

how to  
handle any  
worst-case  
scenario

FROM TRIVIAL TO  
TREACHEROUS

FOUND!

**ORGANIC  
FACIALS,  
TIBETAN  
THERAPIES...**  
SECRET BEAUTY ADDRESSES  
IN THE HEARTLANDS!

*Jeanette, 47*  
"DANCING  
MADE ME OPEN  
TO NEW THINGS"

40 BUYS  
TO UPDATE  
YOUR  
WORKOUT  
WARDROBE

GET  
HUBBY  
TO PULL HIS  
WEIGHT  
AT HOME

NO NAGGING  
NEEDED!

NEED A  
WAKE-UP  
CALL?

FOUR WOMEN  
RECOUNT THEIR  
LIFE-CHANGING  
MOMENT

THOUGHTFUL  
THANK-YOU GIFTS  
22



STYLISH  
SUNGLASSES 68



12 FOODS KIDS  
MUST AVOID 124



MEALS TO COOK,  
FREEZE & REHEAT  
146



ROAD TESTS

LOCAL BOUTIQUE HOTELS  
MANUAL CITRUS JUICERS  
HIGH-DEF CAMCORDERS  
STEAM IRONS



my turning  
point

When you're at the lowest point in your life, it sometimes takes just a moment of truth to turn the situation around. Four women tell JUSTINA TAN how they heeded their instincts and now live happier, fuller lives.

"I BECAME AS  
LIGHT AS AIR. I  
THOUGHT THAT  
IF YOGA COULD  
MAKE ME FEEL  
LIKE THIS, I  
WANTED TO FIND  
OUT MORE."

YVETTE TEE

"I FOUND ENLIGHTENMENT  
ON A BEACH"

YVETTE TEE, 38, YOGA TEACHER

SEVEN YEARS AGO, a troubled Yvette Tee decided to take a resort holiday in the idyllic Thai island of Koh Lanta Yai to contemplate a difficult period in her life — she had just made a career switch, but even more life changing was the fact that she had recently separated from her husband.

She had embarked on the trip with him, hoping to sort out their marital issues and to reconcile. At the resort, she signed up for a beach yoga session and one lesson was all it took to kick-start a new phase of her life, despite being a complete newbie.

"There were a few times when I was in posture with my eyes closed and I just felt at one with the whole world — I could smell the seawater, I could feel the breeze on my skin, I could feel my breathing and I became as light as air. I thought that if yoga could make me feel like this, I wanted to find out more," says Yvette, smiling.

In the end, the couple weren't able to work through their differences and decided to split up. Upon her return, Yvette started taking yoga lessons while undergoing divorce proceedings.

She felt so much clarity and peace of mind, and felt so good about her improved mental and physical health that she went on to teach yoga part-time, even while working as assistant director of corporate communications at Banyan Tree Holdings. Finally, in 2006, Yvette decided to follow her heart and devote her life to yoga.

Currently teaching kryoga — a form of yoga with martial arts influences — exclusively at Spaboutique, Yvette also leads regular classes at True Yoga and gives private lessons to women and corporations. Yoga, she says, helped her to open her heart and to love again — she tied the knot again last year.

Although she now earns half of what she used to, Yvette says yoga has given her riches that money cannot buy: "Yoga has given me so much — I'm more confident, I look and feel better, I am happier and calmer. I'm lucky to be able to make a living out of what I believe in while helping others at the same time. I believe all these things happened for a good reason to make me who I am today and I'm thankful for it."

### Yvette's three tips on finding inner peace

- 1 Love yourself. Without self-love, you can't love anybody else.
- 2 Be passionate about what you do. Whether you are a homemaker or CEO, find joy in it.
- 3 Be true to yourself. Don't have an image that you think people will like, but be true to who you are.