

Community News

If you have a new business or a news item about your business, please send it to: editor@newspiritjournal.com. We print as many appropriate items as we can.

Dance To Wellness offers weekend dance retreats

Dance to Wellness, a new Kirkland-based company, is taking a unique approach to helping stressed-out Washingtonians embrace a healthy lifestyle. Backed by health-conscious organizations like Dance Voyage Studio, Pioneer Organics, Experience Shoes, and many others, Dance to Wellness offers off-the-beaten-path weekend retreats that reconnect people with their health, rejuvenate their spirit, and help them recharge their batteries, all through the unique mix of healthcare education, dance and communal dining. Dance to Wellness is addressing the needs of today's health-conscious consumer. Consider these trends:

- Today's hectic pace is forcing Americans to forego their two-week vacations for long weekends and shorter getaways.

- As technology is disconnecting people from real



Andre Yeremin and Zoya Kuznetsova of Dance Voyage Studios demonstrate the latest dance moves at Dance to Wellness retreats.

human interaction, there is a growing need for real community. Communal dining is a revived trend that is meeting this need. Restaurants like the Bonefish Grill chain in Bothell and Seattle, and upscale destinations like the Herbfarm in Woodinville have acknowledged the trend and now offer communal tables.

- With the move to embrace green and clean, people are looking toward organic choices and local produce.
- The hit celebrity-reality show "Dancing with the Stars" has made ballroom dancing popular again.

"People are stressed and overworked. Over-indulging in eating has become a primary social activity," says Sergey Podlazov, founder of Dance to Wellness. "Today's medical care system targets symptoms rather than causes of health issues. The social aspect of our retreats is based on the fundamental belief that high tech cannot replace high touch. We have also incorporated dance because of its many known health and social benefits. We are looking to drive a culture shift." And clients are seeing results. "I had tried taking dance lessons before, but I couldn't find any instruction that met my needs," said Dance to Wellness client Ilya Pistryakov of Kirkland. "The Dance to Wellness retreat got me started in one weekend and inspired me to continue with my dancing after the weekend was over. I also learned a few useful things about health and nutrition that I am applying in my daily life now."

All Dance to Wellness retreats offer dance classes, wellness counseling, therapeutic massage and an organic menu that participants prepare and eat together. The next Dance to Wellness retreat will be held November 16-18 on Whidbey Island. Learn more at www.dancetowellness.com.

Dicksion receives coveted award

Rhonda Dicksion, co-publisher of New Spirit Journal and owner of Indigo Dog Design, just returned from two days in Yakima, Washington where she attended the Washington Newspaper Publisher's Association (WNPA) annual convention. There she was honored to receive the Dixie Lee Bradley award, which is not awarded every year. Here is a description of the award:

Dixie Lee Bradley served members for 45 years as associate director of WNPA. This award, conceived in 1996, symbolizes her devotion to and passion for community newspapers. It recognizes newspaper staff mem-

bers who work long and hard, often behind the scenes, to see that the best possible community newspaper is produced and distributed each week.

Among the selection criteria is a demonstrated record of consistent, quality work over a considerable time period in any facet of the

community newspaper industry, from production and circulation through front office support.

The award was an engraved crystal plaque, and a check for \$500. Congratulations to Rhonda from the New Spirit Journal Community.

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