

Your guide to intelligent lifestyle

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P120
P100 in Visayas
and Mindanao

metropoli

7 FACES OF BEAUTY L'Oreal girls

Hindy Weber-Tantoco,
Maika Evers, Aubrey Milles,
Michi Valeriano, Anne Curtis,
Jo Ann Bitagcol and
Amina Aranaz



How to give gifts with style

Seven superb Christmas lists by Gilda Cordero-Fernando,
Anton Barretto, Leica Carpo, Anton Mendoza, Patrice
Famos-Diaz, Rhoda Campos and Tessa Prieto Valdes



'MY HUSBAND LEFT ME FOR MY BEST FRIEND'

EVERYONE'S DREAM BEGINS
WITH A CHOICE...
Ω OMEGA

Get in the swim

YOU'VE got the perfect bikini, the white sand beach, industrial strength sun protection, and a divemaster with the most glorious pair of abs you've ever seen. The only problem? You can't swim.

Enter Total Immersion, a program designed even to help the most terrified and hopelessly unathletic drowning-disaster-waiting to happen. Never mind if you can barely keep afloat in a Jacuzzi. Don't worry if the sight of deep sea sends you running back to the juice bar, where the only liquid comes with tiny umbrellas. Total Immersion can help you.

First of all, Total Immersion is the most successful and comprehensive swimming program, created by Terry Laughlin and recognized



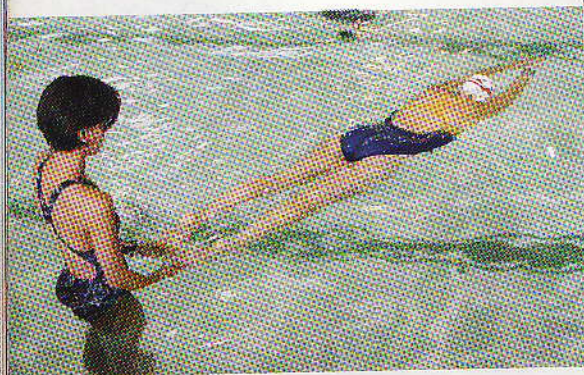
Instructor Ria Mackay (front center) and workshop participants

the womb, with the interconnectedness of all life, and the ebb and flow of the spirit. Total immersion can teach you to increase the mind-body experience through the quality of your movements. Swimming then becomes a way of achieving self-awareness, letting go, and eventually a path to flowing through life as you do through the water. Think of it as doing Yoga while getting a kick-ass tan.

Total Immersion has over a hundred instructors who have been chosen for their extraordinary teaching skills and manner—which have been further sharpened by long, rigorous training. Sign up for the program, and you'll be led by Senior Coach Ms. Ria Mackay, Assistant Instructor Al Gonzalez, and Assistant Coaches Akiko

Thompson, Franco Huvilla, Alvin Ang, and Carol Gonzales.

You can "test the waters" from the safety of your living room, through books, videos, and a free online service (www.totalimmersion.net). And if you don't have time to learn how to swim (a convenient excuse, you coward!), there are short workshops from 7-9PM to be held at Manila Polo Club on October 21 to 30, November 4 to 13, November 18 to 27, and December 2 to 11. For inquiries you may call 837-1005.



worldwide for revolutionizing and practicing "Fishlike swimming." It promises that people who take the program won't just learn how to doggy paddle, but to swim with grace, flow, economy, relaxation, ease, and precision. After all, you've never seen a *stressed fish*, right?

If Total Immersion sounds like a zen experience, it's because it is. Swimming can be a form of meditation. Many people compare the sea to the primal experience of

