

## WEEKEND

yoga  
power

**True Yoga's CEO Patrick Wee may be one of Singapore's most eligible bachelors, but does the articulate and wealthy scion of Singapore's former Chief Justice, the late Wee Chong Jin, spend his weekends romancing women? Nope, this 42-year-old is married to his job.**

Then I'll have a shower and I'm usually in the office [near his home in Grange Road] by 10am. I'll speak with my managers to see what's going on at the various centres and then at lunchtime, I'll usually walk over to Far East Plaza for my favourite Hainanese chicken rice — I really love local food. After that, I'll do a bit of shopping. The great thing about working in town is that I can shop while walking between the centres. Shopping is a great de-stresser for me. I'd say I spend a good amount of money on clothes, shoes and watches... I'll not say how much I spend or people will think I'm very *yaya*. If I were a woman, I'd be a nightmare from hell. [We found out he has over 100 pairs of shoes, more than 10 luxury watches, and he's thinking of adding to his current car collection of a Maserati Quattroporte and Lexus RS300 SUV].

Once I get home in the evening, I'm either on my computer or I'll be on the phone with my team in other countries. If I'm back here in Singapore, Saturday evenings are reserved for my family and friends. Catching up with my friends is a big thing these days. Just this week, four of us are out of town — it's insane! We usually catch up over dinner at another person's house or at a restaurant. Most of my friends have settled down and started their own families. My lifestyle hasn't afforded me the chance to have a family yet but I definitely hope to settle down soon [sorry girls, he's attached].

You know, the problem with Asians is that we, including myself, forget that life is not all about work. We need to take time to smell the roses. That's something Asians can't fathom. That's why in the last few years, people are starting to take stock of things and rebalance their lives — to strike a balance between work and leisure. I hope more people will get to realise how important that is because before you know, you're 50 years old and it's too late. You've got to live life. It's really important." ■

Patrick Wee's True brand now spans two yoga centres, and new additions True Spa and True'Est. (Level 16, Ngee Ann City, Tower A. Tel: 6732-9555) and fitness and yoga centres in Malaysia and Thailand.

PHOTO: STEVE ZHU

"I'm always on the road. I used to travel 28 days a month when I was working in Hongkong, expanding another fitness chain in Asia. That's part of my lifestyle. So home was really a place for me to put down my bag, change my clothes, re-pack my bag for the next 20 days and off I go again. It's happening to a lesser extent here ever since I came back over a year ago and started building my True brand but I'd say, on average, I'm in about two to three countries a week. Weekends, unfortunately, are also spent working.

I put in 14-hour days at work. I wake up like clockwork every day by 8am. The first thing I do is to switch on the TV, tune in to CNN to catch up with what's happening in the morning and I'll read my papers while watching TV. By 8.15am, I'll start doing my sun salutations [a yoga routine] for about 20 minutes. My phone and TV are turned off and I'm just focusing on practising my yoga.