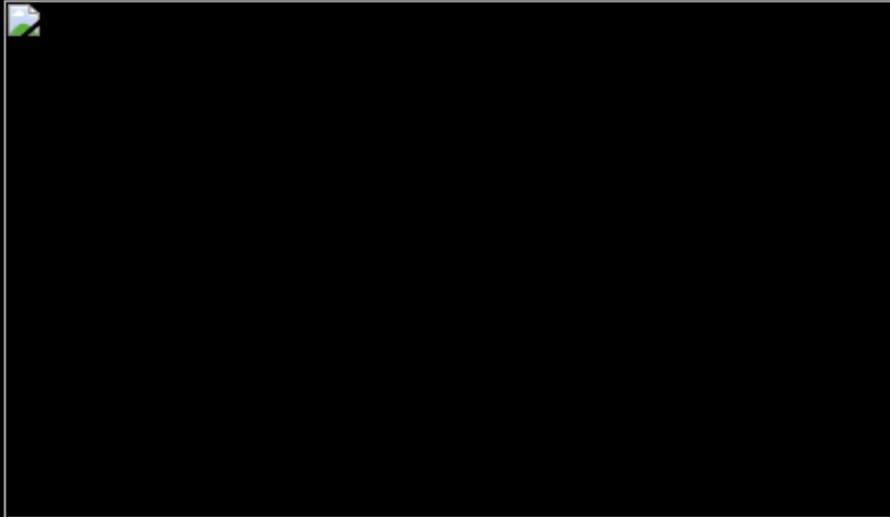


From: ""Urban Zen" <[REDACTED]> on behalf of "Urban Zen"
<[REDACTED]>"

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

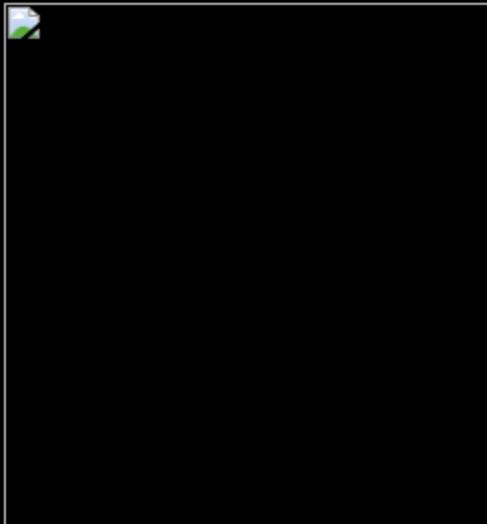
Subject: December Newsletter - Gift from the Heart

Date: Wed, 01 Dec 2010 12:31:31 +0000



GIFT FROM THE HEART

DECEMBER 2010



DONNA'S VOICE

Every time I travel abroad I am immediately reminded about how important the preservation of culture is. My travels to Bali and Australia inspired me to continue Urban Zen's dedication to supporting indigenous cultures. But, no less inspiring was my return home to New York. The city twinkles and shines as the holiday season is upon us. The Storefront windows come to life with holiday scenes and Central Park sparkles in snow. Family and friends gather to celebrate and worship. The holiday season also brings the year to a close and 2010 has been extraordinary. I look back on the past twelve months and I'm amazed at the accomplishments and partnerships this year has brought to Urban Zen.

The Urban Zen Foundation graduated its first class of Urban Zen Integrative Therapists, concluded its pilot program at Beth Israel Medical Center and expanded the UZIT program to include Kent State University's nursing school to teach self-care to our future nurses. The Foundation raised more than \$1,000,000 after the devastating earthquake in Haiti and provided temporary housing for more than 7,000 Haitians with its partners Mary J Blige (FFAWN), Andre Harrell and Andre Balazs with Help Hope & Relief Haiti.

A few months ago, I visited the earthquake ravaged island as a member of the Clinton Global Initiative's Task Force on Haiti on a fact-finding mission to create models of sustainability for

Haitian artisans and promise that our UZ store will offer you the opportunity to support Haitian artisans this holiday by purchasing their art and crafts. I'm also proud to continue the Foundation's support of Haiti with The Truth exhibition curated by Marc Baptiste later this month. There's so much more. Read about our 2010 highlights on the news section of the Urban Zen Foundation Web site. Just off the plane from an extraordinary trip to Bali and Australia and has proven to me the importance of preserving cultures which brings to

This month I'm excited to share that the Foundation is partnering with the David Lynch Foundation in its efforts to bring wellness to children, vets, homeless and incarcerated adults through Transcendental Meditation. And I can't think of a finer way for Urban Zen to close the year than with my friends, Deepak Chopra, Arianna Huffington and Andrew Cohen as they discuss how to co-create a spiritual future as our calendars turn to 2011.

DONNA KARAN

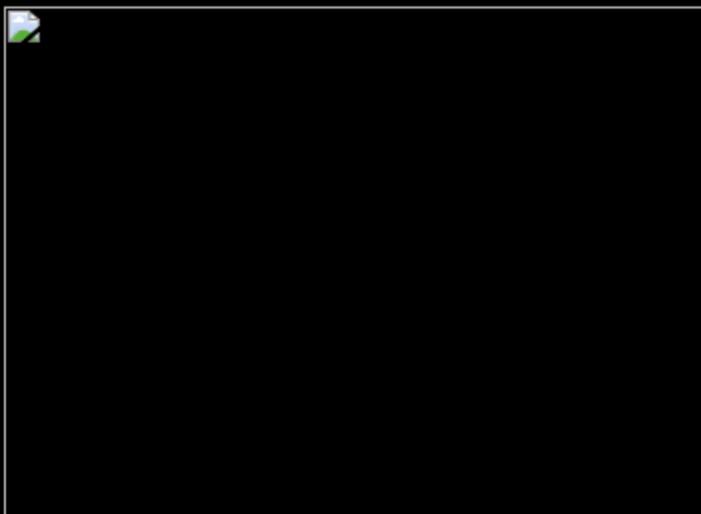


URBAN ZEN RETAIL

GIVE A GIFT - HOLIDAY

Give a gift of love, touch, care, calm, warmth and style this holiday season. Urban Zen has created a holiday gift guide featuring our favorite luxurious, one of a kind items. From hand crafted home furnishings to books with heartfelt wisdom, we have something for everyone. Original and unique, these gifts will not only be the perfect present for your loved ones but also support the Urban Zen Foundation. Available at both the NYC and Sag Harbor stores.

CONNECT: urbanzen.com/index.php/holiday



DIGNITY BY DANA GLUCKSTEIN TRAVELS TO SAG HARBOR

Pieces from the DIGNITY by Dana Gluckstein exhibit will now be on display at Urban Zen in Sag Harbor through December. The presentation features captivating images designed to support the UN Declaration on the Rights of Indigenous Peoples (UNDRIP) and to celebrate the 50th Anniversary of Amnesty International serving both as a powerful reminder of the importance of honoring the beauty

and tradition of Indigenous Peoples and cultures.

CONNECT: urbanzen.com/index.php/events/item

Urban Zen Retail is proud to support the Urban Zen Foundation, a separate 501(c)(3) charitable organization. Ten percent of sales at the Urban Zen retail stores supports the work of the foundation. Read more about their December plans and how you can get involved.

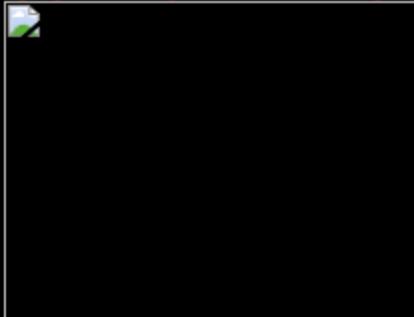


SHARE YOUR VOICE

How do you share holiday gift giving with those in need? What should we teach our children about this time of year? What cultural celebration of the holidays do you admire or appreciate the most? How can we keep the joy of the holiday season alive throughout the year?

CONNECT | <http://voice.urbanzen.org>

COMMUNITY HIGHLIGHTS

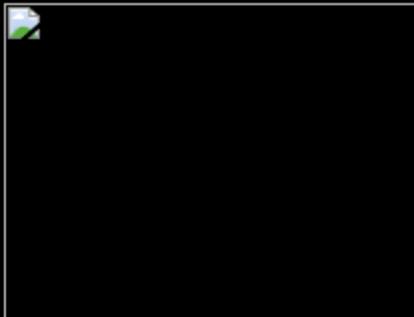


DONNA KARAN CO-HOSTS DAVID LYNCH FOUNDATION FUNDRAISER

Urban Zen Foundation is very proud and excited that Donna Karan is co-hosting the David Lynch Foundation's upcoming event, "Change Begins Within." David's organization supports and complements Urban Zen's initiatives, touching the lives of those populations our foundations are dedicated to: children, Indigenous Peoples and those challenged by illness. By using the Host Code, URBAN ZEN, your ticket purchase will directly

benefit a future Urban Zen and David Lynch partner event. To purchase tickets, [CLICK HERE](#).

CONNECT | davidlynchfoundation.org



URBAN ZEN AND DONNA KARAN AT TEDWOMEN

This unique venture spotlights Donna Karan, founder of Urban Zen, as a TEDWomen speaker and Sonja Nuttall, creative director of Urban Zen, as the creative director for the interior and stage design. Her deft touch - and the Urban Zen Home Collection furniture - transforms the mammoth convention-like space of the Ronald Reagan Trade Center in Washington, DC, into

a retreat that nods to the warmth of nature, sensuality of organic shapes, and the birth and growth of ideas. Stirred into the mix are the Urban Zen Integrative Therapists, who will be offering a tantalizing and calming sampling of the integrative therapies to event attendees. The event promises to be two incredible days of

hearing from women who are changing the world, and we are honored to be a part of TEDWomen's vision of exploring women as change agents, intellectual innovators and idea champions.

CONNECT | conferences.ted.com/TEDWomen/



FORGOTTEN CHILDREN: INTERNATIONAL ADOPTION AND THE GLOBAL ORPHAN CRISIS

Coinciding with National Adoption Month, Urban Zen Foundation hosted a breakfast for The Daily Beast's Women in the World Salon Series on November 17th. The Forgotten Children: International Adoption & The Global Orphan Crisis breakfast served as a platform for dialogue on the plight of 163 million orphaned children worldwide. For an action-oriented list

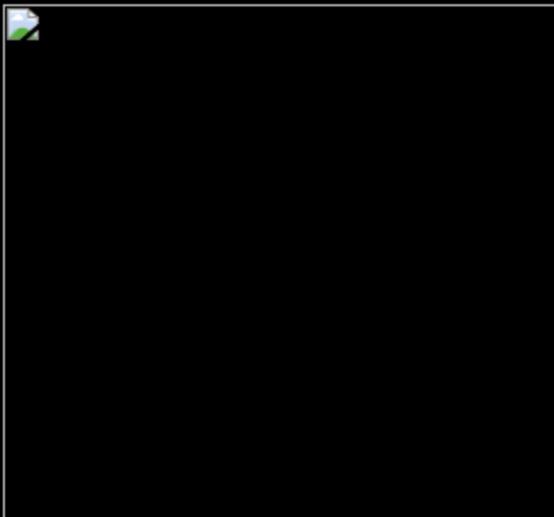
of what you can do to assist in the Global Orphan crisis, visit the Daily Beast.

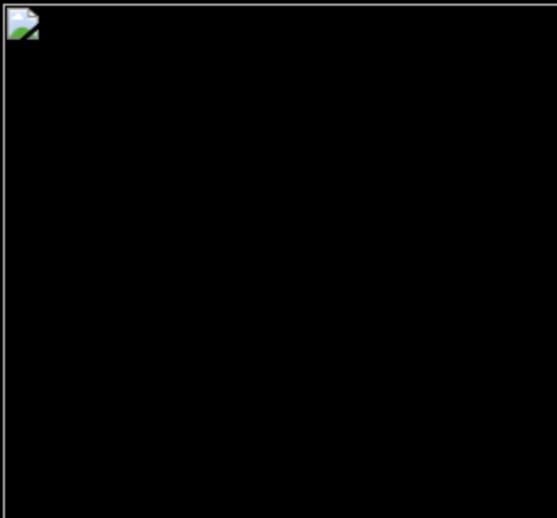
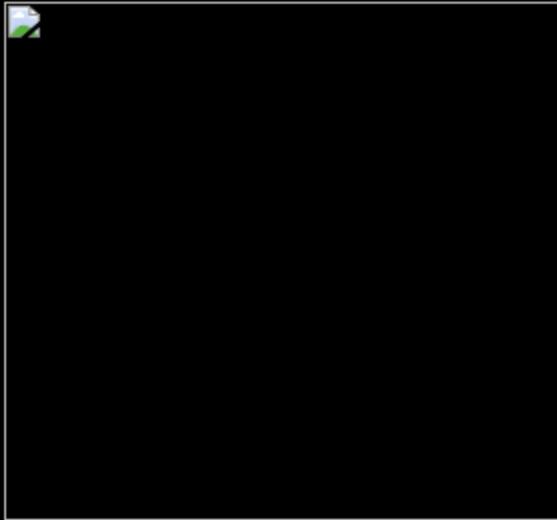
CONNECT | thedailybeast.com



BY MAKING A DONATION TO THE UZIT PROGRAM [CLICK HERE](#)
BY VOLUNTEERING. TO LEARN MORE, EMAIL

UPCOMING EVENTS





AMBASSADORS



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