



## More Than the Name Implies!

BY LINDA PETRECCA



Simply Yoga offers an array of yoga classes in the morning, weekday evenings, and on the weekends. A full class schedule is available on [SimplyYogaStudios.com](http://SimplyYogaStudios.com). The instructors at Simply Yoga seek to meet the needs of those who are looking for a place of peace and tranquility; for a complete health system; for assistance in rehabilitating and/or warding off or slowing the progression of a chronic illness; for a way to restore/maintain flexibility through gentle, stress free movement; as well as of those following a spiritual path and seeking the skills to journey within their own heart.

**Community Class Day** is every Sunday when the studio is open to anyone who would like to try yoga for the first time or just wants another time and place to continue their practice. Classes start at 9am with Restorative Yoga: a gentle practice that helps the body renew itself; followed at 12 noon by Classical Yoga: a class taught by an instructor who studied in India and who shares many insights regarding the spiritual side of the practice. Each of these classes may be attended for only \$10 (cash, please) per class. Then, at 2pm, Karma Yoga finishes off the Community Day schedule. This class is instructed on a rotating basis by 4 newly

trained instructors who each add a little of their individuality to the class. Community members may attend this class for a mere \$5 (cash, please). It is a wonderful way for those on a fixed income to share in the benefits of yoga!

Along with yoga classes, Simply Yoga offers meditation. There is one class at 7:45pm on Wednesdays that is strictly meditation, but other classes sprinkled throughout the schedule offer a combination of yoga and meditation.

Workshops are also a common event at Simply Yoga. Held for 2 or 3 hours on a Saturday or Sunday afternoon, they give the new or longtime yogi deeper insight into yoga. A listing of all workshops can be found on the website.

We invite you to wander over to 598 Wharton Boulevard in the Town Center: attend a Community Day class; try meditation; meet some other community members; borrow a book. Remember — “any body can benefit from Yoga” *The Art of Listening* — and Simply Yoga can help anyone to learn to listen to their body, mind, and spirit! ■

*Read the extended article on InEagleview.com*

## HopeCuts at Gemini Design Studio and Spa



Calling all philanthropists — on **Sunday, September 25th** from **10am-2pm** — Gemini Design Studio and Spa is hosting HopeCuts, a fundraising program where all staff donate their time & all proceeds from the day are donated to City of Hope, a non-profit world renowned cancer, diabetes, HIV/AIDS research center.

Call Gemini today to book your appointment for the 25th and 100% of your money will be donated. Services available that day include hair cuts, blow outs, mini-manicures and mini-facials. In the week leading up to the event, Gemini will donate \$2.50 of any product sales to City of Hope, which will be matched by their distributor, Raylon. So stock up on your product and feel good about \$5 per product going to cancer research.

Join the staff of Gemini in refreshments, light fare and fun while raising money for the fight against cancer, diabetes, HIV/AIDS and many other serious diseases. Raffle tickets will be available with great prizes as well as additional donation opportunities.

To book your appointment call Gemini today at **610.458.8809** or visit [GeminiHairDesignStudioSpa.com](http://GeminiHairDesignStudioSpa.com) For more information on City of Hope visit [cityofhope.org](http://cityofhope.org) ■

**Free Yoga Class** with this coupon for new Simply Yoga students!

598 Wharton Blvd, Exton PA | 610.306.4730 | [SimplyYogaStudios.com](http://SimplyYogaStudios.com)

InEagleview

Keep up-to-date with all Eagleview events at [InEagleview.com](http://InEagleview.com)

## Vein Clinics of America Opens Enhanced Vein Center



BEFORE



AFTER

Vein Clinics of America (VCA), the largest network of physicians in the United States specializing in the minimally invasive treatment of varicose vein disease, has opened a new location in 707 Eagleview Blvd, Exton, PA. This location will add selected interventional procedures to the full range of vein treatments provided at existing VCA locations, enabling patients to undergo additional procedures. The new center will be led by Dr. Robert S. Singh, a board-certified vascular surgeon and served as medical director at the vein center of St. Joseph Medical

Center. VCA now has three centers in Pennsylvania and 45 locations nationally. For 30 years, VCA has specialized in treating a wide spectrum of vein disease, including varicose veins, spider veins and venous leg ulcers.

"Treating venous disease utilizing enhanced techniques is a wonderful and exciting combination," said Dr. Singh. "It allows us to maintain the high standard of care expected at VCA, while integrating additional minimally invasive procedures. These treatments are typically performed in a hospital setting, but will now be offered in a relaxed, accessible and safe outpatient facility."

Varicose vein disease is more than just a cosmetic problem. Ignoring it can result in symptoms such as pain, fatigue, itching, burning and swelling. Sufferers can experience throbbing and restlessness, where they feel the need to constantly keep their legs moving. Vein disease is a progressive condition that will only worsen if left untreated.

VCA's network physicians utilize a comprehensive, minimally invasive treatment approach that includes Endovenous Laser Treatment (ELT) and Ultrasound-Guided

Sclerotherapy. The use of Sclerotherapy, combined with ELT, allows VCA's physicians to treat the smallest spider vein to the largest rope-like varicose vein, and even venous leg ulcers. Neither option requires hospitalization or surgery. Instead each is performed in the physician's office.

In addition to leg vein treatments, this center will also offer select interventional procedures. These treatments, which require a highly skilled, board-certified physician and state-of-the-art equipment and imaging, address a broader array of procedures in new treatment areas including gynecology and urology. With interventional techniques, Dr. Singh and his team will be able to assess and, in some cases, non-surgically treat diseases at their source. This approach offers patients lower risk, less pain and reduced recovery time compared to invasive surgeries, and patients are able to return to home the same day.

To schedule an appointment, call **1.800.660.VEIN** or visit **VeinClinics.com** ■



### Mary's Testimonial



BEFORE



AFTER

Read about Mary's story & her relationship with the staff in the Passion for Fitness article at [InEagleview.com](http://InEagleview.com)



## It's a lifestyle, not a program

**610.458.9792**

[Passion-For-Fitness.com](http://Passion-For-Fitness.com)

590 Wharton Blvd | Eagleview Town Center

### PFF Healthy Recipe The True "Skinny" Frappuccino




Our Passion for Fitness whey protein isolate is 100% natural sweetened with stevia.

You get a delicious chocolate or vanilla flavor for only 100 calories and 3 grams of sugar. Take it with just water or add other ingredients for a delicious treat that will help you get lean muscle faster, help satisfy your appetite and gain stamina! It is easily digested and supports muscle recovery, so you are not as sore after your workout. Also, one serving allows you to get 50% of your daily

vitamins. This product offers so many benefits and more importantly tastes great, so stop in and try it today!

- 1 scoop PFF Vanilla/Chocolate Whey Powder
- 10 Ice Cubes
- 3oz. fat free milk or Almond or Soy
- 2 tblsp fat free vanilla yogurt
- 8 oz coffee

Blend in blender for 30 sec to 1 minute for a quick and easy way to create this take out yogurt and shake and GO! ■



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## Bentley Red Makes History



For the first time in Bentley history, Bentley Red brought home the Eagleview Softball Championship title after going 14-1 in the regular season. Red beat ERM in the final game of a best of 3 series by a score of 5-2. ■

**BENTLEY RED ROSTER:** Jessica Rothrock, Melissa Menna, Laura Jarota, Crystal Failor, Jason Dougherty, Bryan Hamerski, Damion Piper, Pete Liotino, Kevin McManmon, Matthew Purse, Ridge Waddell, Gary Smith, Robert Hinkle, Stephen Jurrissen, Tyler Queen, Matt Hamerski, Andrew Bentley, Lankesh Haria, Bob Hewitt, Paul Barbour.

## Edward Jones®

### Keep Your Investment Working Hard - All Year Long

Labor Day is dedicated to the social & economic achievements of American workers. Of course, if you're like most people, work is essential to your life, both as a means of personal fulfillment and as a necessity for achieving your financial goals, such as a comfortable retirement. But if you're going to attain those goals, you'll want your investments to work as hard as you do.

#### Know your investment objectives.

Whether you work in an office, a manufacturing plant or any other venue, your goal is to produce a clearly identifiable result. And the same should be true for the way that you invest. In other words, you should know exactly why you own every single one of your investments — because only then will you have a clear, unified strategy for achieving your desired outcomes.

**Keep investing.** As a diligent worker, you show up to work every day because you know that this type of consistency is necessary for success. A similar principle applies to your investing "career." By investing steadily, year in and year out, you have a much better chance of reaching your objectives than if you were to take periodic breaks. Of course, when the financial markets are volatile, it can be tempting to take a "timeout," but this stop-and-start approach can lead to missed opportunities. For example, if you jump out of the market when it's down, you might miss out on the early stages of the next rally.

**Build a productive portfolio.** Generally speaking, the most industrious workers are also the most productive ones. And just as productivity is an asset in the working world, it's important in the investment world, too. Strive to own a mix of investments in a balanced portfolio, based on your risk tolerance, time horizon and long-term goals.

**Develop your investment skills.** To truly be a good worker, you need a set of skills,

such as initiative, the ability to make decisions and the willingness to work on a team. However, throughout the course of your career, you may also need to add new technical proficiencies so that you can stay on top of developments in your field and maintain your productivity. As an investor, you also need some "core competencies," such as patience, discipline and the ability to prioritize goals. But you also need to stay current on financial products, the economy, the markets and changes in tax- and investment-related laws. To help expand your knowledge base and receive timely guidance, you may want to work with a financial professional.

Labor Day comes just once a year. But by keeping your investments working hard 365 days a year, you can keep making progress toward the lifestyle you've envisioned.

**T.R. Campbell**, Financial Advisor  
614 Wharton Blvd | Exton, PA 19341  
**610.458.1065** | [edwardjones.com](http://edwardjones.com)  
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**25<sup>TH</sup> ANNUAL HANKIN INVITATIONAL**

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## STOCK UP FOR THE HOLIDAYS FOR LESS TODAY!

Believe it or not, the holidays are right around the corner. Stop in to your favorite invitation and stationery shop to order your holiday cards and invitations. Mention this add to **receive 20% off William Arthur personalized holiday cards and invitations!** (expires Sept 30th)

**Become a fan on Facebook and get 20% off your next purchase!** (not valid on sale items or in combination of any other offers, expires Dec 31st)

574 Wharton Blvd | Exton, PA  
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## AVAILABILITIES

### Eagleview<sup>SM</sup>

410 Eagleview Boulevard  
40,893 sq ft Building  
13,814 sq ft Available

411 Eagleview Boulevard  
31,406 sq ft Building  
3,450 sq ft Available

415 Eagleview Boulevard  
32,408 sq ft Building  
7,407 sq ft Available

505 Eagleview Blvd  
152,345 sq ft Office Building  
25,210 sq ft - 1st and 2nd Floors Available

665 Stockton Drive  
40,831 sq ft Office Building  
40,831 sq ft Available

690 Stockton Drive  
44,784 sq ft 3-story Office Building  
3,894 sq ft Available

707 Eagleview Boulevard  
83,320 sq ft Four-Story Office Bldg  
6,120 sq ft - 1st Floor Available - Divisible  
22,611 sq ft - 2nd Floor Available - Divisible  
1,300 sq ft - 3rd Floor Available - Divisible

717 Constitution Drive  
32,413 sq ft Building  
1,334 sq ft - 1st Floor Available  
3,651 sq ft - 1st Floor Available  
6,216 sq ft - 1st Floor Available  
6,522 sq ft - 2nd Floor Available

760 Constitution Drive  
36,685 sq ft Office Building  
2,290 sq ft - Garden Level Available  
2,040 sq ft - Garden Level Available  
3,508 sq ft - Garden Level Available

120 acres of Build-to-Suit Sites

### New Construction

100 Sierra Drive  
80,000 sq ft Flex Light Industrial Available

Wellington Square II  
16,340 sq ft Available

**Morgantown Business Park**  
125 acres of Build-to-Suit Sites

Westgate I  
31,491 sq ft Building  
7,604 sq ft Available

**Spring Valley Business Park**  
25 acres of Build-to-Suit Sites

**Weatherstone<sup>SM</sup>**  
140,000 sq ft Office/Retail (Planned)

**Chandler Commons**  
90,000 sq ft Office (Planned)

For more information contact Jack Purcell or Stacy Martin at 610.458.1900

Design Chris Vendrick  
Editor Rebecca Reeves



707 EAGLEVIEW BLVD | EXTON, PA  
610.458.1900 | [HankinGroup.com](http://HankinGroup.com)