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NEWS & CONGRATULATIONS LOS ANGELES

Yoga Works New Studio by the Sea
Celebrate the opening of Yoga Works new Pacific Palisades studio on March 3 with a full day of donation-based classes, refreshments, raffles, and prizes up to \$125 in value. All donations will go to the nonprofit environmental organization Heal the Bay. Yoga Works has committed to maintain the integrity and beauty of its former resident, Seva Studio. Congrats to Yoga Works continuing their prolific expansion. Talk about a model that works!
yogaworks.com, healththebay.org

Trans Fat Free Nation
After a month of inquiry into legal issues, Los Angeles health officials determined it was against California's constitution to institute a law banning trans fat. The compromise is to enact a voluntary prohibition, in which restaurants that choose to eliminate the fat may receive a decal that identifies themselves as trans fat free. Thus far no restaurants have resisted eliminating trans fats despite the lack of legal mandate. This same trend is expected to spread throughout California.

In addition to local restaurants, bold acts against the artery clogging fat are being waged by corporate giants: Universal Studios, The Walt Disney Company, Kraft, Taco Bell and Starbucks; all of whom plan to eliminate trans fat on their menus by the end of the year. Certain health advocates advise that while trans fat is a toxic substance, simply eliminating it from already unhealthy foods

does not render them nutritious. Now you can choose for yourself!
newstarget.com/health

A Greener Shade of Wal-Mart
To kick off 2007, Wal-Mart pledges to sell 100 million energy efficient light bulbs by year's end. Wal-Mart recognizes that compact fluorescent light bulbs (CFLs) are a fantastic way to save energy and money, so the megastore has made a commitment to providing more access to these affordable, sustainable goods. This ambitious campaign itself will benefit the environment and families around the world.
walmartfoundation.org

MySpace for the Eco-Set
Ecobuzz.net is a new online social eco-network providing a global platform for all those concerned about the earth to speak out, promote their causes and unite to save the planet. The site can be used as a business-networking tool or as a conscious cyber community featuring member blogs, photos, classifieds and chat boards. In only two months, the site has inspired members from across the world to join, including UN employees, Hollywood heavyweights and people like you!
ecobuzz.net

Calabasas Welcomes New Lululemon Store
Lululemon Athletica, a yoga-inspired athletic apparel company, invites you to the grand opening celebration of its new Calabasas Commons location on March 22. The daylong event will feature a morning

community news & congratulations

yoga class at 10am, a barbeque at 11am and live entertainment starting at 4pm. Some lucky partygoers will be gifted yoga mats and goodie bags.
4799 Commons Way, Calabasas, CA 91302
lululemon.com

To-Go in Peace
After much anticipation, the Santa Monica City Council has officially enacted an ordinance to ban all non-recyclable plastic food containers. Now, city restaurants must provide compost-able food containers to all patrons in an effort to further preserve Santa Monica through sustainable methods.
smgov.net

**Sacred Energy Arts Center
Opens its Doors**
Congratulations to Sacred Energy Arts Center, a new studio in Santa Monica at 220 Pier Ave. off of Main Street on their grand opening. The Sacred Energy Arts Center was founded by multi-talented master teacher Matthew Raymond Cohen. Matthew has been teaching for over twenty years and has been at Exhale/ Sacred Movement since its opening. Matthew has also studied and taught abroad in many countries such as Japan, India, China, Thailand, Singapore and Sweden to name a few. Matthew's approach to his center is based on a Taoist philosophy and incorporates Tai Chi, Chi Kung, Flow Yoga and Meditation. All disciplines can stand alone or can become a unique offering of healing, and awareness through energy and spiritual cultivation by practicing them together. Matthew's multi-disciplinary approach to health and self-development has much to offer yogis who want to go deeper.
220 Pier Street
Santa Monica, CA 90405
310.403.3124
sacredenergyarts.com



Enlightened Concierge—Nirvana Without Any Nuisance!

You said 2007 would be the year you invested in your wellness in a real, personal way and you would find the right people to help you make a change. Maybe that hasn't happened yet, but don't beat yourself up. It can be tough to know where to turn for a good meditation

teacher or how to find a knowledgeable Ayurvedic chef. If only there were a spiritual Yellow Pages to find such things.

Seeking a powerful and personal practice to enhance one's life is a vulnerable endeavor as it is, so to make the search itself more grounded and full of ease, CEO and visionary Brian Mahan created Enlightened Concierge—an innovative new service which acts as your personal referral for an array of holistic health care and wellness services, and it sends these professionals right to your door. The agency provides classic concierge services, from personal assistants or dog walkers to yoga teachers and alternative medicine specialists. Enlightened Concierge builds

their database of healers and helpers through a rigorous screening process to insure only the most experienced, licensed professionals will be considered for recommendation.

When you sign up, the Enlightened Concierge management team will access your goals and needs in detail and will not only match you with a highly qualified service provider, but someone who will bring you optimal health and satisfaction. So whether you are looking for a private Pilates coach or a psychic advisor, let Enlightened Concierge do the leg work for you. It's not too late to keep those resolutions. Enlighten up!
enlightenedconcierge.com

Be good to yourself and be well!

enlightenedCONCIERGE
Quality of life. Simplified.

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May our paths cease to cross, and instead, become ONE!