

WALK OF CHALK

YOGA

ing after yoga, I
body and spirit'

atching was a wonderful
ent for muscles, which
ed up playing football
inis.
en I returned to the UK,
o join a yoga class but
women only. I never un-
od that, but I carried on
the exercises from a
it home. I did this for
years, on and off. Then,
ar, I joined a group
sessions were held in
rden of Sohar Beach
We went through our
es on the mastaba,
is next to the beach.

as a wonderful place
oga, with gentle
s stirring the palm
nd waves lapping gen-
the shore. It was
llous to lie
for the
posture,
e the stars
focus for
ation. Like our
a guru, our in-
or Val was a pa-
eacher and she
ad a tendency
mystical and a
rable turn of
e. One evening,
clouds had been
ng during the les-
threatening to
t to an end.

wever, we managed
ry on and reached
me for the corpse
re. As we lay pros-
looking uneasily at
athering storm, Val
out with 'Try to ab-
the energy of the
' I started to giggle
ropriately, as I re-

Tom Lehrer's famous
about a nuclear holocaust
all fry together when we
evertheless, I have to say
he morning after these
ons, I always felt better in
body and spirit.

r with 40 years of
universities in the UK,
Africa

Bon Appétit, the Swiss way

Ahead of Swiss National Day celebrations in the country, Grand Hyatt Muscat took their guests on a culinary journey with authentic Swiss cuisine and music

Our Correspondent
Muscat

The Grand Hyatt Muscat hosted a week-long Swiss festival that satiated the taste buds of food lovers in the country. With over 800kg of food products flown in from Switzerland, the chefs churned out authentic Swiss cuisine for food buffs.

As one entered the hotel, one could see the Swiss national flag hanging from the ceiling. The Mokha Café, which hosted the event from May 5-13, was also decorated with Swiss flags.

"This was a great chance for the local community and guests of the hotel to experience traditional Swiss cuisine at its best.

The cuisine took its influences from three distinct regions -

France, Italy and Germany. The cuisine we offered during the week is a direct reflection of all three countries under one umbrella," said Christoph Franzen, general manager, Grand Hyatt Muscat.

He added, "The Swiss week was sup-



Raclette (cheese used for melting) being served

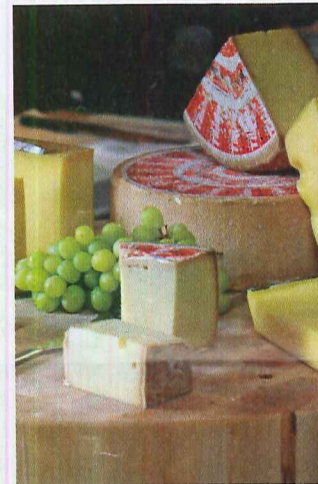
ported by Zermatt Tourism, Swiss Airlines, the hotel's Swiss executive chef Marin Leuthard and renowned chef, Heinz Rufibach from Zermatt."

If you watch Raclette (cheese used for melting) being served, you will fall in love with it. In this case, the top of the cheese is seen boiling and it's allowed to smoothly flow onto the plates. "Though it's an old farmer's dish, it is a speciality of Swiss cuisine. Raclette in French means sliding and the word truly is apt as the melting cheese is seen pouring into the plate," said Daniel Luggen, president of Zermatt Tourism.

Renowned chef, Heinz Rufibach flown in specially from



Christoph Franzen



Switzerland, also lent his culinary skills to conceptualise the Swiss Week at Grand Hyatt Muscat. There were about 20 to 50 dishes with a rotating menu every day of the week.

Italian influences were strong in Risotto ticinese, Swiss cheese and sausages to name a few.

As part of the week, Mokha Café offered Swiss buffet dinner with traditional fare such as Raclette,

Veal zurichoise with roesti and Risotto ticinese from live cooking stations. Desserts on offer included a Toblerone mousse and Zuger Kirsch Torte, to name a few.

If it was the national flag that drew people to the event, then the Alphorn (a Swiss musical instrument) added to the ambience at the hotel. A good display of talent by band members Toni Fuchs, Reto Fuchs and Franz Keller made sure that the guests enjoyed the experience.

"The Swiss Week saw an increase in the number of guests dining at Mokha Café," said Franzen.

