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STAR Bath & Kitchen Centre

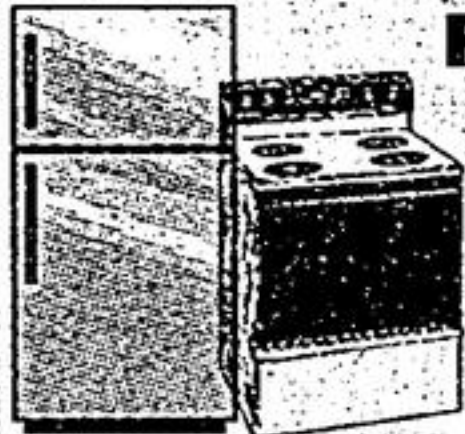
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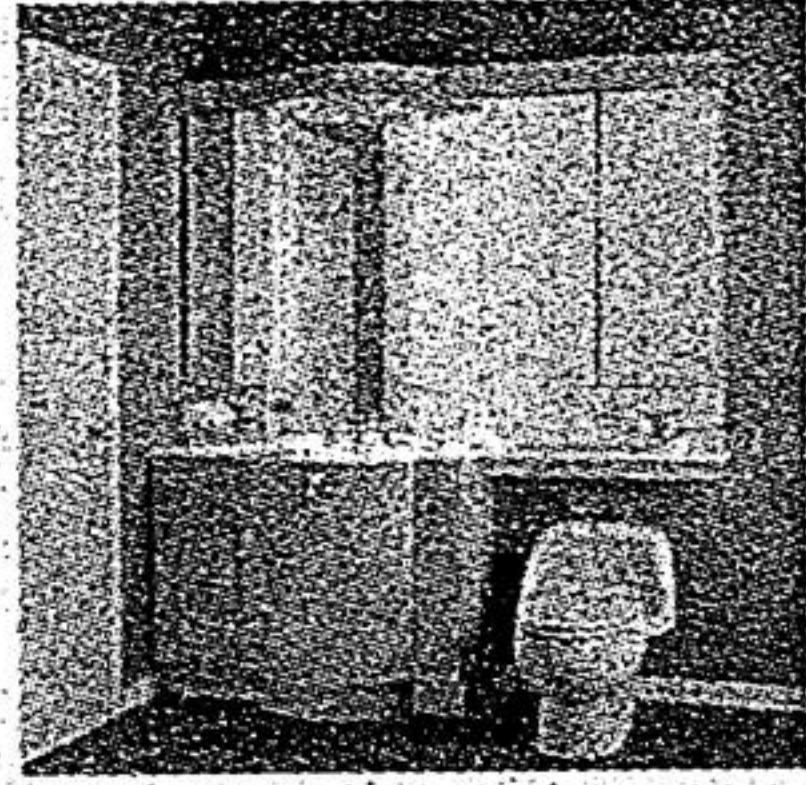
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Some of the most frustrating moments of a bathroom or kitchen renovation occur before the actual construction begins-Where do I buy the fixtures? Do I go to the big box store where there's a promise of large product selections and low prices? Can the lowest price be the answer?

Avoid the frustration and visit Star Bath in Markham, a unique independent retailer with big box prices and brands, but with the service, friendly environment, and comfortable atmosphere of a small business. In fact, Star Bath does things differently and avoids the stressful, aggressive sales tactics and impersonal atmospheres of



the larger retail chains.

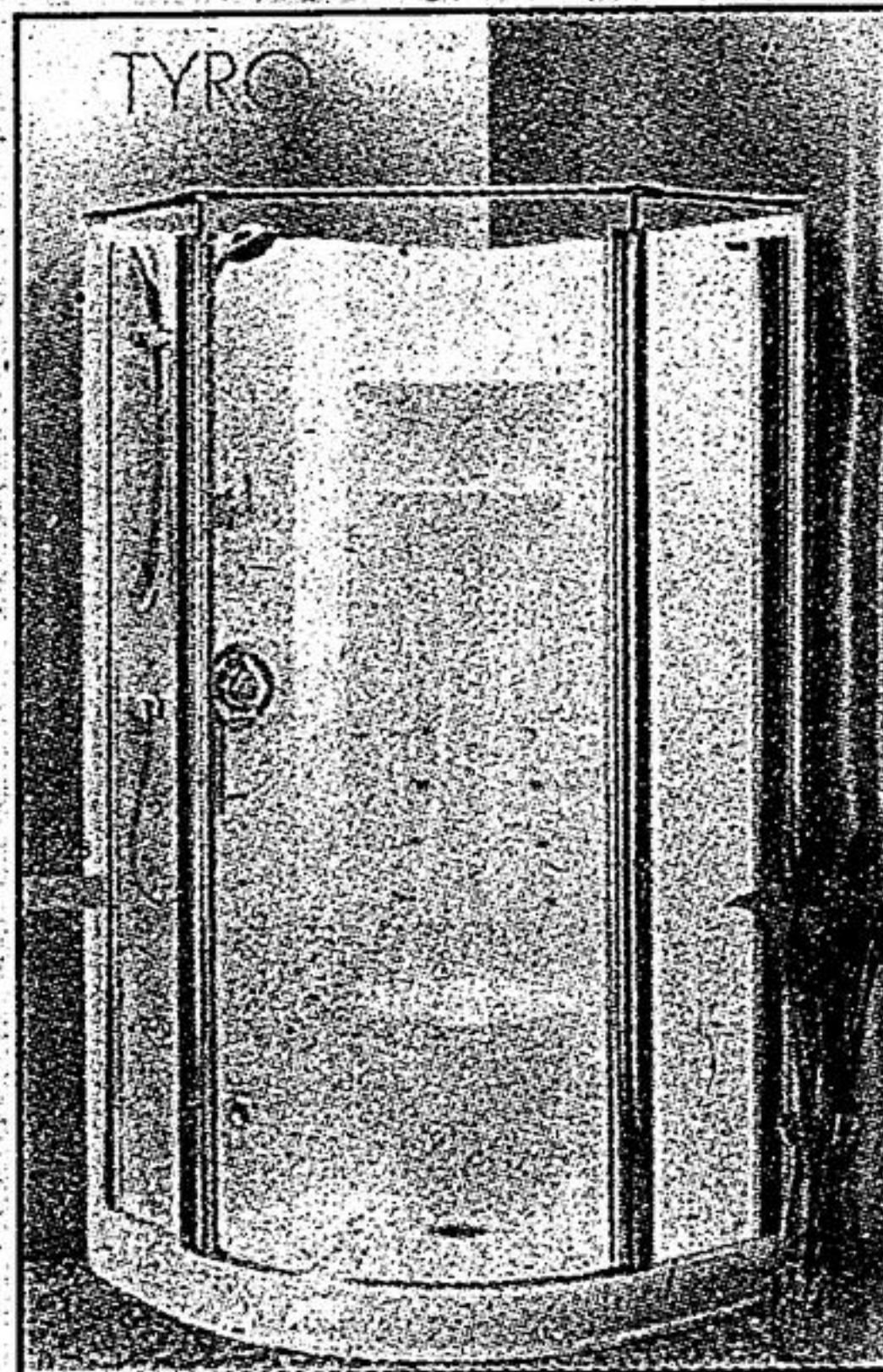
Best of all, Star Bath offers high-end products, but with the price in mind.

Star Bath understands the importance of up-to-date products and trends, and consistently strives for the latest in bathroom and kitchen innovations and technologies by continuously changing the display items in the showroom. While walking around, customers are always heard commenting, "wow, this is different and unique."

Star Bath carries many interesting products, including the Toto Washlet, a seat with a built in bidet that sits on top of the toilet, and the feature of the month, a two-piece Toto toilet for \$169.00. The Toto toilet has been featured in the Toronto Star as one of the best flushing toilets available on the market today. Other products include the BainUltra ThermoMasseur bathtub, which features an air-massage system to soothe aching muscles

and relieve stress, as well as a wide variety of walk-in showers featuring strong tempered glass and acrylic bases. Most importantly, the friendly staff of Star Bath are highly skilled, and have many years of experience and knowledge. Store manager Abdul has been in the industry for 15 years, and is an expert on all the latest products and ideas, and has an architectural background. These skills allow him to properly address the wants and concerns of customers, no matter what the situation. Together, Star Bath's talented team of professionals will help you research your kitchen or bathroom renovation project, while providing helpful hints and suggestions. In addition, Star Bath believes in listening to the questions and needs of its customers, while doing whatever is necessary to ensure the best renovation possible.

"People want good quality products at the best prices," says Abdul. "At Star Bath, this is what we strive to achieve."



Studio Yoho

Studio Yoho, Markham's newest centre for holistic health and fitness, is distinguishing itself as a premier studio, offering all three of today's most sought-after movement practices-Yoga, Pilates and The Nia Technique- in a single, movement inspiring environment. Students seeking holistic fitness in more than one discipline no longer need to travel to multiple locations that fail to support inner-calm and meditative dimensions of holistic movement practices. With an impeccable setting and a full range of the necessary equipment, Studio Yoho meets the needs of Yoga, Pilates and Nia students alike. All of Studio Yoho's instructors are certified and experienced in their disciplines. "I feel completely comfortable at Studio Yoho. It's new, fresh, clean and so inviting. I feel welcome and at home," says Su Keen.

Nia Technique classes are on-going at Studio Yoho. Nia is the combining of classic movement forms encompassing the martial arts, healing arts, including Yoga and dance arts making it the first and most advanced form of "fusion fitness". Nia tones and trims the body superbly-through pleasure, not pain! Using the whole body and expressive grounded movement, rather than repetitive jogging and lifting, Nia provides cardiovascular benefits. So kind to the joints, it is done barefoot. Nia is spirited, joyful and adaptable to every level of fitness.

"Today's Nia class was amazing and powerful," says Nia student, Hugo Garcia. "My whole body had the opportunity to experience nurturing. I feel balanced and strong."

"I left my first Nia class with a spring in my step, a smile on my face and a wonderful "at peace" feeling in my heart", says Su Keen. "I've learned that the feelings I have after Nia class are no accident-every Nia class makes me feel great!" "Each class gives me the opportunity to explore sensation in my body in a new way. To get fit and have fun in the process is a bonus!"

A highlight on Studio Yoho's vibrant schedule is the monthly donation class held the second Friday of each month at 5:25pm. All donations for this team taught Nia class go to The Women's Centre of York Region. On March 11, this specialty class will be a Yoho Salsa class taught by professional Salsa dance instructor, Akila Venkatesh. Join us for this exhilarating class for a wonderful community cause.

New for 2005 are several special events. YogaKids is a program that integrates language arts, games, music, storytelling and more into a Yoga program that echoes the yogic principles of interdependence, oneness and fun! Share the gifts of Yoga with children ages 3-5 and 6-9. YogaKids begins Monday February 21, 2005. Call Studio Yoho for more information or to register. Also new to the schedule is Teen Kripalu Yoga for teens 13-19. Teens will build body awareness, explore breath



techniques, postures and meditation to improve flexibility, strength, posture, focus and concentration. "I regret not having started Yoga earlier in my life," says one regular adult student. "Yoga and Nia are gentler ways of calming, centering, improving focus, concentration and compassion toward myself. Not to mention that I stay fit and healthy!"

Yoga and Pilates continue at Studio Yoho. Besides Pilates mat classes, we offer Prenatal Pilates which helps keep the body in great condition during pregnancy and maintains tone and flexibility for a speedy postpartum recovery. Yoga classes include Kripalu, Restorative, Hatha, Yoga for Athletes, Yogalates, a combination of Yoga and Pilates and Prenatal Yoga. Prenatal Yoga assists "Moms to be" in preparing for labour and childbirth.

Special interest events such as Meditation workshops, Yoga Plus for Women of Substance and 50+ Yoga are offered monthly. We are committed to bringing effective programs of interest to you regularly and are always open to suggestions. Call the studio or visit our web site to learn more about special events.

With over 20 years of experience in the field of fitness and health, Jill Sackman, Studio Yoho's Creative Director, is an expert in the benefits of combining movement techniques who also understands the virtue of a supportive practice environment. "Yoga strengthens, tones, and centers and Pilates builds the core," says Sackman. "Blended with the full body and cardiovascular benefits of Nia, the result is truly a continuum for physical, mental, emotional and spiritual wellness. Studio Yoho's full roster of classes supports this continuum in an intimate environment that nurtures mindfulness, relaxation and inspires joy."

Be our guest at one of Studio Yoho's dynamic classes. Bring this article to receive your guest pass!

Visit our web site at www.studoyoho.com

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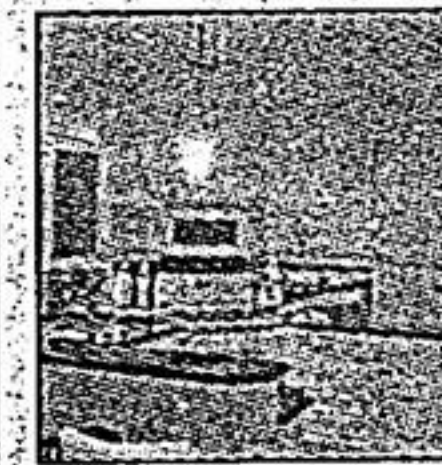
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