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May 24th, 2020 - ä•"ã•@dvdä•- á•€ã•~ã•• terry laughlin æ°•ã•«ã•,^ã•,< extraordinary swimming for every body ä•@æ-ã•"ã•,€ç•'ã•«è|<ã•,<ã•"è%-ã•„ã•šã•™ ææ-ã•@æ-¹ã•-

usaã•<ã•,%ç>´æž¥è²•ã•†æ-¹ã•€ã•@ã•„ã•šã•™ total immersion æ³³æ³•ã•«ã•,^ã•,<ã•,~ã•fã•f¼ã•f«ã•@æ³³ã•žæ-¹ã•€ã•†ã•¼ã••èª-æ~žã••ã•,€ã•|ã•„ã•|

ã•žã•š>ã•«æ³³ã••ã•žã•,ã•«ã•"ã•|ã•,,ã•,èçã•«ã•ªã•,šã•¼ã•™ çš•ã•- éçã••æ³³ã••ã•,^ã•,šã•,, ä•@ã•,"ã•ªã•,šã•"é..ã•.. ' ' **EXTRAORDINARY SWIMMING FOR EVERY BODY A**

GUIDE TO

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day program includes lunch and 6 activities such as body exfoliation hydrotherapy and thai massage do check with your local guide if it s possible to make a stop at bor'

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'extraordinary Swimming For Every Body

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'swimandtri extraordinary swimming for every body a guide

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'the surprising truth about training the same muscles two

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For Triathletes And Open Water Swimmers'

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'12 most extraordinary pools in the world

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