



Helen Noakes

The British-born Noakes spends about four months a year in Goa, teaching Scaravelli-inspired yoga and postgraduate courses for bodyworkers with a focus on Kerala's Chavutti Thirumal massage. helennoakes.net

What to pack: Comfortable flip-flops, like Havaianas; an empty bag to fill before coming home. Plus the ability to go with the flow—planning doesn't usually pan out in India!

Must-buys? Original pieces made by people living in Goa. My favorites are clothing by Emmanuelle and spiral-shell jewelry by Coco Arts; both have stalls at the Anjuna flea market (Wednesdays, October through April). The Tibetan market in Calangute is a delicious place to wander and chat with jewelry and textile sellers. Buy a Tibetan scarf to wear in the cool Goan evenings.

Best sunset spot: The Om Café, in Anjuna—it has a good menu, too.

GLOBAL YOGI: (clockwise from left) Noakes on the beach; the laid-back scene at the Om Café; beads at the Tibetan market.

