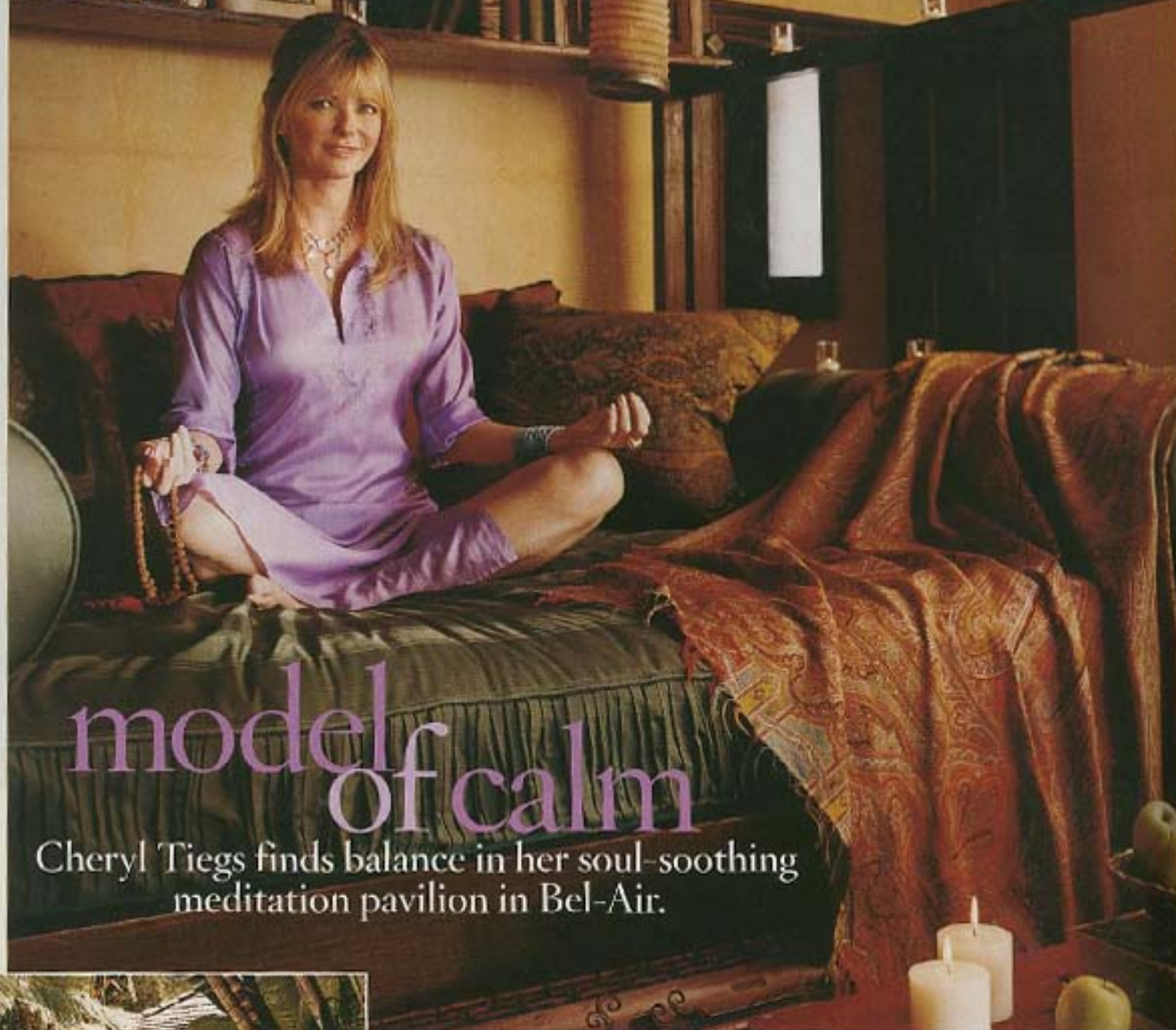


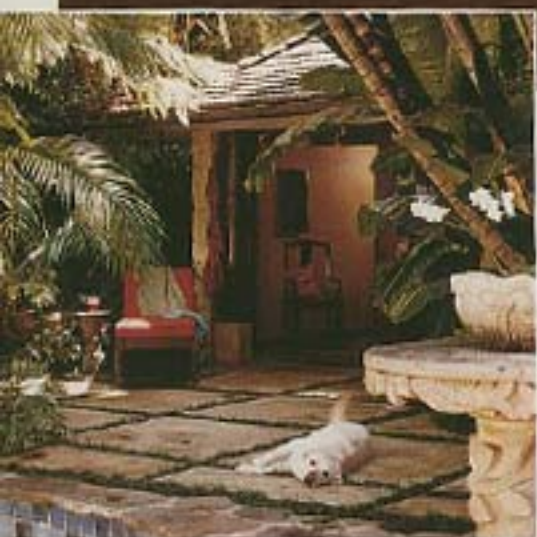
body&soul

BY JENNIFER WILSON PRODUCED BY JENNY BRADLEY



model of calm

Cheryl Tiegs finds balance in her soul-soothing meditation pavilion in Bel-Air.



Sitting back and wrapping herself in richly colored antique bed linens, Cheryl Tiegs closes her eyes and listens. Nearby, a 25-foot rock waterfall trickles into a lagoon-style pool, and birds croon from banana trees. This is the outdoor soundtrack for what she calls her "Hour of Power"—a time to escape

the world's clamor and recharge her spirit through meditation.

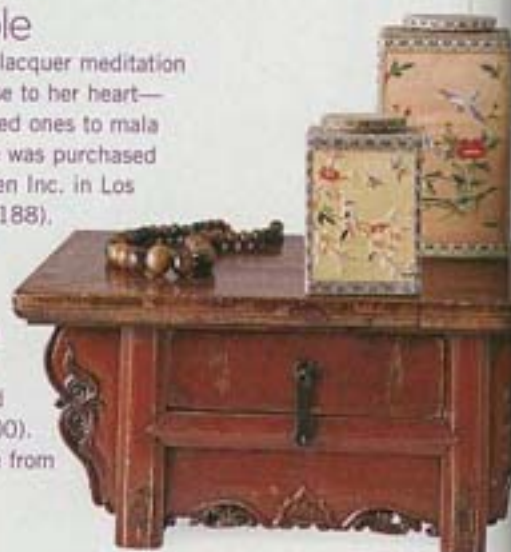
Peruse any story about Cheryl—supermodel, devoted mother to 13-year-old son Zack, and avid environmentalist—and you'll find a reference to her ageless beauty. At the risk of sounding like gossips, >

Above: Cheryl spends her "Hour of Power" perched on a Chinese wedding bed enveloped in luscious throws and pillows. **Left:** Big Boluga, Cheryl's Labrador Retriever, guards the pavilion.



tranquil table

Cheryl loads her red lacquer meditation table with items close to her heart—from letters from loved ones to mala beads. Cheryl's table was purchased from Charles Jacobsen Inc. in Los Angeles (310/652-1188). **Right:** Chinese side buffet, \$250, and Chinese silk tea boxes, \$65 for small and \$195 for large, from ABC Carpet and Home (212/473-3000). Dark amber necklace from Dō Kham, \$950 (212/966-2404).



body&soul

plush paisley

Interior designers Martyn Lawrence-Bullard and Trip Haenisch piled the space with plentiful paisleys, including pillows from design firm Martynus-Tripp's "Pasha" fabric, available through Kathryn Ireland showrooms, to the trade only (310/315-4351).



This space is a jewel within the city.
A little pocket that is such a special part of the world for me. —CHERYL TIEGS

we think we may have stumbled across her fountain of youth: a lush meditation pavilion situated on the Balinese-flavored Bel-Air property she calls home. "It's a special pocket of the world for me," says Cheryl.

You probably know Cheryl as the woman who defined the "California look," appearing three times each on the covers of *Time* and the *Sports Illustrated* Swimsuit Issue during a career that continues to thrive gracefully. What you may not know is that the 58-year-old beauty's business savvy helped launch both clothing and skin-care lines as well.

Between parenting, work, and numerous philanthropies—not to

mention the yoga that keeps her camera-ready at a moment's notice—Cheryl has a hectic schedule that makes her cherish her afternoon meditation time. She closes the meditation-room blinds and situates herself on the intricately carved Chinese wedding bed that dominates the space. "I close my eyes and listen," she says, "first to the sounds farthest away, such as airplanes or traffic, then to the sounds just outside, such as birds and the breeze. Finally I focus on my own breathing and just let myself go. I don't try to control it."

"An hour is a necessity for me, but I know for some that's a luxury. Just take whatever time you can set aside for >

zen storage Store meditation beads, incense, and treasures in vivid boxes or pagodas. Red lacquer pagodas from Jalan Jalan, \$325 for large and \$195 for small (305/572-9998).



"It's a total Zen zone."

—MARTYN LAWRENCE-BULLARD

yourself, and don't use your children as an excuse not to do it," she adds, chuckling. "In fact, sometimes my son even reminds me that it's time for my Hour of Power."

Inside, the pavilion's hushed essence is the work of interior designers Martyn Lawrence-Bullard and Trip Haenisch of the design firm Martynus-Tripp. To create the perfect space for solitude and reflection, the two enveloped the 16x16-foot room in rich, soothing colors and textures.

"It's a total Zen zone," Lawrence-Bullard says. The pavilion's basic elements could easily be incorporated into most homes. Natural materials—here, sea-grass rugs on the floors and Japanese tea-stained rice

wallpaper—provide calm. Just outside the door, there's a trailing jasmine that infuses the space with a hint of its fragrance.

A meditation table, readily found in most Asian antique shops, adds mystique. Cheryl adorns hers with meditation beads, candles, incense, Buddha images, and letters from her son. "Anything that creates a personal shrine of your most important things will work," says Lawrence-Bullard.

It's certainly worked for Cheryl. "I walk around with a calmness inside that I didn't have before," she says. "It's always there. It stays with me."



mood lighting

Cheryl uses an antique lantern and candlelight to set the peaceful meditation mood. These new pieces will do the trick just as well.

Left: Odalisque lantern (33x12 inches) from Imports from Marrakesh, \$375 (212/675-9700).

Below: Silver-plated lotus candle stands, \$100-\$291, Odegar (212/545-0069).



cheryl's charities

A dedicated environmentalist, Cheryl is an advocate for the **Campaign for Old-Growth (CFOG)**, which works to preserve old-growth trees, many of which have been standing for thousands of years—long before the onset of commercial logging began threatening them in the 1800s. She expounds on the cause: "We must honor the environment for everyone's good. Mother Nature has to be respected in order for human beings to survive." (Visit www.ancienttrees.org to learn more.) Cheryl is also a board member of **Community Outreach Assistance for Children's Health (COACH)** through Cedars-Sinai Hospital in Los Angeles, which delivers health services to impoverished and homeless children (www.csmc.edu), and **Earth Conservation Corp.**, which pairs at-risk kids with environmental work projects for pay plus benefits (www.ecc1.org).



outdoor om

Cheryl's backyard is as soothing as the meditation pavilion it harbors. Umbrellas festooned with red fringe flank a table set for serenity. Cheryl's Lab, Big Beluga, savors the space.

