

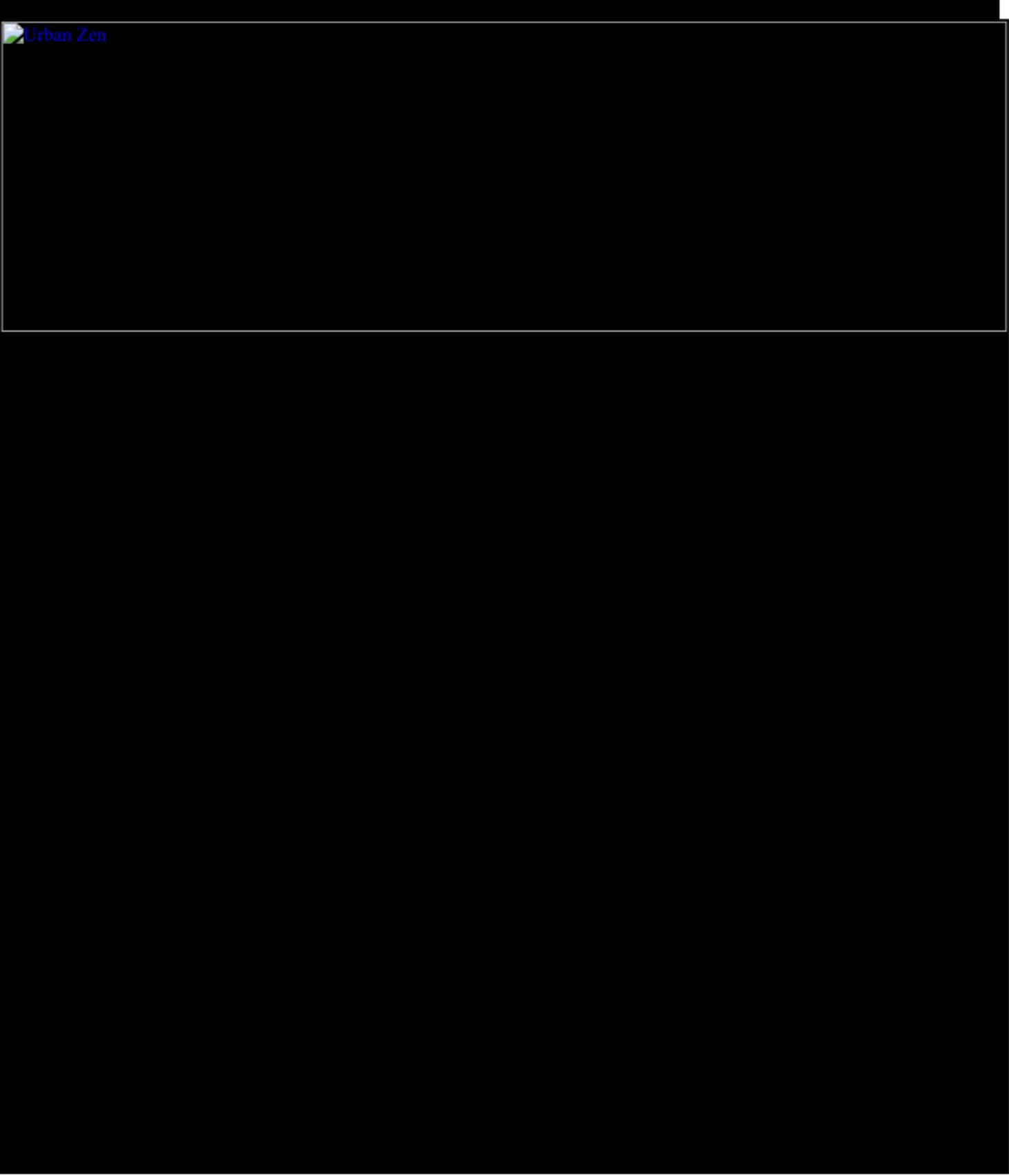
From: "Urban Zen Foundation" <news@urbanzenfoundation.org>

To: "Jeffrey Epstein" <jeevacation@gmail.com>

Subject: Urban Zen Newsletter

Date: Sat, 01 Aug 2009 20:39:15 +0000

 Urban Zen



AUGUST SAG HARBOR EVENTS

Please join Urban Zen this month for a variety of events focusing on well-being.

4 Bay Street, Sag Harbor, New York
631.725.6176
info@urbanzen.org

- AUGUST 1

Super Saturday 12

- AUGUST 8

Meet Edward Wilkerson

- AUGUST 9

Wellness / UZIT Day

- AUGUST 13

Ashtanga Vinyasa with

Richard Freeman

- AUGUST 15

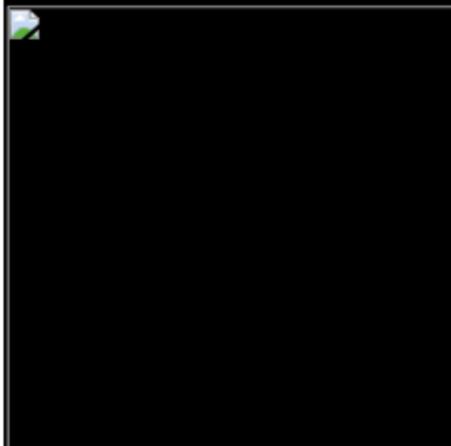
Nomad: Two Worlds

- AUGUST 22

Real Medicine Foundation

- AUGUST 30

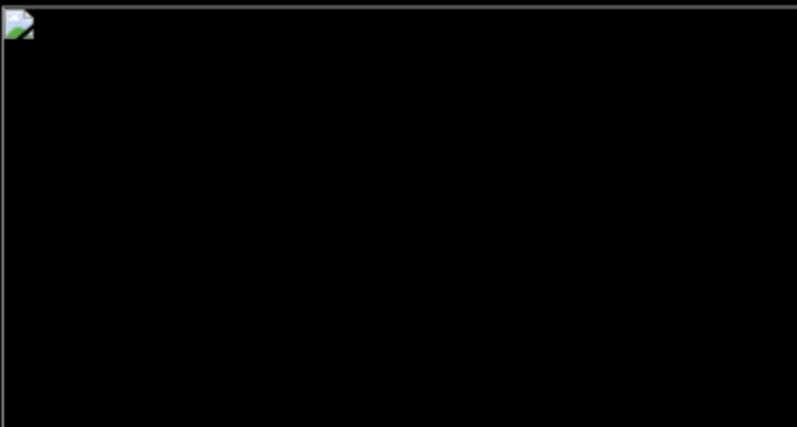
Empowering Children Day



- SEPTEMBER 21

Urban Zen Day

at Colorado Yoga Conference



Event: SUPER SATURDAY 12

Date: Saturday, August 1

Time: 1- 6

With the return of hosts Donna Karan, Ariel Foxman, InStyle, Kelly Ripa and Blake Lively, Super Saturday 12 presents its famous one-of-a-kind designer garage sale, kids' carnival, gourmet food and exciting activities galore. The Ovarian Cancer Research Fund's 12th annual Super Saturday will take place at Nova's Ark Project in Water Mill. Please visit the Urban Zen booth!

www.ocrf.org



Event: MEET EDWARD WILKERSON

Date: Saturday, August 8

Time: 5 - 7

Enjoy cocktails and meet Edward Wilkerson at his "Tribal Knowledge" installation. Taking a turn from his career in fashion, Edward's interest in photography and travel led him to Kenya and Morocco. These trips inspired him to create the beautiful mélange of photographs known as "Tribal Knowledge" that blend the body with striking artifacts, masks, clothing and jewelry. Edward's collection of spectacular black and white photographs were showcased at T'Elgee Enterprises in the group exhibition entitled "Story Tellers." His photography has been on exhibit both nationally and internationally.



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RECENT PRESS

USA Today

W

THE HUFFINGTON POST

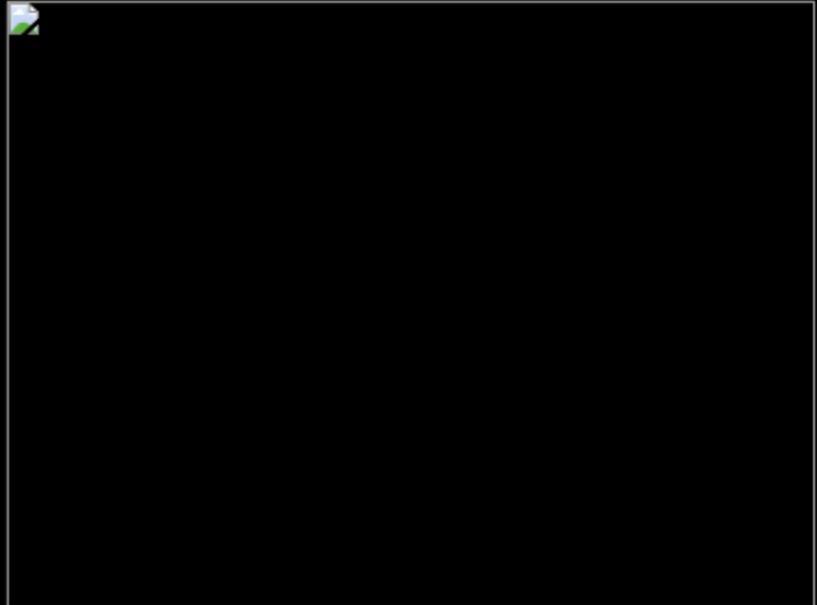
New York Times

Intent

Avenue Magazine

Yoga Basics

Lucky



Event: WELLNESS / UZIT DAY

Date: Sunday, August 9

Time: 2 - 5

Please join Donna Karan, Rodney Yee, and Colleen Saidman Yee at the Urban Zen Sag Harbor store and the new Yoga Shanti for yoga therapy, massage, aromatherapy and organic juices by Jill Pettitjohn. Experience the Urban Zen Integrative Therapy (UZIT) program as current participants share the healing qualities of these therapies as practiced on 6,000 women survivors of Hurricane Katrina and 400 international athletes at the Winter Special Olympics at Sun Valley. UZIT students will be assisting in walking meditation between Yoga Shanti and the UZ Sag Harbor store.

www.urbanzen.org

Event: NOMAD: TWO WORLDS with Russell James and Clifton Bieundurry

Date: Saturday, August 15

Time: 5 - 7

Please join Russell James and Clifton Bieundurry for a "salon" discussion about the "NOMAD: Two Worlds" project. "NOMAD: Two Worlds" was inspired by the Australian reconciliation movement between the western culture that

 Nomad: Two Worlds

settled there over two hundred years ago and its Aboriginal people, the world's oldest surviving culture. This event is a special opportunity to view an exceptional presentation of Australian art and culture and support a cause that has a profound global impact.

www.nomadtwoworlds.org

Event: REAL MEDICINE FOUNDATION

Date: Saturday, August 22

Time: 5 - 7

Real Medicine Foundation's innovative approach to delivering international aid is reinventing medicine as we know it. Aligned with Urban Zen's mission, the Real Medicine Foundation uses an Integrative Health Care Model and commits time to the developing world's most pressing issues to provide sustainable solutions. Join us to learn more about this emerging leader in international health care, view a short video presentation, and meet the team behind this international aid organization.

www.realmedicinefoundation.org

Event: EMPOWERING CHILDREN DAY

Date: Sunday, August 30

Time: 10 - 3

Please join us for a fun and exciting day with your children, in partnership with Bent on Learning, Chocolate Sauce and Spirituality for Kids. These organizations are coming together with Urban Zen to create a fun-filled day focusing on stress reduction, developing tolerance for others, attaining wisdom, and improving concentration, health, and self-esteem. The day will feature yoga, storytelling, snacks, and games for children ages 4-12.

www.bentonlearning.org

www.chocolatesauce.org

www.sfk.org

 Empowering Children Day

 Alison Rose

Event: LAUNCHING THIS FALL:
BLOGS BY ALISON

Alison Rose Levy, one of our original partners in developing the new blog section of the Website, recently shared with the team that she was inspired by the Well-Being forum to write a new book. "I was sitting there every day, and I absorbed the whole thing," she says. In that richness, ideas coalesced that revolved around an idea: "I see a community that can be built on our Urban Zen site to help people to take action and make social change," she says. Doing it together as a community makes that easier, as you'll see in the coming months.

Ashtanga Vinyasa

Event: ASHTANGA VINYASA WITH RICHARD FREEMAN

Date: Sunday, August 30

Time: 10 . - 3 .

Stephan Weiss Studio Explore the internal forms of the Ashtanga vinyasa system of yoga through a focus on breathing, bandhas, mudra, and driste. This 2-hour asana class will be followed by a 45-minute talk on yoga philosophy of the joining of opposites as a means of liberation, led by Richard Freeman. Richard has been a student of yoga since 1968, spending nearly nine years in Asia studying various traditions that he has incorporated into the Ashtanga practice as taught by his principal teacher, K. Pattabhi Joise of Mysore, India.

For more information, please visit www.urbanzen.org

Urban Zen Day

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.

To register, please visit

URBAN ZEN FOUNDATION 705 GREENWICH STREET
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UNITED STATES

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