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**Subject:** Urban Zen Newsletter

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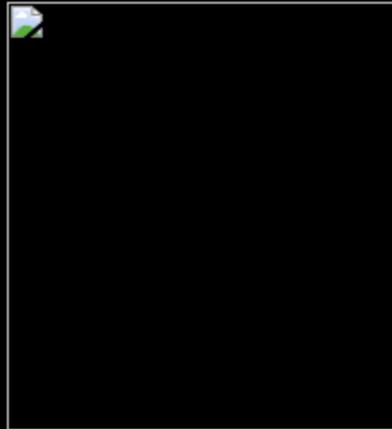
The logo for Urban Zen, featuring a small green and blue icon to the left of the text "Urban Zen".

## SUMMER IN SAG HARBOR

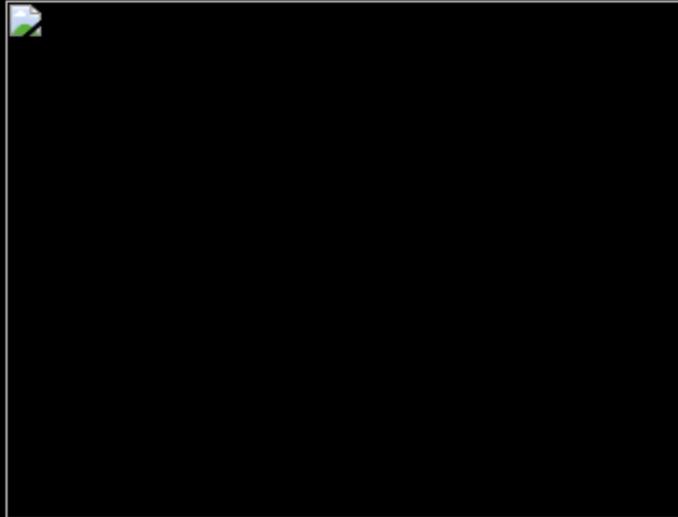
Join us in Sag Harbor this July for a variety of events focusing on preservation of culture. For more information email [aazan@urbanzen.com](mailto:aazan@urbanzen.com).



- JULY 11  
Tucker Robbins  
- JULY 12  
Dana Mathews  
- JULY 18  
Arzu Rugs



- AUGUST 8  
Meet Edward Wilkerson  
- AUGUST 9  
UZIT Day  
- AUGUST 13  
Ashtanga Vinyasa with  
Richard Freeman  
- AUGUST 15  
Nomad  
- AUGUST 22  
Real Medicine Foundation  
- AUGUST 30  
Empowering Children Day

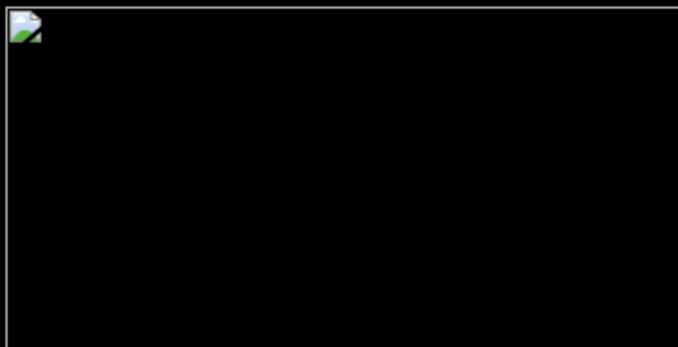


### Event: MEET TUCKER ROBBINS

Date: Sat., July 11

Time: 4:30- 6:30 p.m.

Tucker Robbins transports the spirit and craft of the tribal village right into contemporary life. Inspired by the artist's world travels, each unique Tucker Robbins piece uses both recycled and carefully harvested materials from tribal cottage industries. Be a part of the Urban Zen mission to support sustainability and the preservation of cultures. Meet the designer and enjoy cocktails during this selling event. [www.tuckerrobbins.com](http://www.tuckerrobbins.com)



### Event: MEET DANA MATTHEWS

Date: Sun., July 12

Time: 2 - 4 p.m.

The radiant beauty and timeless quality of the photographs Dana Mathews creates are at odds with the urban wasteland outside her Brooklyn studio door. The detritus of shuttered factories and the tools of fisherman are among the objects she combines with sound and video to create powerfully sensual site-specific pieces. Working with one of the earliest forms of photography, the cyanotype, Dana has a new body

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of work called "Botanicals and Outer Space." She creates large-scale prints because "I want the viewer to be more aware of the place than the photographer," she says. She remains committed to presenting photography at its non-digital best. Another one of her installations, "The Reign of Medusa" is currently on display at Urban Zen NYC.

[www.danamatthews.com](http://www.danamatthews.com)

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### Event: ARZU RUGS

Date: Sat., July 18

Time: 2 - 6 p.m.

Arzu means hope in Dari, one of the primary languages of Afghanistan. Arzu Rugs celebrates its fifth anniversary this month, having reached across this impoverished country and culture to open an exchange between gifted artisan rug weavers and those who are moved by their beautiful rugs. At this event, during a late afternoon discussion with Arzu executives, Alyssa Rome and Kristin Joyce, learn about this innovative social business and view limited-edition modern and classic heirloom works for sale. Discover Arzu's success with programs established to bring equality and economic sustainability to weavers, their families and communities across 11 villages in rural Afghanistan. For those who wish to enhance their environment while supporting women in local rural, tribal communities, owning an Arzu rug is a genuine investment in Urban Zen's mission to preserve and sustain cultures - it is an investment in hope. [www.arzurugs.org](http://www.arzurugs.org)



### CONNECT TO THE NUTRITION FORUM

The most influential and inspiring doctors, nutritionists, and healthcare voices gathered at the recent Urban Zen Well-Being Speaker Series: A Focus on Nutrition to offer their experience and insight with an audience of healers and health advocates. At this amazing, sold-out event, whether the topic was whole foods for anti-aging or children's health, these health leaders richly shared their deep understanding of grounded science and their passion for health. From diabetes to detox, from superfoods to essential oils, the download of cutting edge information inspired many attendees to make lifestyle changes—we're still hearing from them weeks later. We plan to maintain the momentum so stay posted with our forum video clips. Connect, listen, and be inspired. [Click here](#)



## OUR COMMITMENT TO HEALTHCARE

We are proud to announce the completion of the physical renovations at the Inpatient Cancer Unit of Beth Israel Medical Center. Inspired by a vision of creating an optimum healing environment, Donna Karan and Beth Israel enlisted the help of architect David Fratianne and feng shui master Alex Stark to create a Sanctuary for patients and their loved ones. Roberto Dutesco also donated photographs placed throughout the area. The images here depict the renovations. As a champion of patient advocacy, Urban Zen could not be more excited about this first step towards patient care. The renovations are only one part of the campaign for Well-Being. As reported in the Huffington Post, "Donna Karan, in conjunction with her Urban Zen Foundation, is developing [a] unique program which provides support to cancer patients and their families, as well as the hospital staff itself." To read more about this project, [click here](#)



## LAUNCHING THIS FALL: URBAN ZEN BLOG

Stay tuned for an Urban Zen blog on our Website. We'll be focusing on Well-being, with articles written by Alison Rose Levy and other guest specialists. Journalist, bestselling health writer, and health coach, Alison Rose Levy has covered the field of integrative medicine and mind-body healing for the last nineteen years as a contributor to O Magazine, Organic Style, Alternative Therapies, and other publications. A former Senior Health editor of

New Age Journal, she offers the free ezine, the Health Outlook, which helps people make strategic health decisions and enact social action in support of health at [www.health-journalist.com](http://www.health-journalist.com).

## URBAN ZEN DAY

Join Urban Zen in Colorado for another Yoga Journal Conference as we introduce prevention, evaluation and treatment of acute and chronic knee injuries related to activities on or off the yoga mat. Young Living Essential Oils will present aromatherapy for joint issues. Dr. Baxter Bell, yoga instructor

and author, and Dr. Jamie Naughtright, Professor of Athletic Training, will discuss anatomy and physiology. Richard Rosen, yoga instructor and author, will provide yoga for featuring the knee joint, and special guest, famed orthopedic surgeon, Dr. Larry Padgett, will demonstrate the anatomy and physiology of the knee during dissection of a cadaver knee. A portion of the net proceeds go to Urban Zen Foundation to support the Urban Zen Integrative Therapist program. For additional information and to register please visit [www.yogajournal.com](http://www.yogajournal.com).



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