



# square mile magazine

**Winning wagers**  
Adding some spice  
to the game

**Travel: Brazil**  
And no football...

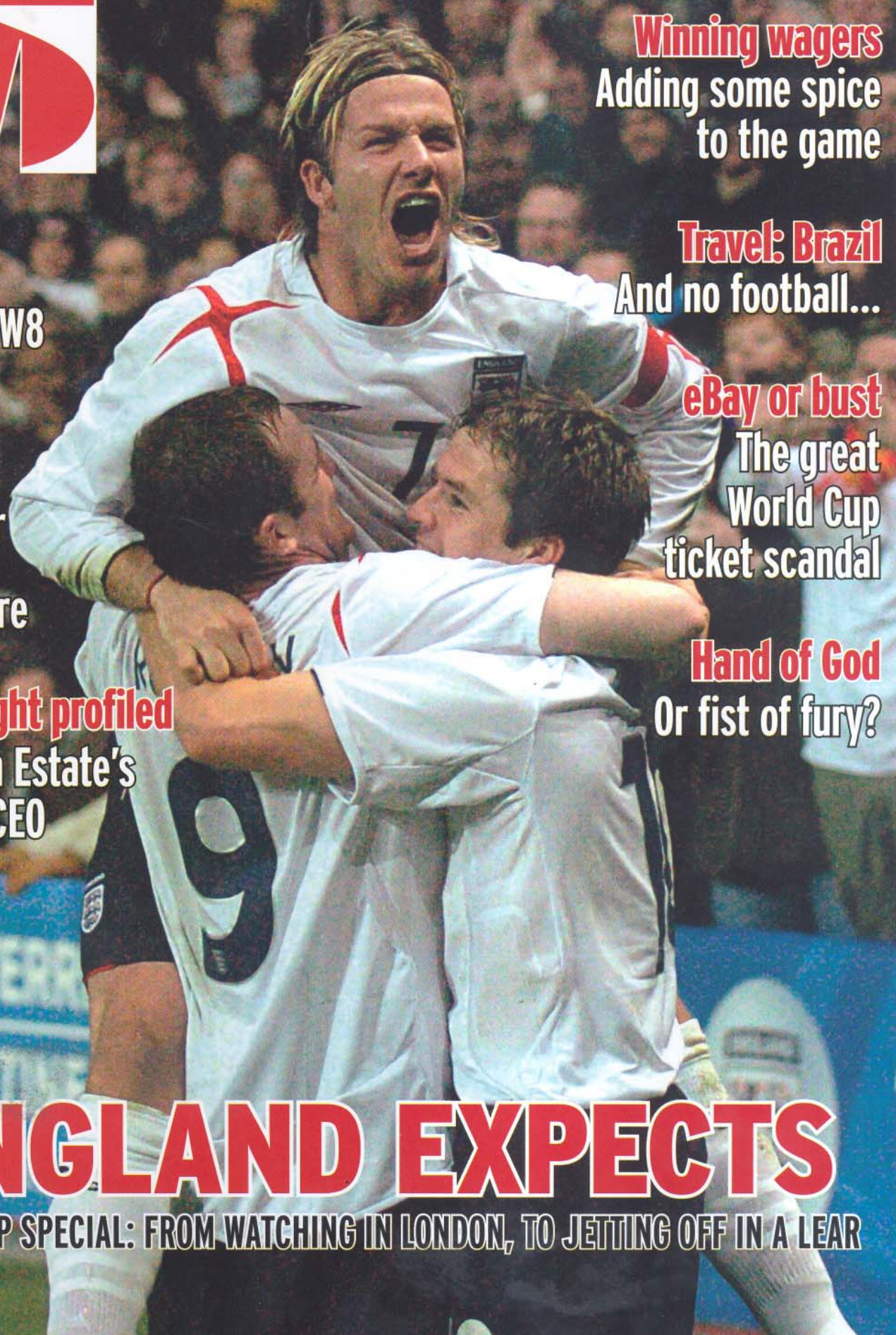
**eBay or bust**  
The great  
World Cup  
ticket scandal

**Hand of God**  
Or fist of fury?

**Property**  
£17m in NW8

**Motors**  
Audi's Q7:  
for soccer  
moms  
everywhere

**Roger Bright profiled**  
The Crown Estate's  
gem of a CEO



# ENGLAND EXPECTS

WORLD CUP SPECIAL: FROM WATCHING IN LONDON, TO JETTING OFF IN A LEAR



IN A BREAK FROM HIS SATIRICAL LOOK AT CAREER CHANGES, WE SENT **SAUL WORDSWORTH** TO A NEW COURSE BASED IN ICELAND THAT SEEKS TO HELP STRESSED EXECS GET SELF-CENTRED - IN A GOOD WAY

## GPS for the soul

*Tooting Lido wasn't quite as they'd remembered it*



IS YOUR life a mess? Are you out of tune with your inner self? Have you lost your way (and we're not talking navigating the South Circular here)? If the answer to any of these questions is 'yes', then you could probably do with a jolly good pampering. In fact, what you need, even though you probably don't know it, is a dose of life navigation.

Of course, I'm terribly grounded and all that, but in the interests of journalism I decided to sign up. And so it was that I found myself on a plane to Iceland, to visit Agustina Thorgilsson, clinical psychologist and soothsayer. She is the founder of Life Navigation, a course that merges a number of different disciplines including cognitive therapy, yoga, NLP, Buddhism and regular tea breaks. If you want reinvigorating, Agustina's your gal.

My inner journey began with a trip to the Blue Lagoon - a geothermally heated pool, excellent for psoriasis, jaded journos, and looking at people in their underwear. This was supplemented with a dribble-inducing massage. I arrived at the hotel feeling suitably spoilt and after a

glorious dinner, and a brief shot of ITV 3 (Robin's Nest), slept like an Icelandic baby.

In the mornings we did yoga. I had never done yoga before - the only reason I can touch my toes is because my feet unscrew at the ankle. However, combined with a meditation tape, a first-rate teacher called Christina and a view that could lead to further dribbling, I was in danger of being soothed off the face of the earth.

### ALTHOUGH SHE WAS AN ACCOUNTANT WITH KPMG, WE DECIDED TO FORGIVE HER

It was a shame when Christina informed us over breakfast that she was primarily an accountant with KPMG, but we decided to forgive her.

After breakfast, down to business. Look at it this way, we were invited (but we hadn't done enough yoga so we looked at 'it' as best we could): "Life is like a box of chocolates, invariably one that is sitting on a conveyor belt travelling too quickly for us to get a decent purchase on the strawberry crème." Or find another suitable metaphor. Basically,

what the course is getting at is that we all occasionally lose track of our intuition, of who we really are. By introducing a number of techniques including 'staying in neutrality', 'clearing out the bag', 'remaining in the light' and 'giving the dog a bone when it asks nicely' (I made the last one up) Agustina showed us that by working at who we are, we can take our lives to the next level of awareness. Mornings

were augmented with one-to-one sessions where we could discuss anything from childhood experiences, to recurring dreams of bludgeoning the HR director with a mallet (legal in some countries).

The afternoons were filled with numerous activities, from picnicking on the edges of fjords, to hiking and horse riding. For those whose horse riding days were behind them, there was always the option of a round of golf at one of Iceland's 63 courses (that's roughly one per capita of the population). Evenings

were given over to excellent food, an assortment of quality wines, and soaking in outdoor hot tubs whilst staring out at the frozen panorama, leading to yet more dribbling (I became quite dehydrated in Iceland). And at the end of the evening, the draw of Reykjavik is a magnetic one.

Those who believe that the only antidote to the stresses of modern life is a gin and tonic should think again. In an environment free of judgment and bias, my self-exploration remained strictly above the waist and I returned to grimy GB feeling mentally clean and nicely serene. As a location for self-revelation, it has a purity that cannot be matched anywhere in the Western world.

Oh, and no article about Iceland would be complete without a mention of Björk. There we are, then.

Life-Navigation's eight day programme costs £4,900 per person including the onsite program activities, transfers to the hotel, accommodation, meals and excursions. Not included: flights, transfers to the airport and alcoholic beverages. 2006 Programme Dates: 21-28 June, 9-16 August, 3-10 September and 22-29 October. Email [info@life-navigation.com](mailto:info@life-navigation.com) or visit [life-navigation.com](http://life-navigation.com)

Icelandair flies direct from London Heathrow, Manchester and Glasgow to Iceland from \$164 return, including tax. 0870 874 4020, [icelandair.co.uk](http://icelandair.co.uk) ■