



Hidden Gems Event

BODY, MIND & SPIRIT

A Commitment to Yourself



FRIDAY, JUNE 4TH TO
SUNDAY, JUNE 6TH, 2010



Maggie's Fashion Underground
Maggie Walt Design
11217 Jasper Avenue

We've brought together a whole new set of hidden gems for you to enjoy in this collaborative celebration committed to nourishing your body, mind & spirit.

Anna Beaumont, Voice and Body Awareness

Catherine Potter, Teacher and Astrologist

Deborah Anzinger, author of *Cook Earth's Aromatique*

Focus On You Day Spas

Grady Wine Marketing

Integration Pilates Studios

Lion's Breath Yoga & Pilates

Nomadic Tapestries Middle Eastern Dance Company

Optimum Health Vitamins

Patti Tucker, Soul Coach

Usha Gupta, East Indian Dancer

Wellington Garden Centre

Enjoy daily performances, activities and experiences all designed for connection and renewal in this celebration of personal growth and commitment. See the back of this card for the schedule. All this is being held in Maggie's Fashion Underground where you can drop in anytime throughout the weekend, no reservations are required.

Purchase your Hidden Gems Commitment book from any of these participants for **\$10**. Not only is this book your ticket to the weekend's activities it is filled with valuable coupons for you to use and enjoy.

All proceeds will go to support i-India.
www.i-Indiaonline.com

Maggie Walt
design

Hidden Gems Schedule

Friday, June 4

- 6:00–7:00 **Catherine Potter**
Feeling Aligned and In the Flow! Part 1
- 7:00–8:00 **Lion's Breath Yoga & Pilates** R&B Yoga Flow—experience yoga set to music. All levels welcome. Fun, fun, fun!
- 8:00–8:30 **Lion's Breath Yoga & Pilates** Acro-Yoga demonstration combining yoga and acrobatics for a Cirque du Soleil-esque performance!
- 8:30–9:30 **Nomadic Tapestry Middle Eastern Dance Company**
Belly dance class
- 9:30–10:00 **Nomadic Tapestry Middle Eastern Dance Company**
Belly Dance Performance and Celebration of our Hidden Gems!

Saturday, June 5

- 10:00–11:00 **Wellington Garden Centre**
Planting and Pairing Herbs in the Garden
- 11:00–12:00 **Optimum Health Vitamins**
Learn how to feed your skin and starve your wrinkles!
- 12:30–1:30 **Patti Tucker, Soul Notes**
Treasures of the Soul—begin the journey to the center of your soul.
- 1:30–2:30 **Integration Pilates Studios**
Pilates Intro Mat Class—developing strength, flexibility and connectedness.
- 3:00–4:00 **Deborah Anzinger, author of Cook**
Secrets to engage and enhance your family's kitchen attitude.
- 4:00–5:00 **Focus On You Day Spa**
The truths and myths about esthetics and skincare in the 21st century.
- 5:00–6:00 **Sandi Hollas, Grady Wine Marketing**
Syrah/Shiraz wine tasting class
- 6:00–7:00 **Usha Gupta, Usha Kala Niketan Studio**
East Indian Dance and Music Workshop
- 7:00–7:30 **Usha Gupta, Usha Kala Niketan Studio**
East Indian Dance Performance
- 8:00–10:00 **Anna Beaumont** This internationally-celebrated singer-songwriter will be giving an intimate performance at the Fashion Underground!

Sunday, June 6

- 10:00–11:00 **Integration Pilates Studios**
Pilates Intro Mat Class—developing strength, flexibility and connectedness.
- 11:00–12:00 **Anna Beaumont**
Express Yourself Voice and Release Class
- 12:30–1:30 **Lion's Breath Yoga & Pilates** R&B Yoga Flow—experience yoga set to music. All levels welcome. Fun, fun, fun!
- 1:30–2:30 **Catherine Potter**
Feeling Aligned and In the Flow! Part 2
- 3:00–4:00 **Earth's Aromatique**
Make and take home a nourishing, organic bath truffle.