

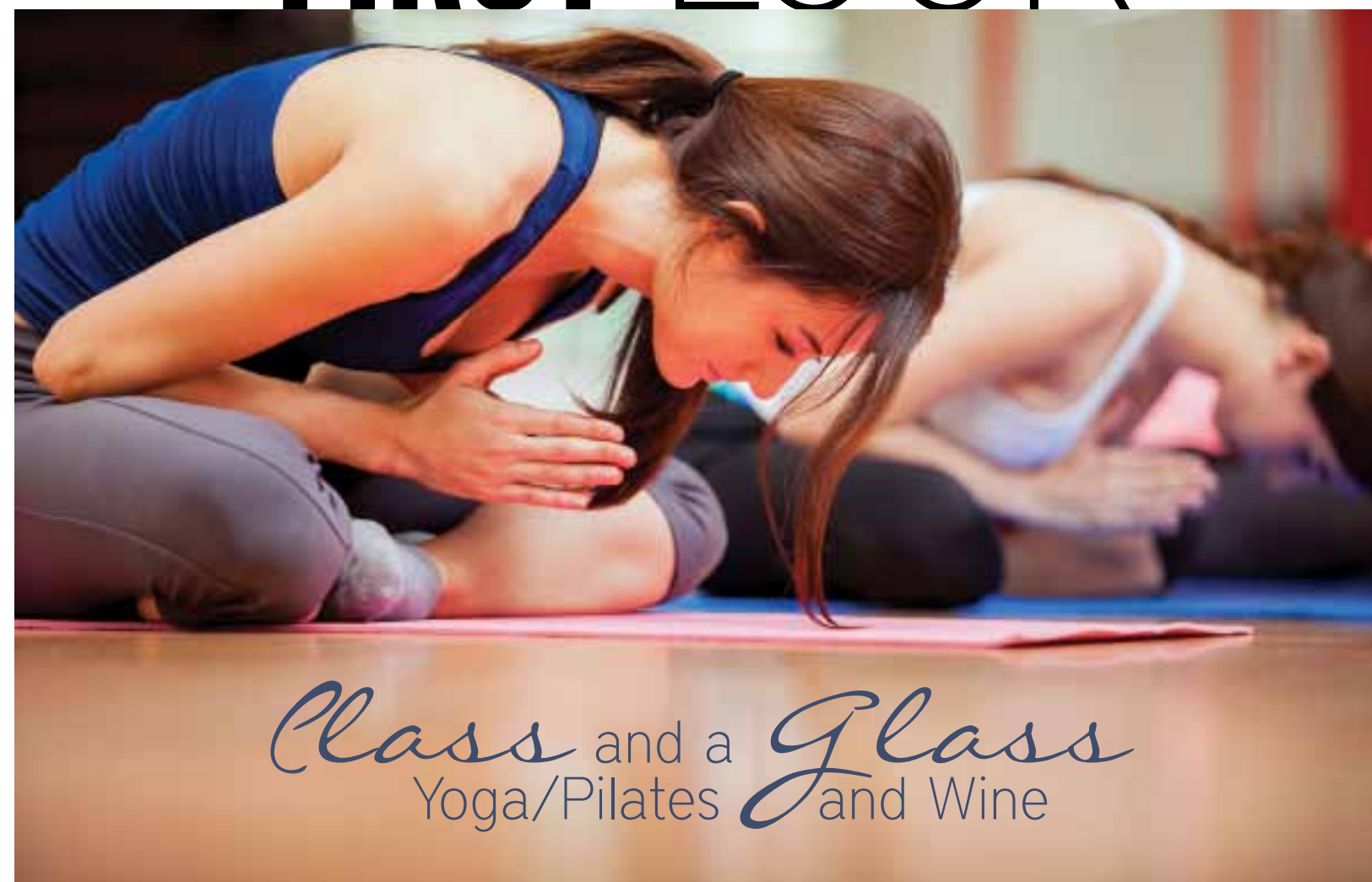


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14TH AND GRAND SALON

FIRST LOOK

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Class and a Glass Yoga/Pilates and Wine

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A Pairing for All the Senses

Downward dog followed by a Cabernet Franc? Yes, please!

If this doesn't sound like your regular workout, then it's time to change up your routine. Barrister Winery is *bending* the rules, and *stretching* the idea of workouts beyond the norm by pairing an hour of yoga and Pilates with the opportunity to wind down, socialize and enjoy a glass of wine afterward, all within the walls of Barrister's beautiful tasting room.

The classes are led by Larkin Barnett, who teaches Pilates classes and private instruction at Pilates Evolved, as well as teaching Pilates and Barre classes at the Spokane Club. Barnett explains the thought behind "Class and a Glass" in her own words:

"The synthesis of yoga, Pilates and wine is a pairing for all of the senses. Class members tell us that they are transported to another place from the moment they enter the winery door. Their stress, worries and life in general are immediately left behind. Upon entering, the smells of the wine combine with the aroma of oak barrels in the

100-year old converted warehouse. The aesthetic beauty assaults the senses too. The interior design of the winery envelops you with its loft-like brick walls and beautiful natural woods. The softly lit chandeliers cocoon you in the perfect atmosphere for turning your senses within during the movement experience.

The sense of fun and camaraderie is as palpable as the wine that is shared after the class. Usual in a strictly yoga/Pilates environment you never get to know the person on the mat next to you. When a class is over, you simply head back out into the world to your busy life. The synthesis of workout and wine creates a natural environment to share, listen, laugh and create community and new friendships. For years, upscale resorts and destination vacations have combined fitness classes with the enjoyment of wine tasting. When it's under one roof, the awareness of the simple pleasures of sounds, sensations, aromas and flavors become powerfully healing.

The class moves help you to savor the simplicity of the moment. The scientifically-based teaching cues help you with a total sensual and safe experience. You're gently guided to get in touch with your



breathing, core, balance and alignment. When you balance on one leg in a pose, it is helpful to focus on a “spot” on the wall in front of you. In a typical fitness setting you stare at a blank wall or mirror during the standing poses.

Yoga and wine have quite a bit in common – yoga is an ancient discipline and wine has a rich history dating to 6,000 B.C. Like yoga and Pilates, wine is an experiential education – one must taste in order to develop a palate and the ability to discern the flavors and nuances of wine. The instructor draws upon a movement system she has created to paint pictorial analogies through the use of visual imagery cues. This allows the participant to paint a picture in their “mind’s eye” to cultivate the proper physical sensation within the body. Workout and wine pair so well together because every class and glass is different. Everyone has their own unique experience while their total body senses awaken. Our culture continues to realize that wellness through an active lifestyle helps us to live younger and longer, and wine has always helped us to pause and celebrate life.”

“This is an ongoing program at Barrister,” says Barrister winemaker, Greg Lipsker. “It is our intention to offer “Class and a Glass,” Yoga, Pilates & Wine all year round.” Classes are every Tuesday evening at 5:30, and cost \$15.00. “Those who wish to are welcome to purchase a glass of wine after class, but it is not necessary.”

Barrister Winery is located at 1213 W. Railroad Alley, Spokane, WA, www.barristerwinery.com

LILACS and LEMONS

[good] [not so good]

by Vincent Bozzi



LILACS to State Senator Andy Billig and the City of Spokane for pushing through the beautiful pedestrian bridge that will link impoverished East Sprague with the University District, with a park at either end. Bikers and walkers will love the shortcut and business on East Sprague is already improving because of the recent attention placed on the Avenue. Have you been to the new Bennidito's Brewpub lately? Progress is exhilarating, isn't it?

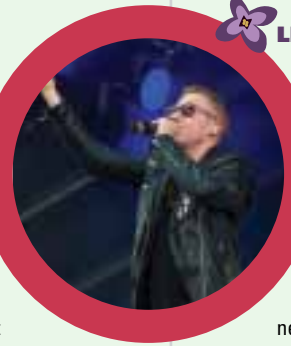
LEMONS to Airway Heights mayor Patrick Rushing, who obtusely referred to the Obamas as “monkeys” and then, amid overwhelming local and national scorn, didn't have the grace to resign. It's quite possible that he didn't know it was a racial slur, but if it wasn't, what was it?

LILACS to Harper Lee for finally publishing a second novel. Other than the Boo Radleys / Atticus Gifts connection to Spokane, there's no reason to post this here, but it does disprove F. Scott Fitzgerald's axiom that there are no second acts in American lives. At age 89, her second act was a long time coming, giving many of us a great deal of hope for our second or third acts!



LEMONS to those who promote copious recreational pot use, merely because it's legal in Washington. Making it legal didn't magically make it any less impairing, as is evidenced by two recent car wrecks in which the drivers admitted being high. Designated drivers aren't only for imbibers of alcohol.

LILACS to Macklemore & Ryan Lewis for filming their next music video here in downtown Spokane. We couldn't be happier that this hot duo with Spokane connections chose to spotlight Spokane and to pump up our economy a bit. They've obviously moved beyond *Thrift Shop* and they don't shy away from current hot topics, so we are kind of hoping they didn't choose Spokane because of the Rachel Dolezal incident!



LILACS to Tom T. Hall, who turns 80 next year, and who wrote what is still the best song about the Lilac City, *Spokane Motel Blues*, in 1973, just as Expo '74 was getting under way, and was just the kick in the teeth we needed. Yes, we'd rather be in Tootsie's eating Chili, too!



LEMONS to women who constantly complain that men on dating sites only want one thing. First, that's probably not true. Secondly, go out and mix a little and do the things you like to do rather than fish around on sites, where looks are primarily all anyone cares about. We've heard rumors that our own *Spokane Coeur d'Alene Living* magazine release parties aren't the worst way to meet people! If you're not receiving our email newsletter of all our events, sign up now on www.spokanecda.com.

LEMONS to waiters and waitresses who ask, usually in a friendly voice, we'll admit, “So how's that tastin' for ya?” Is this a Spokane thing or a national phenomenon? It sounds a little too down-home for us, and we're just wondering why they don't ask “How was the presentation of your menu entrée today?” or “Did the chef manage to leave out any stray hairs this time?” or “Did you smell that before biting into it?”



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