

Wednesday
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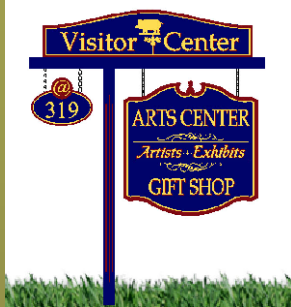
NEWS

319 Main

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RE-BALANCE 319 Main - Suite 110



UNITY YOGA

Sarah Kennedy's journey began in 2006 when she discovered yoga through the Luter YMCA in Smithfield, Virginia. Yoga quickly became her passion, the one thing she could not do without, and a healing, energetic, positive influence in her life.

After participating in several classes, Sarah completed a weekend training program with YogaFit© and began volunteering at the YMCA. Over the next 18 months, she accumulated the 200 hours necessary to become a Registered Yoga Teacher; however, she was realizing that her learning had just begun.

Sarah has since trained with Shiva Rea, Barbara Benagh, Gary Kraftsow, and many other accomplished teachers. As a yoga instructor, she has over 1000 hours teaching and another 1000 hours of self-study through publications, audio books, and training videos. This breadth of experience and thirst for personal development ensures that she is continually learning and inspiring her students to fully experience yoga. 319

Experience yoga. Call Sarah 757.390.0937

Special Interest Concepts:

- Succeed in 2010!
- Park to win.
- Spread the word of all the opportunities at 319.

Individual Highlights:

- Unity Yoga 1
- Be @One 1
- Smithfield2020 2
- PARKING! ☺ 2

BE @ONE

319 Main – Suite 109



RELAX - UNWIND at 319 Massage Therapies

Terri D. Smith is a nationally certified massage therapist. But that doesn't begin to describe Terri; how about for starters cool, fun, eclectic and always with that megawatt smile!

Born in South Bend, Indiana, Terri soon moved to one of the great cultural centers of the east, Pittsburgh, PA. She graduated from high school with honors and enjoyed cello, musical drama; theatre, dance, English and equestrian pursuits. She made the move to Virginia in 1997 and apprenticed to a Master Herbalist in Norfolk for 5 years to become a Certified Herbalist. She then attended Virginia School of Technology in Virginia Beach in 2000 to become a Certified Massage Therapist.

Practicing yoga/palates (as a certified instructor since 1999) and massage and herbal medicine enabled Terri to become employed at some of the premier gyms, palates studios, dance centers and of course, spas in Hampton Roads, Changes Day Spa, Bally's Health & Fitness, Body 'N Soul Palates, and YMCA's across the region.

Recently Terri has been restoring her home, built in 1950, and working at a horse farm providing care for ten horses. She is part of the stable staff at Grazin Acres Therapeutic Riding Center in Sedley.

319

- Right Move Realty •
- Global Trade Consulting •
- Unity Yoga •
- CBX Modular Homes •
- @1 Massage Therapies •
- Absolute Mortgage, Inc. •
- WestStar Mortgage •
- Prudential TOWNE REALTY •
- Linda R. Lytton LPC LMFT •



"Daring ideas are like chessmen moving forward. They may be beaten, but they may start a winning game.."
-Goethe

SMITHFIELD 2020

Historic Downtown Smithfield Looks Toward the Next Decade

Smithfield is a great hometown with rich historical roots deserving of a vibrant commercial and cultural environment for current and future generations to cherish and for visitors to experience.

To deliver on that vision, several initiatives - some suggested by an economic development consulting firm's study, most suggested by our residents, shop-owners and visitors - were launched in 2009. The initiatives involve a great mix of people and organizations

from the public and private sectors.

The project's initiatives range from attracting new businesses to developing activities that celebrate Smithfield's cultural heritage. The first project phase is a triage of the many identified initiatives to ensure the definition, scope, funding and ultimate delivery of each.

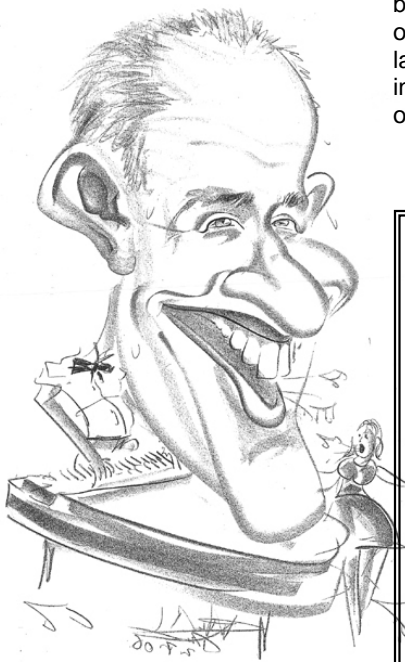
The geographic scope of the project is the Smithfield Historic District, roughly cornered by the Smithfield Center, Smithfield Station,

Windsor Castle and the intersection of Main Street and the Route 10 Bypass.

Why is the project called "Smithfield 2020"?

Two reasons: To imply clarity of vision - everyone involved has a shared commitment to where the initiatives are going. And to set expectations - while not all projects will take ten years to complete, reality says many initiatives will be multi-year projects and some will be delivered in phases. [319](#)

www.smithfield2020.org



Terri cont'd from page 1

Terri is now in pursuit of her license to perform therapeutic massage and acupressure on horses, called Equissage.

@1 was developed in September 2009 with the encouragement of Terri's mother. She felt it was time for Terri to pursue her vision of bringing quality alternative therapies to the Smithfield mix. After seeing 319 Main, she knew it was right. Charmed by Smithfield's quaint, quiet uniqueness Terri decided to set up shop on Main Street. @1 Alternative Therapies has given her the freedom to practice alternative therapies in an environment created without the distraction of trends and commercialism, so as to really adapt and focus on the clients' needs in therapy.

"My client is my partner" says Terri. "I'm not doing all the work during a massage therapy session. The client has to "work" to relax. We meet on a level where there is a tandem entrainment, true peace."

Terri's vision is to be on the forefront of Integrative Healthcare in the U.S. promoting awareness about the therapeutic benefits of Naturopathic Medicine and Alternative Therapies. [319](#)

Be Relaxed. Be Your Best. Be At One. Call Terri 757.279.1150

"Be bold and mighty forces will come to your aid."
-Goethe

Parking, Glorious Parking Thanks a LOT!

It's here! The Town of Smithfield has kicked it up a notch on Main Street with the new Main Street parking. Handily, it's right beside 319 Main!

Historic Downtown Smithfield runs on a balance of people who live here, people who work here, people who shop here, and people who visit here. A truly great way to welcome visitors is through the Visitor Center

here at 319 Main. Another terrific way is to leave the parking spots out front for the visitors ☺

If you plan to stay at 319 for the day or for a long stretch, consider the benefits of a little extra exercise. Parking in the new lot is a great convenience and only a few extra aerobic steps. New lighting for that lot is also in the works.



So check out the new parking on "Joyner Field" directly behind the Town Manager's office and beside 319 Main. It's a great new way to make customers feel welcome. [319](#)

