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business briefs

BreatheMoveBeWell

1 Northwood Dr., #4, Orinda

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BreatheMoveBeWell opening party in Orinda.
 Photo Gaby Diskin

the other Pilates equipment. "I specialize in back issues and scoliosis," says Diskin. "I have had to work on this for myself and found the Pilates techniques with the machines the best approach to take care of my back." She adds that McCarthy has a background in dance and that both of them work extensively on relieving imbalance in the spine, reestablishing alignment.

Gaby Diskin and Bridget McCarthy recently celebrated the opening of their new Pilates holistic center in Orinda, BreatheMoveBeWell. The two women met while working at the Lafayette Health Club. "I've know Bridget for 10 years," says Diskin, "and I often substituted for her when she was traveling. We both value Pilates and enjoy working together." Diskin and McCarthy are certified instructors on Pilates equipment. McCarthy trained with Turning Point in Walnut Creek and Diskin did her training with BASI (Body Arts & Science International) in Australia. In their new space in Orinda they teach group reformer Pilates classes, up to five people, also private and duet sessions on

Coldwell Banker Residential Brokerage

The Beaubelle Group

2 Theatre Square, Suite 211, Orinda

(925) 254-1212

The Beaubelle Group ranked among the top 1,000 realtors in the U.S. for home sales last year in a new report by The Wall Street Journal and REALTrends, a national communications and real estate consulting company. The group includes Glenn and Kellie Beaubelle, Finola Fellner, Nancy Stryker, Lynn Molloy, and Cory Cook. "I couldn't be more proud of these talented independent sales associates with the Beaubelle Group, who serve the East Bay market so well," said Mike James, president of Coldwell Banker Residential Brokerage.

News from the Chambers of Commerce

Lafayette

Monthly Entrepreneur's Club meeting at 8:30 a.m. on Thursday, July 17 in the Chamber Conference Room.

New member orientation is from 5:30 to 7 p.m. on Tuesday, July 22 at Bank of the West, 3583 Mt. Diablo Blvd.



From left: Agents Finola Fellner, Kellie Beaubelle, Lynn Molloy, Glenn W. Beaubelle and Nancy Stryker Photo provided



The multi-chamber mixer at Cal Shakes in Orinda on July 9 was very well attended. Barbara Gilmore, of the Lafayette chamber, said it was a beautiful spot to have a mixer. Local restaurants provided delicious food. "All of the chambers had restaurant participation and Cal Shakes was very prepared with staffing and shuttle service - everything needed to make things run smoothly," said the Moraga chamber's Kathe Nelson. "The weather was windy and a bit chilly, but a good number of folks had never been there before," she added. Photo Jay Yamada

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