIMAN
27.03 Ancienne Belgique (Club) • Brussels | LITTLE STEVEN & THE DISCIPLES OF SOUL
07.06 Ancienne Belgique • Brussels |
| THE WORLD OF HANS ZIMMER
31.03 Palais 12 • Brussels Expo SOLD OUT | ERIC NAM
16.06 La Madeleine • Brussels |
| CRISTINA BRANCO
27.04 CC De Grote Post • Oostende | TAKE THAT
18.06 Kursaal • Oostende |
| BONNIE TYLER
05.05 Kursaal • Oostende | RAMMSTEIN
10.07 King Baudouin Stadium • Brussels SOLD OUT |
| JOE BONAMASSA
09.05 Forest National • Brussels | THE WORLD OF HANS ZIMMER
09.11 Sportpaleis • Antwerp EXTRA SHOW |
| WWE RAW LIVE
11.05 Cirque Royal • Brussels | FAT FREDDY'S DROP
23.11 Palais 12 Club • Brussels Expo |



TICKETS: GREENHOUSE TALENT.BE



What's on

What's On International

Asia Contemporary Art Show

On show will be more than 2,000 pieces of the most compelling contemporary art being produced today. Presented across 85 art living spaces, the show includes original paintings, limited editions, sculpture, and photography from some of the world's most interesting and promising artists - from emerging and mid-career artists to those who have already achieved recognition in private and public collections and at auction.



popular sector series and Artist Dialogues, dedicated to solo and joint artist presentations.

Intersections: China presents a series of dynamic and diverse works by selected galleries, artists, and artist collectives that use concepts, techniques, materials or subject matter drawn from the past and re-envision them to reflect the present... *Artist Dialogues* invites artists from around the world to exhibit in a solo or joint presentation. **29 March - 1**

April. Conrad Hong Kong.
www.asiacontemporaryart.com

Contagious Cities: Far Away, Too Close

Contagious Cities: Far Away, Too Close, co-produced by the art and heritage teams of Tai Kwun, explores the psychological and emotional dimensions of disease and contagion, particularly in relation to people and their ways of life. The exhibition encompasses both an art exhibition—curated by Ying Kwok and featuring local, regional, and international artists - as well as a heritage exhibition that addresses the historical context of the Plague, revealing how this relates to the past and present of Hong Kong. The exhibition features new works by ten emerging and established artists: Oscar Chan Yik Long, Eastman Cheng, Enoch Cheng, Cheuk Wing Nam, Gayle Chong Kwan, Chou Yu-cheng,



Firenze Lai, Angela Su and Wang Sishun. The research-led exhibition also includes works by eight artists that were specially commissioned for this exhibition, including Angela Su's video- and performance-based work that explore the complicated implications of the project's title.

www.taikwun.hk/en

CHEZ DELITRAITEUR

TOUT N'EST QUE PLAISIR !



7:30-22:00

OPEN 7/7

Deli
TRAITEUR

www.delitraitteur.com

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



Stan and Ollie

One of those films that ponders the question, 'Why on earth didn't they make this before', but no matter – you can just be glad they have made it now. Steve Coogan and John C. Reilly are simply matchless as the world's greatest ever double act, Laurel and Hardy, in this singularly amusing, insightful and moving take on the pair's final years, from director John S. Baird (*Filth* (2013)).
97 mins.

The Aftermath

Kiera Knightley, who is fast developing a reputation for herself as one of Blighty's finest actors, stars in this powerful drama set in the ruins of Hamburg post World War II. Rachael Morgan (Knightley) arrives in Hamburg during the bitter winter of 1946, to be reunited with her husband Lewis (Jason Clarke), and Rachael is stunned to discover that Lewis has made an unexpected decision – they will be sharing their grand home with its previous owners, a German widower (Alexander Skarsgård) and his troubled daughter. Enmity, passion and betrayal are in store, and James Kent (*Testament of Youth* (2014)) directs with aplomb.
Running time TBC.

Us

This threatens to be a truly creepy doppelganger psychological horror – Jordan Peele, the director of the wonderful *Get Out* (2017), brings us a tale of husband and wife, Gabe (Winston Duke) and Adelaide Wilson (Lupita Nyong'o) who take their children to their beach house, hoping to spend time with friends. But things soon turn bad and much, much worse when a group of 'strangers' arrive – and they are *not* friends the family haven't met yet...
120 mins.

Serenity

Neo-noir goes box office, with a big cast; Stephen Knight, director of *Locke* (2014) and, curiously enough, one of the three creators of *Who Wants To Be A Millionaire?*, brings a tale of telepathy and murder to life, starring Matthew McConaughey, Anne Hathaway, Diane Lane, Jason Clarke, Djimon Hounsou and Jeremy Strong. It has not received the easiest of rides from critics thus far, but what would they know?
106 mins. ①



40 years of excellence
www.alpiccolomondo.com

So, the English can't cook.
Is that why they let Joan of Arc burn?



MANOIR DE LÉBIOLES
HOTEL.SPA.RESTAURANT

"Plus valet quam lucet" - "There is more to it than meets the eye"



LE CHAT by Philippe Geluck

Procap Alline

Partner of Pink Ribbon

100%

of users observe **less hair loss***

Pure keratin

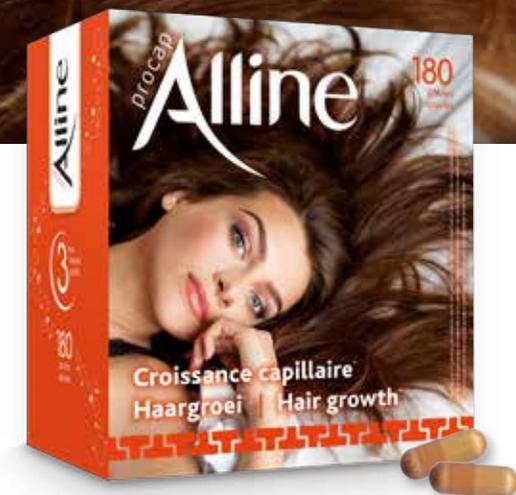
- + Vitamins B1, B2, B3, B5, B6, B8, B9, B12
- + Vitamins C, E, β -carotene
- + Copper, iron, zinc

2 capsules daily

30 capsules : € 19,⁹⁰
180 capsules : € 99,⁰⁰

Alline Procap
supports the fight against breast
cancer in collaboration with

**Pink
RIBBON**



* 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.



HONDA

HR-V

ACTION SURCLASSEMENT

**Conduisez maintenant
un HR-V Executive pour
seulement € 999 de plus !**

Plus d'infos chez votre distributeur Honda



Donnez priorité à la sécurité.

Informations environnementales (AR 19/03/2004) : www.honda.be

L'écoulographe de 1,5 l (écarter à 1,5 l) Executive, avec un prix catalogue à partir de € 29.530 (prix action : € 27.509, soit € 2.021 d'avantage), commande entre le 07/02/2019 et le 28/02/2019, avec immatriculation avant le 31/03/2019. Action réservée aux particuliers et non cumulable avec d'autres avantages. Offre exclusivement valable auprès des distributeurs belges Honda participante et ce jusqu'à épuisement du stock. Prix 21% TVA. Modèle(s) illustré(s) à titre d'exemple(s).

Modèle présenté : HR-V 1.5 VTEC Executive en Midnight Blue Beam Metallic.

 121 - 132 G/KM  5,3 - 5,8 L/100 KM (NEDC 2.0)

Mesuré sur base de la nouvelle méthode de mesure standardisée WLTP et converti en valeurs NEDC 2.0.



HONDA | **FRANCORCHAMPS**

Lozenberg 13 - 1932 Zaventem - www.honda-brussels.be

