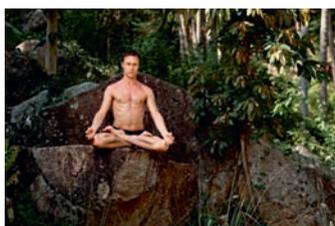


**KOH SAMUI**

# The two of us

**F**resh from a world tour, internationally renowned yoga-teaching couple Richard Freeman and Mary Taylor return to Koh Samui in March for their annual two-week course at Samahita Retreat. Richard has been a yogi since 1968 and is known for his unique, metaphorical teaching style, which incorporates Ashtanga Vinyasa and Iyengar yoga and philosophy. Mary also teaches yoga and writes cookbooks. The couple runs the highly regarded Yoga Workshop in Boulder, Colorado. [samahitaretreat.com](http://samahitaretreat.com)



**MARY**

“As a couple, we’re drawn to Samui because of its breath-taking beaches – like you’d see in photo-shopped photos of the most beautiful beaches in the world. Samui is mellow and welcoming. Working together, as a couple, is really pretty simple. We study together and always practice in the morning together before teaching. [Being in sync with each other] is vital. Trusting one another is also very important. Knowing that we’re usually on the same page with things we might say [in class] and that if we aren’t, that we can feel completely comfortable discussing what our differences of opinion might be – that’s important. Teaching at Samahita is ideal. Within just a few days after our students start moving at a slower pace, having a few mangos and sinking their teeth into their yoga practice, we see them beginning to transform; we see the yoga having its natural effect on them! That’s very rewarding.”

**RICHARD**

“We’re also drawn to Samui because of the interesting people we’ve met here – the mix of international expats and Thais who have for various reasons wound up in this island paradise. We love listening to the sound of the Thai language being spoken and have decided one day we’ll learn it ourselves. After all our years of teaching yoga together as a couple, I’ve learned that keeping a sense of humour is really important. Laughing with each other. We try to keep things in perspective. We work and live together and, of course, exploring the world is important to a healthy relationship, too. We have similar interests. On Samui, we love Samahita, but also the Buddha’s Footprint [located near Lamai, these famous engraved footprints of the Buddha are housed in a pagoda perched high on a hill], the hiking trails around Laem Sor and eating yummy virtuous food at Kamalaya and Zazen in Bophut.”



**KOH SAMUI**

*Island Organics hosts cooking classes with a difference. Owner and teacher Khun Lat tells Fah Thai more*

**When did you start cooking?**

I started cooking when I was seven years old. I stayed with my mum and dad in my hometown of Sisiket, Isaan, near the Cambodian border. My job was to cook for them when they came home from work. My family taught me to farm and to find fresh ingredients within our natural surroundings. Now my job is to teach people how to cook using fresh herbs and vegetables, which my husband and I grow on our micro farm.

**What makes your micro farm organic?**

I grow many herbs and vegetables, from Thai basil to cucumbers, coriander, tomatoes and green beans. I use special water to nourish and protect the plants, which I call “worm poo” tea. It’s actually water with worm castings and black molasses. I also use an aquaponic system with Tilapia fish, which makes for a nutrient-rich environment in which to grow plants.

**What defines the ideal student?**

Many guests come to learn Thai cooking and to learn about my garden. If people think they can’t cook, I can help them! I show guests how to make curry pastes and introduce them to traditional ways to get the flesh from coconuts to make coconut milk. The number one meal that guests like to cook is a Thai green curry. They also like to learn how to make *som tam* – a spicy papaya salad – and, of course, *pad thai* with fat juicy Samui prawns.

[islandorganicsamui.com](http://islandorganicsamui.com)

