

# HELLO!

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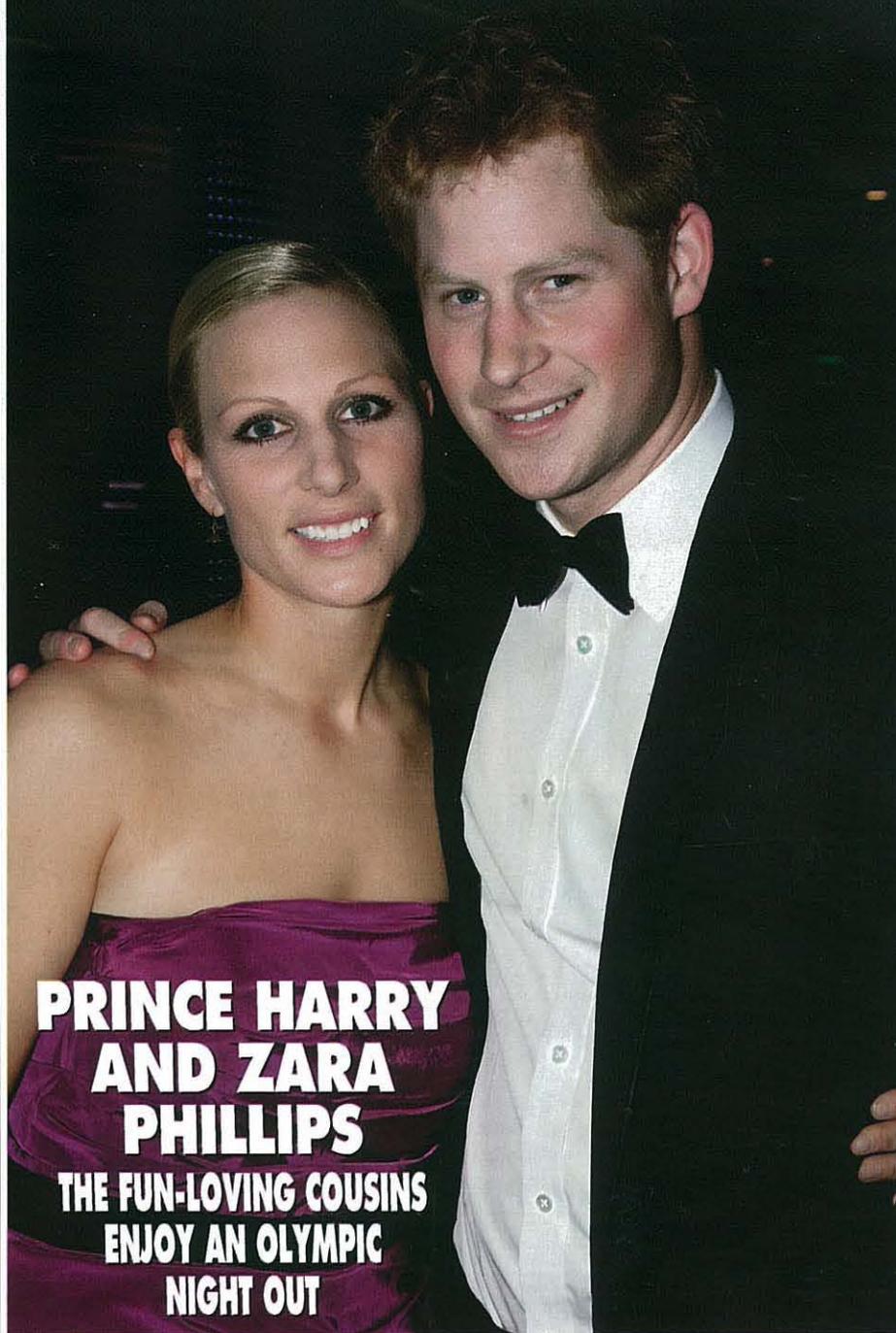
**SAMANTHA CAMERON'S MOTHER  
ANNABEL ASTOR  
OPENS THE DOORS TO  
HER HOME - AND TALKS  
OF HER NEW GRANDCHILD**



**EXCLUSIVE SHOWBIZ AND ROYALTY AT THE BALL OF THE YEAR**



**FIRST  
PREGNANCY CHAT  
MYLEENE**  
'Ava would like  
a girl called  
Tinker Bell'



**PRINCE HARRY  
AND ZARA  
PHILLIPS**  
THE FUN-LOVING COUSINS  
ENJOY AN OLYMPIC  
NIGHT OUT



**JO  
WOOD  
ON HER LIFE-  
CHANGING  
HIMALAYAN  
ADVENTURE**

**EXCLUSIVE**

**JENNY FROST  
REVEALS HER WEDDING IS  
OFF AND TELLS OF SURVIVING  
THE 'DARKEST TIME EVER'**



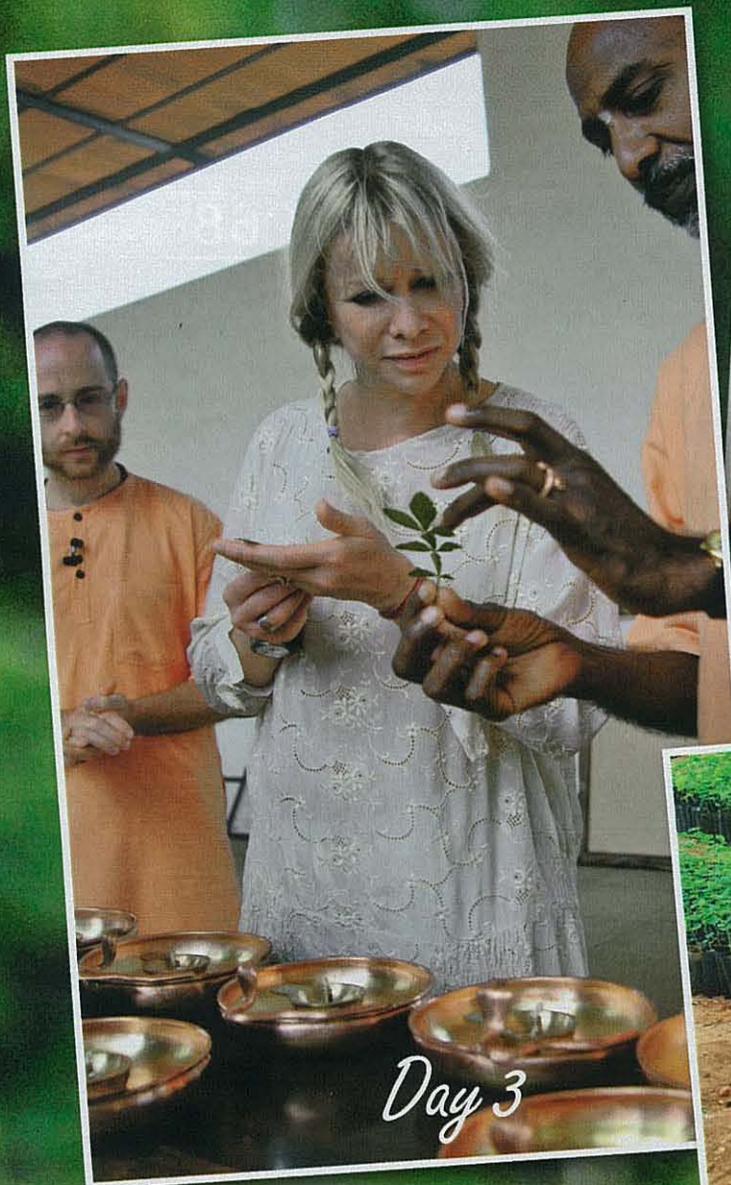
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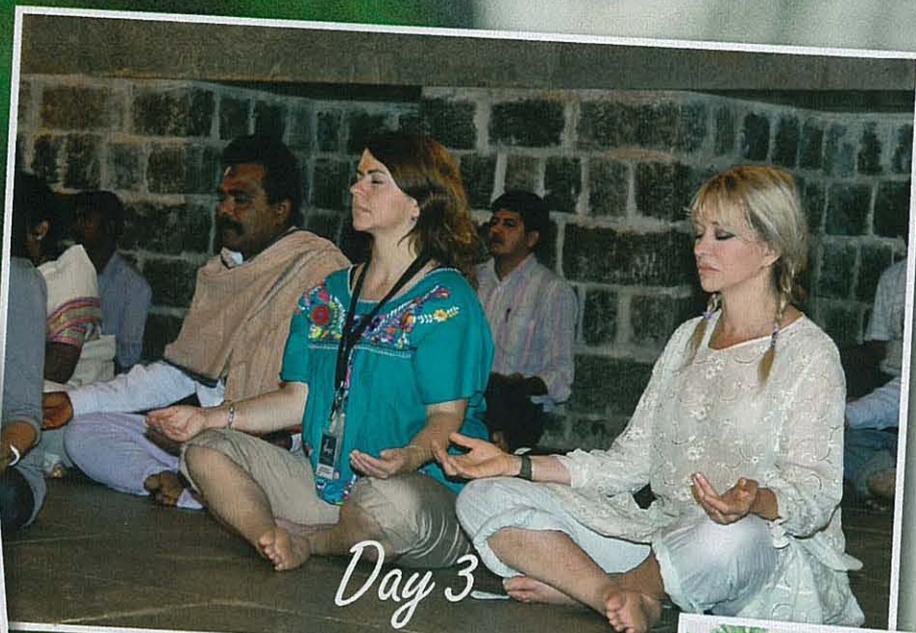
**EXCLUSIVE**

SHARING HER EXCLUSIVE DIARY AND PICTURES  
**JO WOOD**  
 LEAVES HER GLAMOROUS LIFESTYLE BEHIND  
 FOR A SPIRITUAL QUEST TO THE HIMALAYAS

**'I was divorcing Ronnie and selling my home. I longed for an adventure with a difference and this was it'**



*Day 3*



*Day 3*



*Day 4*



*Day 4*

Arriving at the ashram, Jo relaxes with some meditation at the Dhyanalinga (above right). "It's so peaceful," she says. The businesswoman learns about how chemicals and climate change damage plants (above) and plants a tree at Project GreenHands (right). "It's good to know I've given a plant life." Jo gives an old lady her flip-flops (far right). "Her face lights up," says Jo. "It puts life into perspective for me"

**A**s the ex-wife of one of the Rolling Stones, Jo Wood has stayed at some of the world's most luxurious locations. But a new-found taste for adventure has seen her go on a journey to a world as far away from five-star hotels and the rock'n'roll lifestyle as it's possible to get.

Jo exclusively tells HELLO! she recently embarked on a month-long pilgrimage across India, Tibet and Nepal, encountering physical, emotional and spiritual challenges along the way.

It is the latest dramatic change the 55-year-old has embraced since her divorce from rocker Ronnie Wood a year ago.

"I was up to my eyes with worry before I left for India," she says. "I was in the middle of a divorce and in the process of selling my home near

Richmond Park. I longed for an adventure with a big difference and this was it."

It was Jo's friend Doris La Frenais, wife of TV scriptwriter Ian, who set her extraordinary plan into motion. At her home in Los Angeles, she presented Jo with an unusual birthday present: three days at a yoga and meditation retreat with the Indian mystic Sadhguru Jaggi Vasudev.

The 53-year-old guru has been a delegate at a World Peace Summit and created the Isha Foundation, an international non-profit-making public service organisation in India, and the environmental initiative Project GreenHands. He made a profound impact on Jo.

"We talked about our lives and families," she recalls. "Although he's a spiritual man, he puts you

at ease. In Sanskrit, 'guru' means 'dispeller of darkness' and that's what he does. He leads you to a happier way of life through how you think."

When Sadhguru showed Jo a film about his pilgrimage to the 22,000ft Mount Kailash in Tibet, she was mesmerised.

"To some religions, it's the most sacred place in the world," she says. "For thousands of years, pilgrims have flocked there. I knew it would be a tough journey but that didn't bother me. It would be an experience unlike any other."

Jo is a grandmother of six with three children of her own - Jamie, 35, Leah, 31, Tyrone, 26 - and Jesse, 33, a son from Ronnie's first marriage. When she broke the news, she received mixed reactions.

"Jamie freaked out," she recalls. "You can't do



Day 3

that, Mum, it's too dangerous,' he warned. My mum was worried because there had been a train crash in India.

"As for Ronnie, I've no idea what he thought. We haven't spoken in ages."

But Tyrone wanted to go with her. "He's an adventurer, like me," says Jo.

As Jo relates in these pages from her diary, her incredible journey has given her new energy and changed her outlook for ever.

**Days 1 - 2**

A bumpy flight to Delhi, and I'm excited and scared. The last time I was in India was on tour with the Rolling Stones. Although I saw a lot of the world with Ronnie, we just drove through places

without stopping. But this trip will be a full-on experience. I can't wait.

The heat hits me as I transfer to my connecting flight – a propeller plane to Coimbatore. An Isha Foundation representative meets me and drives me to the ashram, a spiritual retreat. I breathe in the fragrant night air. There are dogs and cows in the road, and crazy driving. I've arrived.

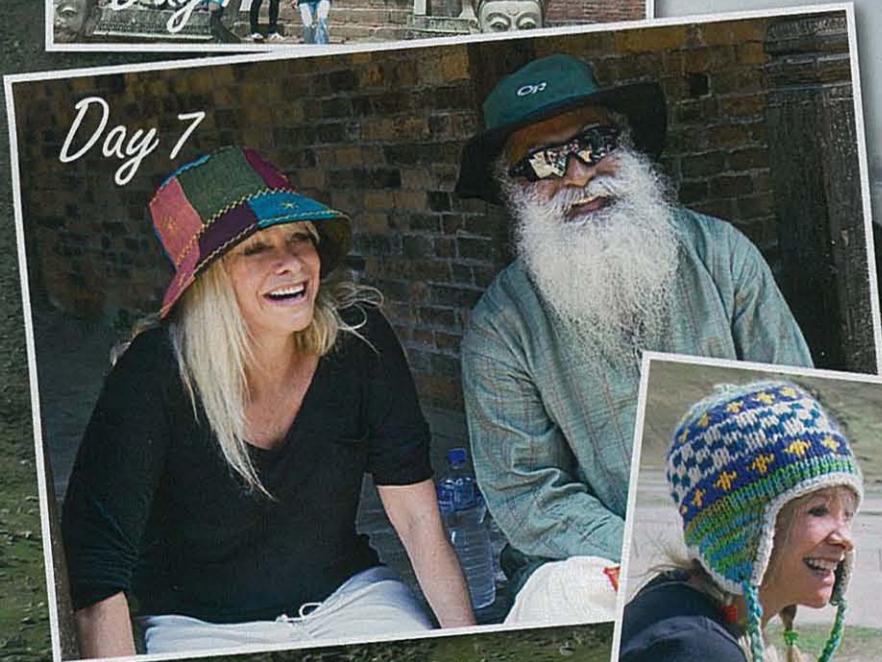
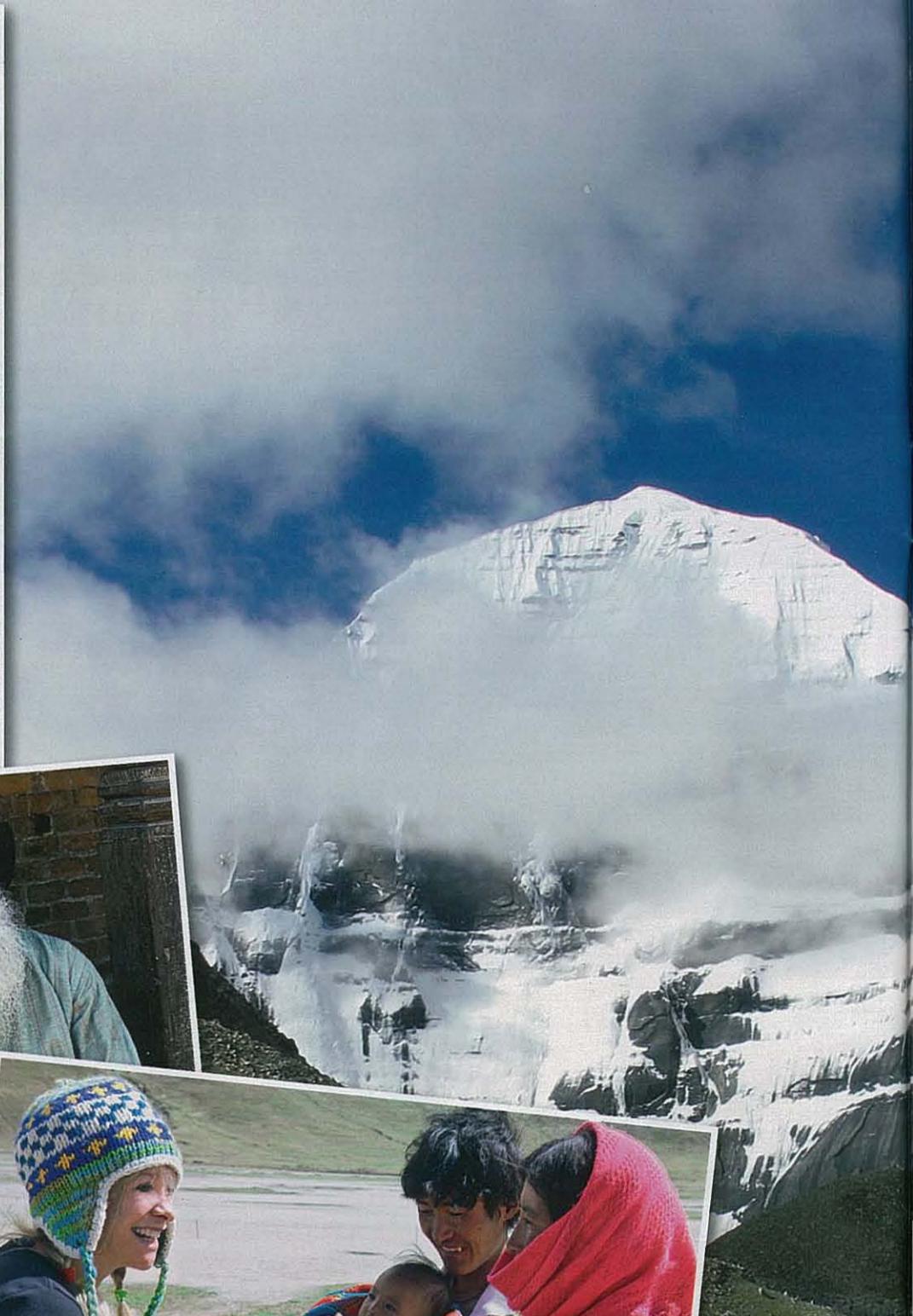
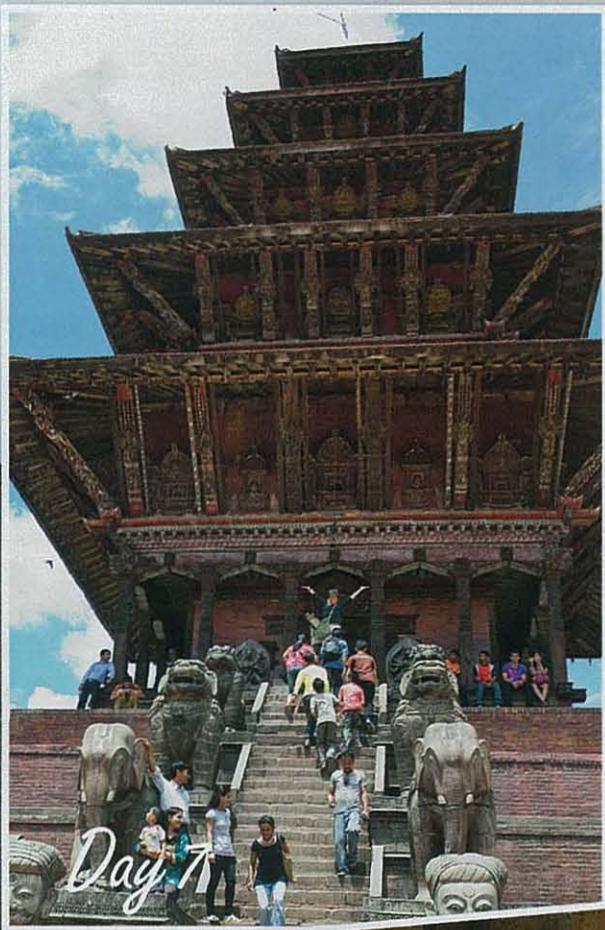
**Days 3 - 5**

I wake at 5.30am to the sound of children playing. They're taught yoga and meditation from an early age. In a programme set up by Sadhguru, the village children get at least one nutritious meal a day.

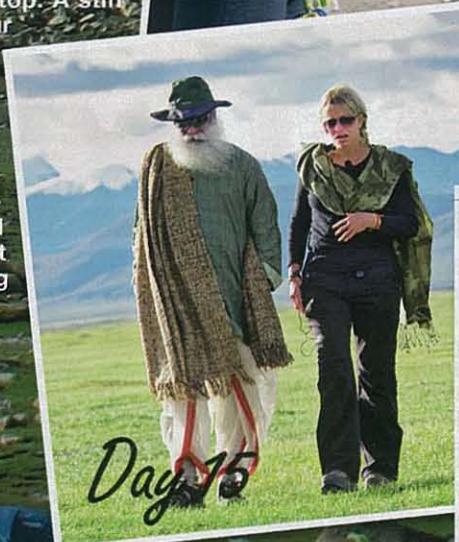
My breakfast is salad, fresh papaya, beet and seeds. The setting – at the base of cloud-topped

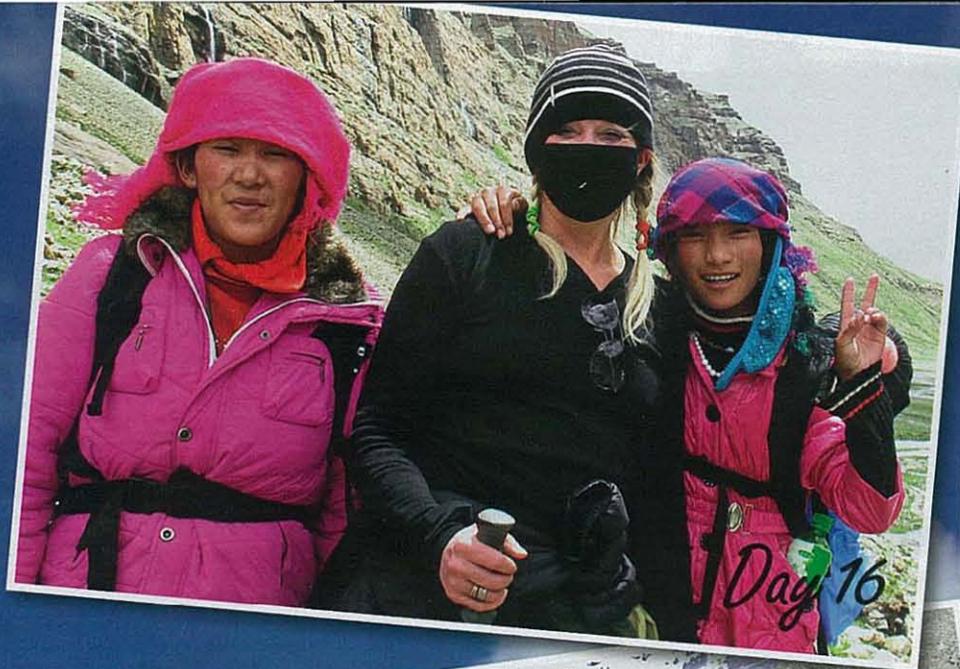
foothills – is beautiful. In the meditation hall, there are symbolic snake carvings everywhere. I'm told that snakes represent the rising energy that occurs through practising meditation. I head to the Dhyanalinga, an energy space consecrated by Sadhguru based on the principles of yogic science. I sit cross-legged on the floor and close my eyes. It's so peaceful here.

Later, I'm taken to see the devastating effects of chemicals and climate change at what can only be described as a tree graveyard. There's salt in the chemicals that farmers use and it dehydrates the soil. That's why Sadhguru set up Project GreenHands, to educate farmers, raise awareness of environmental issues and grow millions of trees. ▶



Main picture: Mount Kailash in Tibet with the expedition's camp at its foot - it was a first time under canvas for Jo. Above, from top: A stiff climb in the ancient city of Bhaktapur in Nepal - "I imagine what it was like here hundreds of years ago, when all the men wore white and the women wore red"; Jo sits beside Indian mystic Sadhguru Jaggi Vasudev - "He gives me a hat. I love it!"; rucksack packed and altitude sickness pills taken, Jo hits the road and meets a local family; a quiet moment with Sadhguru; beginning her trek to the sacred mountain





**'The pilgrimage has made me more determined than ever to enjoy everything in my life'**

I visit a Project GreenHands nursery. It's in the heart of India and we pass herds of goats and men on bicycles. Schoolgirls fill little sacks with soil ready for planting. I plant a tree. It's good to know I've given a plant life.

Driving to the Isha Foundation's mobile medical unit, we pass a little old lady who's bent double as she shuffles along the road. Her flip-flops are worn through so I take off mine and give them to her. Her face lights up. It puts life into perspective for me. A pair of flip-flops means nothing to me, but to her they mean everything.

Later, at an organic farm, I wander among the banana trees. I've been leading an organic lifestyle for many years, it's a real passion of mine, from my diet to the body products I've created, Jo Wood Organics. We have a delicious lunch – all grown on the land – with the lovely farmers.

Back at the ashram, about 200 people sit on the floor for dinner. The Sounds of Isha band play and people dance barefoot on the grass.

Up early to visit the Theerthakund, a subterranean tank filled with energised water where people take a dip before entering the Dhyanalinga temple. I change into an orange robe and walk down the steps into the water. I'm refreshed and ready for meditation.

**Days 6 - 7**

From the plane heading to Kathmandu, the mountains look like they're covered in green velvet. Later I meet Sadhguru, who asks us to walk around the hotel's golf course with him. He's spiritual but down-to-earth and tells funny jokes.

Sadhguru takes me to the 1,000-year-old city of Bhaktapur in Nepal. It's made of red brick and beautiful wood carvings, and there are temples everywhere. He asks me to imagine what it was like here hundreds of years ago, when all the men wore white and the women wore red. He buys me a hat. I love it!

**Days 8 - 9**

I meet the 40 other pilgrims. We're a big travelling family, which reminds me of when I used to tour with Ronnie. I joke that Sadhguru is like the Mick Jagger of the spiritual world, but this experience is on a different level.

I pack my rucksack with essentials and take my altitude sickness pills. From now on, guides will be monitoring my food and water intake to prevent dehydration.

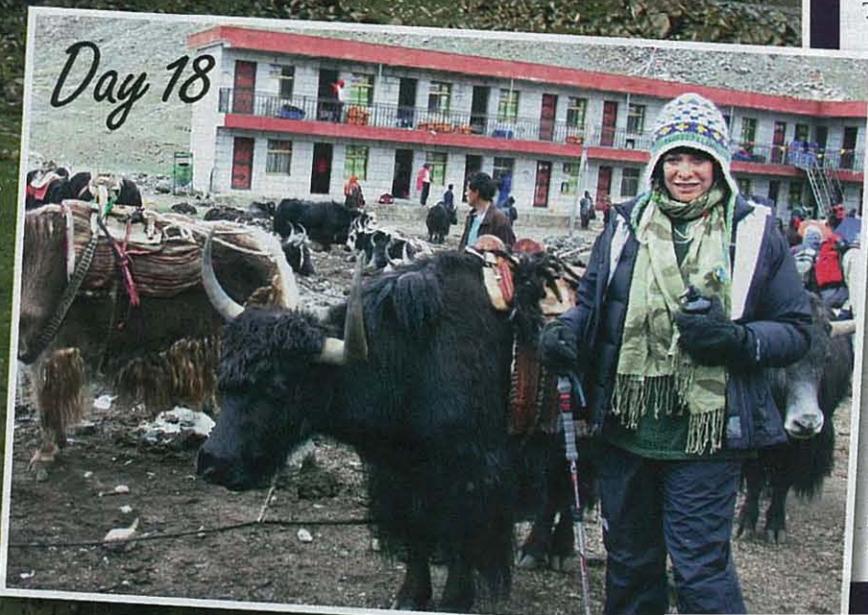
**Day 10**

The pilgrimage to Mount Kailash begins. It's a four-hour drive to the Chinese border in Tibet and the scenery is stunning, thick with vegetation and rice fields built high into the hills. Over the border at Friendship Bridge, a fleet of Toyotas waits for us. The roads are treacherous and winding, the drops deep and there are no barriers. I'm relieved to reach our hotel, however basic.

**Days 11 - 12**

A long drive to Saga where the altitude is 14,000ft and is really affecting some people. Some are fainting. I hope I'm not going to get sick. The landscape is bleak, treeless and rocky. The next hotel is more basic than the last one!

A team of Sherpas travels with us. Wherever we go they set up kitchen and cook curry three times a day. It's the first time I've ever had to eat for fuel. Before long I can't face another curry, and survive on bread, honey and porridge. ▶

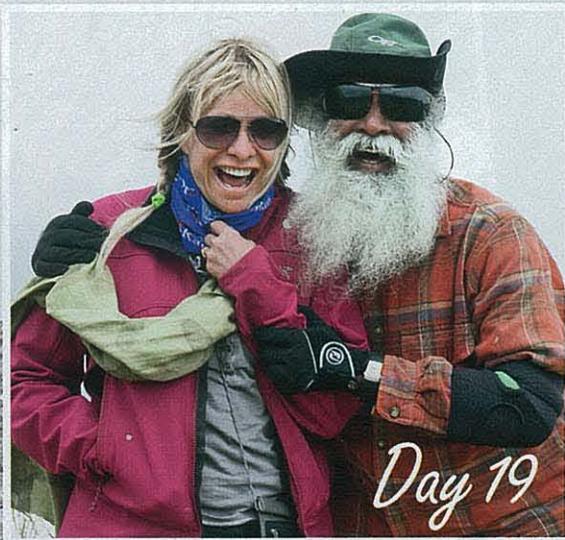


Right, from top: Jo's 15-year-old porter Cheeky carries her backback as they climb higher and higher; after Sadhguru performs "a kind of blessing", a previously "cold and delirious" Jo is full of energy as she returns to base camp; back at base there's "a beautiful sight of the sunset, sandstorms and rainbows"; getting to know the locals

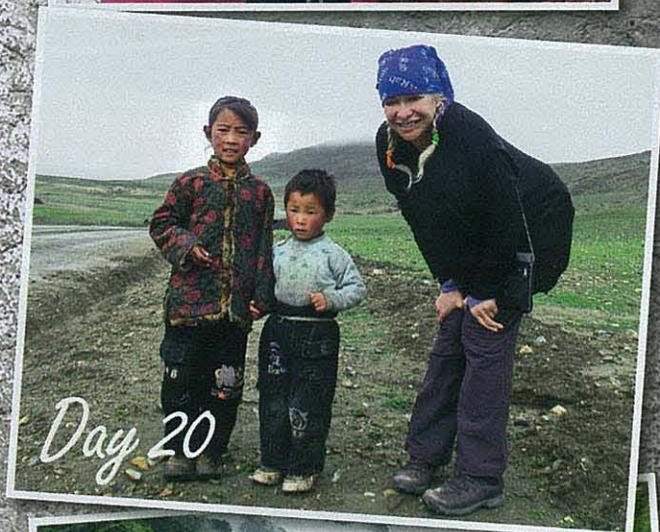


Day 20

Jo with Sadhguru (top right), who made a profound impact on her. On the return journey, she meets local children (above right) and drives along scary unmade roads (right), at one point having to climb across a mudslide with a sheer drop on one side. Afterwards, Jo says: "I've come back rejuvenated, with a new energy and love of adventure"



Day 19



Day 20



Day 21

### Days 13 - 15

It's a 17-hour drive to sacred Lake Manasarovar, the highest freshwater lake in the world. We skid over mudslides, through rivers and over sand dunes. An hour before we reach the lake, Sadhguru asks us to silently focus. He starts singing a lovely song and encourages us to join in. I sense the energy coming from him.

We stop by the lake and I witness the emotional and spiritual effect the lake has on him: tears are streaming down his face.

I sleep for the first time in my life in a sleeping bag in a tent, but am so tired that I go straight to sleep.

Sadhguru isn't happy. The lake used to be turquoise but now it's murky with mud from the construction of the roads. There's also loads of litter and plastic left by tourists around the water. It's really sad that people aren't treating this place with respect.

At the end of the day, the clouds lift and we get our first glimpse of Mount Kailash. It's so beautiful.

### Days 16 - 17

We begin our trek to Mount Kailash. My porter, a girl called Cheeky, looks about ten but she's 15 years old. "You can't carry my backpack," I tell her. But she insists and never leaves my side.

We pass rivers and boulders, and it takes five hours to reach base camp. Cold and exhausted, I climb into my sleeping bag wearing everything, including my hat.

I watch in fascination as Sadhguru stares at the mountain in a trance-like state. He's in deep meditation for hours. It takes a lifetime to reach this stage of spirituality.

### Day 18

We climb higher and Cheeky fills my bottle with pure water from a waterfall. It tastes wonderful and is full of minerals.

In a clearing, Sadhguru performs the final process, a kind of blessing. Suddenly I'm full of energy. I feel as if I could fly down the mountain as we head back to base camp.

We arrive early evening and experience a beautiful sight of the sunset, sandstorms and rainbows all thrown into one.

### Days 19 - 21

The roads heading back are wet and muddy. There's a mudslide that the Toyotas can't get over so we have to walk for 2km. One by one we climb over the mudslide, which is really scary. There's a sheer drop to my left.

"I can't do it," I say. But Akshay in our group tells

me: "If you want to go home, Jo, you have to." I take a deep breath and cross.

### Days 22 - 23

At my hotel in Kathmandu, I run a bath, my first in eight days. A luxury I've taken for granted.

### Day 24

Home! The first thing I do is remove my backpack. It's in the attic now.

The pilgrimage has made me more determined than ever to enjoy everything in my life. I've come back rejuvenated, with a new energy and love of adventure.

What's next? I fancy a trek to Mongolia and other remote places in the world. Next year I'd like to return to Mount Kailash with my son Tyrone and daughter Leah.

As for love, I don't have time for a new man but when I move in to my new apartment I know I'll meet someone really lovely. **H**

AS TOLD TO: SALLY MORGAN  
PHOTOS: IQBAL SINGH SAGGU &  
SWAMI CHITRANGA

For information on the Isha Foundation, visit [ishafoundation.org](http://ishafoundation.org). To donate now and plant a tree like Jo, visit [projectgreenhands.org](http://projectgreenhands.org).