

ANTICIPATE before the wedding



# GREEN EYES ORGANICS

## SAY 'OM' BEFORE 'I DO'

To ease my pre-wedding stress, I recently began taking yoga classes with Cynthia Latimer, a Chicago-based yoga instructor. Cynthia's small business, Green Eyes Organics, combines the practice and philosophy of Hatha and Vinyasa style yoga instruction with all-natural, certified organic skin and body care. Cynthia not only provides one-on-one or group yoga instruction, but also acts as a beauty consultant to her clients. Based on her client's needs, she chooses and recommends products that are 100 percent natural and certified organic by food quality standards.

Cynthia represents the product line "Miessence," an Australian-based company designed with all-natural products for your skin, hair and home. "Sixty percent of what we put on our skin enters our bodies through our pores," Cynthia explains. "Therefore, if we put chemicals and pesticides on our skin, we are essentially 'eating' them. The average person uses nine personal care products daily, exposing themselves to over one hundred chemicals a day." Cynthia believes that by taking control over what we put on our skin and into our bodies, we can improve our health and beauty.

Every bride wants to look and feel her best on the day she walks down the aisle. Unfortunately, brides spend so much time planning all the details for that special day, they

often forget about the most important detail: taking care of themselves. This is where Cynthia comes in. She offers different services for the bride-to-be, such as private yoga instruction, a group class for a nontraditional bridal shower or bachelorette party, or a morning yoga class to relax and rejuvenate on the big day.

The best piece of advice that Cynthia can give a bride is to breathe. "Sit each day for five minutes and take ten long, deep breaths. Think of nothing else but the breath, feeling and watching it move through your body. One of the most powerful things we can do to eliminate stress and tension is to be present," Cynthia advises. She recommends stretching your limbs, quieting your mind, and using natural products to bring balance, clarity and strength to the body and mind at a time when it's essential for a bride to look and feel her best. "The teachings of yoga say we have a light that resides in our heart center," Cynthia says. "Much of what we do in daily life shields that spirit. Yoga opens us up to the realization of that space. Once we come in contact with our own perfection, we can radiate that light and beauty into the world." — ABBEY GILLESPIE

