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Davis Design

- Decor
- Space Planning
- Colour Consulting
- Design

For consultation please call
Kelley Davis
905-472-6983

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DAVIS DESIGN



Davis Designs is your best tool in interior decorating and design needs. Kelley Davis has a background in graphic and commercial art. She has attended the International Academy of Design and since 1998 has been working as a design and décor consultant and recently has gone on her own, opening Davis Designs. Kelley does complete design, designs with complete drawings of kitchens, bathrooms, fireplaces, basements, etc. Kelley does decorating from room expansions to the napkins and rings on your dining room table. Kelley also does colour consultations, helping clients confidently choose colours for their home and saving the expense of being disappointed and having to start again in the long run. Kelley guides her clients with their wants and needs keeping them in focus on one room at a time and also staying within their budgets. Kelley finds when a client jumps from room to room, it can turn

out to be too much for them, becoming overwhelmed and sometimes it just shuts them down. Kelley will help you choose pieces that can be used for different purposes and move throughout your home. When doing design, Kelley will spend the time finding the needs of that client for example; entertaining needs, maximum seating capacity, children and pets, for a look that will be transitional and move well into the future. She will educate the client on plumbing fixtures, cabinetry, countertops, lighting and flooring. Kelley recommends spending well in these areas, since these are things you will not want to change in the near future. Kelley's greatest compliment is hearing the client tell her "we think alike" which translate to listening to the clients' needs and wants.

Please contact 905-472-6983

HOURS:
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Sat. 10-6:00

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20 Crown Steel Drive, Unit #7
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For a complete listing of classes
Visit our Website
www.studioyoho.com

YOGA FOR KIDS

Kids are born with an innate sense of play and a natural ability to move in harmony with their bodies. We can observe a sleeping infant and notice the peaceful rhythm of their breath as it travels freely into the belly and leaves the lungs in a steady, balanced stream. We are all amazed at the fluidity and range of motion in the joints of our growing children. What is it that happens then, as we grow older, to this functional relationship we enjoyed between body, mind, and spirit?

Part of the answer lies within the way we train our children to live in a world of rigid rules that deny them the right to explore fundamental human skills. "Be quiet, and sit still," is often necessary wisdom to impart to a youngster but at the same time, it runs counter to their budding curiosity for creative movement and self-expression. Furthermore, today's children are under an increasing threat of illnesses related to inactivity, obesity, environmental pollution, and emotional stress. Within the framework of healthy boundaries, it is time to let our children experience the freedom and gifts of their formative years.

In its quest for balance and focus on mindful movement, Yoga allows children to channel and direct their often overwhelming energy. This in turn releases their unlimited potential for creative self-expression in a healthy and manageable way and leads to greater strength, improved concentration, and an ability to control their emotional body in order to heal.

Studio Yoho believes in a fun and interactive approach to learning. We value the wisdom contained in the



teacher's maxim: "I hear, I forget; I see, I remember; I do, I understand." In our Yoga Arts Program, children are given the opportunity to understand themselves through continuous attentive experience of their body, mind, and surroundings. Dynamic postures or yoga asana and gentle stretching coupled with breathing and creative visualization techniques teach kids how to focus and relax. Their imagination is given a safe space in which to unfold through the magic of drama, music-making, reading, writing, and visual arts and crafts. The importance of leadership skills and environmental awareness are also emphasized throughout. For the summer camp program, Yoho is also planning a trip to the local zoo in order to observe the animals after which many asanas are named.

Mindful movement for body and soul...these tricks are for KIDS!!

Yoga Arts Summer Program for Kids
Monday July 25 - Friday July 29

Spaces are limited please register by:
Friday July 15, 2005

905-513-MOVE
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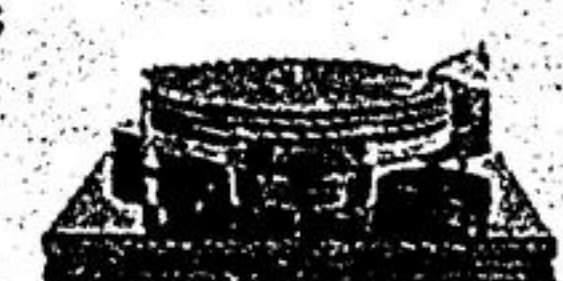
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