



mind.body.spirit

The Why

Yoga changed my life. It's that simple.

I worked for 10 years in the Fashion Industry in New York City.

One day I woke up and asked if my career was aligned with my core common values and my soul's purpose.

....and they sold my rent controlled apartment in Brooklyn, so I was going to be homeless...



The Why

So I looked deep within myself and asked several questions:

- What did I want my life and my work to look like?
- What did I want to spend my day doing?
- What filled me with passion like Fashion once did?
- What could I be doing that was not only for myself and my future but that could also be in service of others?

The Answers

- All answers lead back to Yoga. It's worth repeating.
Yoga changed my life.
- It taught me to be in the PRESENT.
- It taught me to BREATHE.
- It taught me to LISTEN.
- It taught me the power of MEDITATION.
- And it taught me that I didn't need to be thin or beautiful or flexible, I just need to be me and to show up.

The Answers

- So why a Café?
- It's the new gathering space. It's where community congregates.
- My idea for the café is to serve Healing Coffee, Teas and Herbal Concoctions. So the whole space becomes a Holistic Health Center.
- Also, I love spending my time connecting with people so how do I get people to come hang out with me all day at my studio? Offer them coffee.....

The space I envision

- The studios I love have a simple, calming vibe. They're not overly stimulating. They're easy. They feel like home. They're a place you immediately walk into and feel a sense of peace, calm and zen.
- It's in a historic building so I want elements that reflect the history balanced with a clean modern feeling.
- I don't want the space to feel too EASTERN or too "YOGA". I want it to feel contemporary. I want anyone to feel safe and comfortable in the space.





NEEDS

- YOGA STUDIO – need a big enough studio to fit 15-20 people with enough space in the studio for the yoga props:
 - Meditation pillows
 - Yoga Mats
 - Yoga Blocks
 - Blankets
- “LOCKER” SPACE – a place where people can remove their shoes, hang their coats and belongings while they’re in class

NEEDS

- CAFÉ – prep/kitchen space
 - POS System
 - Espresso or Coffee Machine
 - Water Boiler
 - Vitamix
 - Dishwasher
 - Double Sink
 - Ice Maker
 - Customer Facing Refrigerator
 - Under the counter refrigerators
 - Filtered Water Source
 - Storage for Herbs, Teas, Coffees, Cups (ceramic and to go)
 - BACK STORAGE – paper goods, inventory for retail space, herbs teas coffees, cleaning supplies, etc

NEEDS

- CAFÉ – CUSTOMER SPACE
 - Landfill/Recycle/Compost Receptacle
 - Beverage Center – milks, sweeteners, lids etc
 - Seating
 - RETAIL SHELVING – for teas, herbs, ceramics, books etc.

BUDGET

- I have budgeted 20K for Build Out – including all materials, labor, appliances and machines needed.



THE GRAND TOUR



QUESTIONS?