

Jo'burg Grooves On

(Whatever your musical predilection, there's a bar for you in Newtown)



The future's so bright: Boogying at Bassline, in Newtown.

'round
MID-NIGHT

The Scene The Newtown area of inner-city Johannesburg now rivals Cape Town for trendy urban nightspots. At **Go Go Bar**, arty young Joburgers sip White Russians and play Pac-Man before getting down to hip-hop, Afrobeat, and electro in 1980s surrounds (47 Henry Nxumalo St.). Down the street, **Bassline** hosts some of the biggest names in reggae, jazz, and kwaito (10 Henry Nxumalo St.). Meanwhile over on Carr

Street, the country's top DJs lay down house and dub to a culturally mixed crowd at **The Woods** (66 Carr St.), and slam poets and soul singers take to the mic next door at **Shivava Café**. **When to Go** Thursdays and weekends from 9 P.M. until late. **The Local's Take** "Newtown is perfect barfly territory. If one place isn't playing the music I like, I just move to another," says Sfiso Ntsane, 25, graphic designer.

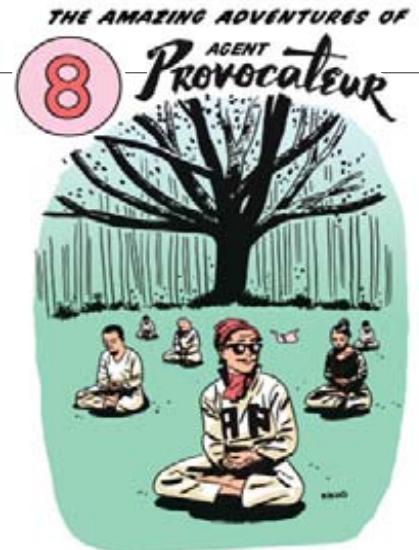


What I Won't Travel Without . . .

"I'm always looking for inspiration when I travel, so I sketch, collage, and jot notes in my Smythson diary. It's lightweight, so I bring it everywhere, but sturdy enough to weather the throes of any journey" (smythson.com; \$225).



Matthew Williamson, fashion designer, just opened his first Dubai store (matthewwilliamson.com).



In Search of Laid-Off Enlightenment

HAVING LOST HIS JOB, AGENT PROVOCATEUR has been forced to take stock (not that kind) and venture into Buddha's land to expurgate penury, foreclosures, and 401(k)s from his muddled anti-Zen mind. In the northeastern reaches of Thailand, amid the ferns, fowl, and flowers of Phu Ruea National Park, AP will chant his way to a nirvana of sorts via a week at the **Middle Way Meditation Retreat**. The Dhammakaya

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EDGE

group's course requires concessions: You'll leave sex, lies, drugs, booze, books, music, BlackBerry, computer, and even bug swatting (a.k.a. the destruction of life) far behind. So what's left in a typical Dhamma day? The aim is to rest your mind at its "seventh base," just above the navel, and the path to enlightenment begins with a 5 A.M. wake-up call followed by a lotus-seated meditation, a group chant, a woodsy walk, and a lunch of noodles and sticky rice, taken before noon (afternoon chewing is verboten—it's one of the monks' 227 precepts). Since being so serene is tiring, sleep comes at around 9 P.M. on the floor of a small cottage or tent (meditationthai.org; \$156, all-inclusive). But if you've conquered anapanasati (mindful breathing) and feel ready to step up your jhana meditation game, take on the **International Dhammadayada** program. You'll train for a month before shaving your head, beard, and eyebrows for graduation (ordinationthai.org).

Top: Photograph by James Outway. Still life by Jens Mortensen. Illustrations by R. Kikuo Johnson (top) and Mark Zingaleselli (bottom)