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Stacy's Boot Camp Personal trainer Stacy Berman is not joking around with this three-week "back-to-basics" approach to training. Berman's classes turn local parks into gyms where students perform exercises such as push-ups, squats and sit-ups, along with climbing steps and running. Central Park, Battery Park, Washington Square Park and Prospect Park classes are ongoing. Stacy's Boot Camp, various locations (212-531-3531, stacysbootcamp.com). Three weeks, three times a week \$250. Call for schedule and location.

Yoga anatomy This workshop—designed for both yoga students and teachers—helps participants understand how to best use the structure of the body to gain more flexibility. The first class considers "standing poses," which involve the foot, leg and knee. Levitate Yoga, 780 Eighth Ave between 47th and 48th Sts, suite 300 (212-974-2288, levitateyoga.com). Subway: C, E, 1 to 50th St. Sun 21 at 1pm. \$45.

Events

Beyond the Pink Ribbon fundraiser Pangea Organics—purveyor of eccentric skin-care products and supercontinent enthusiast—is helping raise awareness of breast cancer with an event that features holistic oncologist Mitchell Gaynor and Pangea Organics CEO Joshua Scott Onysko. A full 100% of ticket sales goes toward the Breast Cancer Fund's Climb Against the Odds '08, and the cost is fully tax deductible. R.S.V.P. by phone or online. ABC Carpet & Home, 888 Broadway at 19th St (877-679-5854, pangeaorganics.com). Thu 18 6:30-10pm. \$125.

FREE Kickoff event for weeklong meditation The Buddhist community of New York City has come together to host a weeklong meditation party, and you're invited! The kickoff event on Sun 21 is open to people of all faiths and backgrounds. Synod Hall at the Cathedral of St. John the Divine, 1047 Amsterdam Ave at 112th St (meditatenyc.org). Subway: Ito 110th St-Cathedral Pkwy. Sun 21 1-6pm.

FREE New York mental health symposium If you're reading this magazine, then you might want to consider checking out this mental-health informational event (just kidding; we're great). The first day of the symposium is titled "Healing Children's Minds," while the following day is called "New Directions in Research" and features presentations on depression, schizophrenia and bipolar disorder. The Times Center, 242 W 41st St between Seventh and Eighth Aves (800-272-9533). Subway: N, Q, R, W, 42nd St S, 1, 2, 3, 7 to 42nd St-Times Sq. Fri 19 9am-3pm; Sat 20 10am-1pm.

Newlife Expo This giant expo boasts over 200 guest speakers and loads of exhibits on anti-aging medicines, herbology, holistic healing and more. The entrance fee is \$10 on Friday, and \$15 on Saturday or Sunday. Hotel New Yorker, 481 Eighth Ave at 34th St (212-971-0101, newlifeexpo.com). Subway: A, C, E, I, 2, 3 to 34th St-Penn Station. Fri 3:30-10pm; Sat 10am-9pm; Sun 11am-8pm. \$10-\$15.

FREE Pantene Beautiful Lengths charity cut-a-thon Those who have at least eight inches of healthy hair are eligible to donate some of it on Wed 24 to benefit women who have lost theirs due to cancer treatments. All donors receive a free cut and styling. Call for an appointment. Mark Garrison Salon, 108 E 60th St at Park Ave (212-400-8000, beautifullengths.com). Subway: F to Lexington Ave-63rd St. Wed 24 6-9pm.

FREE Thank you event for veterans Our men and

women in the armed forces have a very stressful job. Free reiki energy sessions, massages and refreshments should help alleviate some of that battle fatigue. All veterans are invited to take part. Register by phone or in person. First Presbyterian Church, 124 Henry St between Clark and Pierpont Sts, Brooklyn Heights (718-499-4702). Subway: M, N, R, W to Court St; 2, 3, 4, 5 to Borough Halt St 2010am-12:30pm, 1:30-4:30pm.

Spas & Specials

BeamPro Medi-Spa It's true that many men these days subscribe to an anti-body-hair philosophy, and BeamPro Medi-Spa caters to this growing trend. A variety of treatments is available, including botox (starts at \$199), laser hair removal (procedures start at \$150) and photo rejuvenation (starts at \$250). BeamPro Medi-Spa, 165 E 32nd St between Lexington and Third Aves (dropherthazor.com). Subway: 6 to 33rd St \$150-\$250.

Dashing Diva Until Jan 30, all Dashing Diva spas are providing a one-hour wine pedicure appropriate for the fall season. The process involves a red-wine and clay cleansing foot massage, a merlot fizzing wine bath and a pumpkin foot masque. It also comes with a complimentary glass of wine. Dashing Diva, various locations throughout the city (dashingdiva.com). \$75.

Rozenberg Dental Day Spa Dr. Lana Rozenberg specializes in "dentabrasion," which is the dental equivalent of microdermabrasion. The treatment only takes about 20 minutes and promises to remove extrinsic stains and dental plaque. Rozenberg Dental Day Spa, 45 W 54th St between Fifth and Sixth Aves, suite 1B (212-265-7724, rozenbergdds.com). Subway: E, V to Fifth Ave-53rd St. \$125.

Spa Hydra Spa Hydra's "treatment of the month" uses only all-natural, vegan ingredients and features a frankincense warm foot soak, Indonesian ginger refining scrub and mask duo, nail work, and a warm Chinese essential oil massage. Spa Hydra, 35-1136th St at 35th Ave, Long Island City, Queens (718-267-7991, spahydra.com). Subway: N, W to 36th Ave. Mon 10am-6pm; Wed-Fri 10am-8pm; Sun 11am-6pm. \$65.

—Compiled by Drew Thal

Shopping

Sales & sample sales

Adrienne Landau Global warming may prolong our current Indian summer, but the frigid weather is on its way. Gear up for the oncoming chill with this fur company's cozy accessories. Fox-trimmed cashmere stoles are reduced from \$1,095 to \$500, and fur scarves are \$100 as opposed to \$245.519 Eighth Ave between 35th and 36th Sts, 21st floor (212.695-8362). Subway: A, C, E, 1, 2, 3 to 34th St-Penn Station. Thu 18 9:30am-6pm.

A Fortes Design Sold at such trend hives as Steven Alan, TG-170 and Bird, this emerging label is eliminating the middleman with wholesale prices on its past fall and winter collections. Wool jumpers are cut from \$184 to \$82, and corduroy smock dresses are lowered from \$202 to \$140. 195 Chrystie St between Rivington and Stanton Sts, fourth floor (212-260-1407). Subway: F to Delancey St; J, M, Z to Delancey-Essex Sts. Thu 18 4-9pm.