

Sponsored by:

4-Dimensional Success

www.4-dsuccess.com

480-329-6753



Anna Weber

"Where Coaching remains a co-creative process, utilizing focused actions that create an environment for individual growth, purposeful action, and sustained benefits.."

Premiere Issue:

- Our Mission
- Green Design
- Before & After Photos
- Calendar of Events
- Yoga Move
- Quote to Ponder
- Contact Information

To unsubscribe please respond to this email and type "unsubscribe" in the subject. line.

Our Mission

Our philosophy, on interior design, stems from the concept of repurposing what you already have. In this day and age of being conscious of our environment, let's try to reuse what we already have to help our home or office environment feel comfortable.

With this concept in mind, if you are not happy with your existing furnishings, ask yourself **"what can Stephens ID & Associates do to help me get comfortable in my surroundings?"** Is it changing the artwork, is it changing the paint color on the walls or reworking existing furnishings. Whatever the direction, we will work with your needs and ideas to make the most comfortable space for you and your family.

www.stephensID.com Check out a portion of our portfolio on our website.

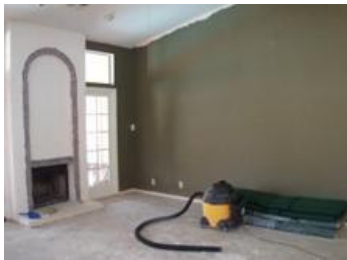
Green Design

"Give your home a check-up." – Karen Kingston, *Creating Sacred Space with Feng Shui*
What does "Green Design" mean?

Green Design is about being more aware of what materials you are using in your home or office. For instance, how long does it take to grow more trees to cover the square footage of your floor? Bamboo grows faster than most trees and is stronger than most woods.

Think about how you *had to have* the granite countertop and now you are tired of it, did the earth replenish that granite in the amount of time you had it installed? The answer is no!

Before and After Photos



This was a client that was referred to me. We began with a space clearing and applied the principles of Feng Shui to several different areas of the home and home office to get a bad contractor out and get the client's money reimbursed. This remodeling project was completed in a matter of 2 months. *This project was on the fast track!* We got it to a livable space so the home owner's out of state family could enjoy it for Christmas. Scope of project: Remodel front exterior, front foyer, dining room, kitchen and living room. Custom furniture, slate flooring, architectural elements and plenty of lighting all on dimmers to share a romantic evening at home together. This home owner's goal was to create a space to entertain in and the openness of the space is ready for those parties.



Standing Tall like a Mountain

As you make your way into the return lines at the stores or purchasing a few groceries, observe how you are standing. Is it the end of a stressful day? Did you have to readjust your rearview mirror when you got into your car? Did you shrink throughout the day?

Well get up and stand TALL! Feet hip distance apart, hip points that is, not fleshy parts. Even in your shoes, spread your toes apart. If you are in your bare feet can you see the floor between your toes?

Without locking your knee joints feel the leg bones getting longer. Notice the expansiveness between the vertebrae of your spine, and your ribs are able to expand a bit more as well and take in that deep breath that you learned last month.

Shrug your shoulders just a bit toward your ears and allow the collar bones to broaden. Feel your shoulder blades (your wings) supporting behind your heart.

Arms are relaxed, neck is soft, throat is open, soften your eyes, reach the crown of the head up.

Stand Tall like a Mountain (Tadasana)

Calendar of Events

February 11, 2006 9-11 am Topic: Balancing Your Chakras with Gems & Energy

RSVP to Amy Stephens at amy72@cox.net

September 15-17, 2006 Women's Weekend Yoga Retreat Payson, AZ

Email Amy to receive a detailed flyer. Amy72@cox.net

Go to www.stephensID.com/workshops to see more details about the above workshops or to register online.

Quote to Ponder

When you recognize the perfection in your choices-- Including your mistakes -- you are on your way to making even more perfect choices. -- Alan Cohen

For a Design or Feng Shui Consultation

contact Amy Stephens:

Stephens ID & Associates

480-677-0855
www.stephensID.com