



BEST FOR KICKSTARTING A MORE POSITIVE MINDSET

KAMALAYA KOH SAMUI, THAILAND

Is it possible to achieve proper, important life changes in just five days? Kamalaya founder Rajesh Ramani – ex-banker, former monk and now a guide to human nature – thinks so. He is an expert at mangled mindsets, and quickly gets to work on your head, helping reset dials and oil cogs with the lightness of touch and precision of a watchmaker. His appraisals are spot on: ‘You are too hard on yourself and yearn to be liked.’ Criekey. Rajesh works with a mixture of talk therapy and hands-on treatments, and never more so than with the new Embracing Change programme. His teachings, such as learning to focus on those who love you instead of ruminating over bad times in the past, are simple, practical – obvious, even. But heavens, they work. The backdrop helps: Kamalaya is ridiculously beautiful, built into a hillside leading down to the beach. Days unfold with a mixture of acupuncture, massages, yoga and meditation. It’s not easy, though. Expect your brain to feel like it’s been on a 90-degree fast cycle by day three – you’ll be shaken up, angry and tearful. But stick with it and by morning four: **BREAKTHROUGH!** You wake feeling much more secure. You’ll eat well here too – black cod, sardines, giant prawns – but you’re likely to lose 5lb in as many days. The takeaway? There are things you cannot alter and, once you accept that, you’ll feel enormous relief, coming away cherishing

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Heads up Don't be so British. If you can't be open to what they offer here, don't come. But if you do, for goodness' sake remember to pack a trashy novel for light relief