

# HEALTH HAPPENINGS

Cottage Grove's health and wellness options should increase with the anticipated openings of two new ventures. Here's a little more about these businesses:

## Pole dancing class among CG Body's offerings

BY JON STINNETT  
The Cottage Grove Sentinel

Like many who now call Cottage Grove home, Bret and Layla Munk found this town quite by accident in their search for a new start, though they say a prominent Grover helped convince them they'd found the right place.

Seeking to relocate from Texas, the couple came to Oregon to be closer to Layla's family in Pendleton, first trying Eugene in search of a laid-back environment. Finding Eugene to still be too hectic, the Munks spent an evening in Cottage Grove.

"The next morning, I realized that this is what I thought Eugene was," Bret Munk said, and when they encountered City Councilor Jake Boone, a high-school acquaintance of Layla's who "sung the praises of Cottage Grove," they knew they'd found their community.

Now, the Munks have poured their energy and passions into their newest endeavor, Cottage Grove Body Studio, which aims to gather their expertise in the areas of yoga, pole dancing, tanning, weight training and mixed martial arts/

self defense.

Wait, did they say pole dancing?

"It's a real sport; they're trying to get it included in the Olympics," Layla Munk said, adding that it also offers a great workout and a way to boost self confidence. At CG Body Studio, located at 28 South Sixth St. in the former South Lane Ballet studio, the three poles are made with competition in mind.

Which is not to say that all their offerings will be aimed at adults; the Munks hope to offer programs for kids, including Mommy and Me and kids yoga. They plan to work with the community to schedule classes to fit the needs of a variety of clients, and they'll also offer apparel, gear and pharmacy-grade supplements.

Bret Munk said that CG Body aims to be complementary, not competitive, with the other fitness-related businesses in town.

"We hope to be welcoming and align ourselves with people," he said. "It's not about a competition; it's about how you're going to look and feel when you're 80."

The Munks aim to open CG Body Studio by Nov. 1. They can be reached at 541-371-5511.

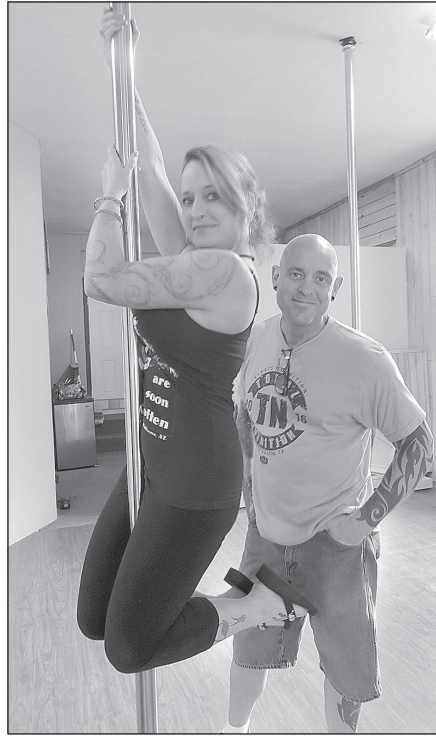


photo by Jon Stinnett  
Layla and Bret Munk plan to open CG Body Studio on Nov. 1.

## Crescent Moon Yoga offers a place to practice, grow

BY JON STINNETT  
The Cottage Grove Sentinel

Rosemary Foraker has a message for Cottage Grove — yoga is not just for girls.

While envisioning a change in her vocation, Foraker, who worked for 10 years at Aprovecho's sustainable living facility, sought to further her own passion for yoga while creating a centralized space for yoga practice here that is at once welcoming and adaptable.

"There wasn't a place in Cottage Grove where yoga was the sole focus," she said. "So I thought, 'why not pursue something I want to do more of and provide something that the community lacks?'"

Foraker said that she hopes Crescent Moon Yoga, which is slated to open Oct. 10 at 819 Main St. next to Buster's, can be

a source of learning about yoga for anyone, including males, who she said are often put off by the practice. The center's name originates from a yoga pose and also references the significance of the moon to the natural world.

"It's not meant to be intimidating, and there are probably a lot of people here who have never done yoga and want to try it," she said. "We want them to feel comfortable trying it out at any level. You will shape your own practice."

Crescent Moon Yoga will offer classes in various yoga disciplines, including Ashtanga, Hatha, Iyengar, Vinyasa and Hatha. Local instructors Gloria Campuzano, Heather Campbell and Tao Orion have already signed on to teach there, and the roster will be filled out with instructors from Eugene.

Foraker said she welcomes feedback



photo by Jon Stinnett  
Rosemary Foraker will offer diverse styles of yoga beginning Oct. 10.

from the community about what it would like from her business, which begins classes next week and is planning a celebration on Oct. 15. Crescent Moon Yoga can be found online at crescentmoonyoga.com or by calling 541-649-1800.

## Class at LCC aims to aid small business

Yearlong program begins Oct. 10

The goal of the Lane Community College-Cottage Grove Center Advisory Committee is to increase the number of credit and non-credit classes offered locally to meet the learning needs of the community, and the Committee has worked to make an opportunity available at LCC-CG during the 2016-17 academic year that teaches the basic concepts and critical skills needed to start or grow a small business.

Lane will offer a small business management program at the Cottage Grove campus beginning next week. The Cottage Grove Center offers a total of 15 classes focused on the marketing, financial and operation principles needed to create a new business or to take an existing business to its next level.

Gary Smith, director of the LCC Small Business Management Program, teaches the year-long course and will spend Mondays in Cottage Grove for the next nine months (Oct. 10 – June 19 from 10 a.m. to 1 p.m.) helping existing business owners and entrepreneurs increase their profitability and their potential to create more local jobs.

Smith was a high school dropout who turned his high school passion into his first profitable business, which he later sold to a buyer for a pretty penny. In the

past 30-plus years he has created and sold businesses in different industries and worked for Fortune 500 companies. In addition to his job at LCC's Small Business Development Center (SBDC), Smith continues to run his own successful business in the travel industry. He rewrote the SBDC business management program curriculum for LCC to simplify it based on his real-world experiences, and the U.S. Small Business Administration recognized him with an award for exceptional teaching in 2012.

The cost for the entire first year (of three) in LCC's Small Business Management Program is \$579 per business. A limited number of \$250 Rural Outreach Scholarships are available from the Oregon SBDC Network, reducing the tuition to \$329. This equated to a cost of less than \$25 per class.

Committee member Cindy Weeldreyer points out that few have signed up for the class so far, which she hopes can change.

(Cottage Grove needs 10 students for the class to happen here.)

Those seeking to register can call 541-463-6200. For more information email the instructor at [smithge@lanccc.edu](mailto:smithge@lanccc.edu).

**\$2** South Valley **\$2**

**Farmers Market**

Thursday, 4-7pm  
Through 10/27

**Clip for \$2 off!**

7th & Main, Downtown CG

**Eggs Produce Meat Bakery**

**\$2 Eat Fresh, Buy local! \$2**

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