

^{iaedp} *Annual Chapter Gala* 2016

EXHIBITORS



Lucky Cat Social Art is Tucson's most creative art studio for paint parties and crafting events.

Station Activity: Lucky Cat Social Art will teach attendees how to paint rocks to look like cactus. Painting is so relaxing!

Donation: Get ZEN at Lucky Cat Social Art with an entry for two to any of our public classes and two t-shirts. (\$100 value)



Young Living is the world leader in essential oils. Come check out our table and learn about how to support your wellness with toxin free essential oils and products.

Donation: Wellness in a basket! DIY products made with essential oils to support all areas of your life.



Motus Performance is a modern private training facility that uses leading edge strength and conditioning methods in coaching athletes and clients to move more efficiently for better performance, life-long health, and confidence in sport, recreation and activities of daily living.

At the Motus Performance booth we will be providing a balance, posture and a dynamic movement assessment using our 3 dimensional bio-mechanical motion capture system, including results report with key exercise and soft tissue management recommendations for improving participant's movement.

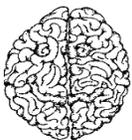
Donation: A movement improvement essentials duffle bag filled with Foam Roller, Massage Stick, Lacrosse Ball, 3 Mini-bands, water bottle, MP T-shirt and instruction sheet for best uses.



Tucson Village Farm is an education-based urban farm that reconnects youth to a healthy food system, teaches them how to grow, prepare, and eat fresh food, and empowers them to make healthy life choices.

At our booth: Jump on the blender bike and make a delicious green smoothie while getting a little exercise at the same time! And plant a kale or lettuce seed to take home and cultivate on your own.

Donation: A gift basket with some of our hand-crafted TVF gifts (soap, hand-painted dish towels, popcorn cobs/bags, t-shirt, honey, U-Pick gift certificate, etc.) Seasonal produce will also be included.



Integrated States LLC

Integrated States conducts trainings and private sessions for the program Bal-A-Vis-X, a brain integration program developed by Bill Hubert.

Our mission is to teach Bal-A-Vis-X to people of all ages so they may integrate their brain and body to reach their full potential.

Station activity: Ongoing discussion and demonstrations of Bal-A-Vis-X (Balance, Auditory, Vision Exercises)

Donation: The book “Resonance” - The story of Bal-A-Vis-X (Balance, Auditory, Vision Exercises) written by the creator, Bill Hubert. Also included in this raffle prize is a large t-shirt with the Integrated States Logo.



STRENGTHENING KIDS & COMMUNITY
THROUGH ANIMAL INTERACTION

Therapeutic Ranch for Animals and Kids (trak) is a not-for-profit program strengthening kids and community through animal interactions.

Station activity: Guests will be able to hold, interact and enjoy the special presence of a variety of small animals. The animals are all donated or rescued as part of TRAK’s therapeutic mission. Information about volunteering, programming, and upcoming events will be available.

Donation: A family membership value of \$150 AND an hour and a half trail ride for 2 valued at \$150.



Massage from Remuda, more information forthcoming



MINDFULNESS
education exchange

The Mindfulness Education Exchange, drawing from ongoing research and creative educational approaches, develops and delivers effective and innovative mindfulness training programs.

Station activity: Participate in short mindfulness activities like making stress balls or do short mindfulness practices like listening meditation. Find literature on programs and services The Mindfulness Education Exchange offers. Browse mindfulness resources.

Group activity: Mindful Eating: Do you eat fast? Do you eat slowly? How often do you sit down and direct your full attention to what you are eating? Let's do an eating meditation together and discuss the benefits.

Relax Into The Body: Have a seat. Get comfortable. Shut your eyes and relax as we lead you through a short, guided visualization to help you come into the present moment. You may find that you feel much refreshed afterward.

Donation: Either a coupon for a free workshop (or a free video)



Verve is an exclusively Aveda salon that helps you discover the secret of your personal style

Station activity: Participants will be receiving Verve's signature moments of wellness that are stress relieving rituals performed with Aveda essential oils. The AVEDA Rituals offer a high touch experience and gives participants the opportunity to learn about self-care. It's as easy as breath, aroma and a nurturing touch to assist you in really taking a moment for yourself and experiencing wellness.

Donation: A basket that consists of 1 Smooth Shampoo, 1 Smooth Conditioner, 1 Hold Hair Spray, 1 Boost, 1 Sugar Free Mint, 1 Gadabout \$40 Gift Certificate for Hair Service, 1 Gadabout \$30 Gift Certificate for Skin Service. Value: \$148



The Yoga Connection is Tucson's only Non-Profit Yoga Studio and Bookstore. Offering yoga, meditation and astrology classes, private sessions and massage. The studio offers opportunities for personal growth both spiritually and

physically in a safe and welcoming environment. By recognizing the connection between the body and the spirit the teachers are able to offer safe invigorating classes along with peace and relaxation."

Station activities:

2 class descriptions:

Beginning/continuing: offers variations on the postures for mixed level students.

Gentle: Slow paced, emphasis on breathing, relaxation and gentle stretching.

Donation: A "6 class card" valued \$60. They never expire.