

805 LIVING

OCTOBER 2013

FIT FOR FALL

Mind, Body & Soul



PULSE

TRACKING THE BEAT
OF THE 805

October 2013

Walking in Circles

Sometimes in life we seemingly wander without a clear path; we just go round in circles and get nowhere. Or do we? The 805 is home to a number of labyrinths—also called meditation circles—where visitors can purposefully meander while pondering the mysteries of life.

Traditionally a labyrinth consists of a single pathway looping around to form seven concentric circles surrounding a central goal. There are no specific instructions on using a labyrinth, but there are no shortcuts either. “In that way, it’s a parallel for life,” >

The Malibu Canyon Labyrinth is privately owned by psychotherapist, life coach, and labyrinth facilitator Rosemary Alden. The design is based on the labyrinth inside Chartres Cathedral in France. It’s open to the public by appointment; visit rosemaryalden.com.

says Dr. Kathy Gruver, author of *The Alternative Medicine Cabinet* (Infinity Publishing, 2010). She suggests that labyrinth walking is a time for contemplation. “We take our whole selves into the labyrinth—body, mind, relationships, anxieties. Labyrinths are like prayers printed on the ground,” she says. Arriving in the center, walkers contemplate their journeys. This meditation reminds us that the path of life is never straight and rarely easy; however, if we patiently stay the course we will reach our goals. Get on the right path at these local labyrinths.

Newbury Park

Borchard Community Park’s red concrete labyrinth is right next to a baseball field with views to the low hills; crpd.org/parkfac/borchard.

Ventura

In the interior courtyard of Saint Paul’s Episcopal Church is a small concrete labyrinth with a rose center; saintpaulsventura.org.

Santa Barbara

This one challenges your concentration. The gothic stone Trinity Episcopal Church is the background for this concrete labyrinth situated on busy State Street; trinitysb.org.

University of California Santa Barbara

This labyrinth overlooks the ocean near a lagoon. River stones on a dirt substrate mark this path; the faint sounds of rumbling waves can be heard in the background; wellness.ucsb.edu.

San Luis Obispo

Sequestered in a wooded clearing, this dirt labyrinth and meditation garden across the street from the Sycamore Mineral Springs is ringed with local stones; sycamoresprings.com.
—Michael Cervin

Designing Woman

Interior designer Janelle Kandziora loves to infuse rustic and organic elements into the spaces she designs. “Something that is a little unexpected but blends perfectly with everything else,” she says, such as a teak-root coffee table in a room that is otherwise “elegant yet comfortable.” Her Ojai showroom, **Janelle Interiors** (janelleinteriors.com), opened last year and showcases more than 50 furniture lines plus resources for textiles, lighting, flooring, and area rugs—enough to outfit an entire house with one shopping trip. Kandziora and her associates design homes throughout Los Angeles, Ventura, and Santa Barbara counties as well as Palm Desert, and she says that each location has its own sense of design. “Ojai has a bit more of a rustic-casual midcentury style, where Ventura definitely has a beachy Tommy Bahama feel, and Santa Barbara is classic Mediterranean,” she says. Her favorite room to design is the kitchen: “Friends and family always gather around a kitchen, so why not make it one of the most amazing rooms in the house?” >

—Mallory McCreary



Janelle Kandziora (above right) brings a sense of location to all her projects, both inside and out.



THINK PINK

Breast cancer affects a woman’s life on every level. After treatment, she may often experience loss of function, flexibility, and energy. She may also feel overwhelmed by stress, anxiety, and fatigue.

Joe & Clara (joeandclara.com/pinkpilates), a Pilates studio in Westlake Village, offers a free 12-week “Pink Pilates” program starting on January 15, 2014, to help women cope with the physical and emotional effects of breast cancer before, during, and after treatment or surgery.

Pilates’ benefits for breast cancer patients were first noted in the mid 1950s, when professional dancer Eve Gentry underwent a radical mastectomy. Doctors warned that her career was probably over. But through Pilates, Gentry regained her strength and range of motion. She later became a founder of the Institute for the Pilates Method of Physical Conditioning in New Mexico.

“Exercises simultaneously stretch, strengthen, and balance the entire body, based on each individual’s ability, whether she has undergone a lumpectomy and radiation or endured a double mastectomy followed with chemotherapy,” says studio co-owner Stacey Philipsen, whose own mother had breast cancer. Previous participants report that Pink Pilates boosted their self-confidence and relieved stress.

—Maryann Hammers

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PULSE

The Beat Goes On

It was an “aha!” moment for corporate trainer Susan Ross: When she saw composer David De Palo facilitate a musically themed party for kids, Ross realized his subtle lessons in listening, leadership, inclusion, and creativity covered the same ground she did with her business clients. Their eventual collaboration evolved into **The Good Vibe Studio** (thegoodvibestudio.com) in Thousand Oaks, a “venue for music, meetings, and events,” says Ross.

Corporate team building and business development sessions take place among musical instruments, ranging from cellos to wood *kalimbas* and gongs. Musicians, artists, and business experts are always on hand for events, and while De Palo has moved out of the area, he returns on occasion for sessions. Master drummer Jim Long hosts drum circles on Friday nights, and the space is available for private gatherings, like recitals, seminars, and parties. Says Ross, “The space fosters innovation and improvisation. It is a place for artists and entrepreneurs and creative people of all ages.”

—Joan Tapper



SWEET REWARD

After Nathan Carey broke his arm while weight lifting, a very good thing happened: The Santa Barbara-based athlete created **ProYo High Protein Frozen Yogurt** (proyofrozenyogurt.com), the perfect post-workout or anytime treat. Each low-fat yogurt tube contains probiotics, 20 grams of protein, and 3 grams of dietary fiber. It's also soy- and gluten-free. Choose from Vanilla Bean, Banana Vanilla, Blueberry Pomegranate, and Dutch Chocolate, all with the creaminess of premium ice cream, without the ice cream, says Carey. Visit the website for retail locations. ♦

—Sarene Wallace