

E-MARKETING

VARIOUS HTML EMAIL CAMPAIGNS

The Essence of Eating Begins with the Art of Food

BELLA CUCINA  ARTFUL FOOD

Buon Gusto!

Savor the taste of Italy at your table with artisan-made fine foods from Bella Cucina Artful Food.

Fall 2005 Otono
Due mille cinque

A Taste of Tuscan Olive Oil



A good quality olive oil should be a staple in every pantry. Our new extra virgin **Tuscan Olive Oil** is first cold pressed from olives harvested in the hills of Tuscany. Its green and peppery finish is traditional to the region. *Delizioso!*

Antipasti

Serve right out of the jar as part of an antipasti appetizer feast or use as pizza toppings, on salads or panini condiments.

Caramelized onions with fennel & golden raisins.

Half-moon shaped onions are slow cooked until sweet and caramelized with sliced fresh fennel and plump golden raisins for an agrodolce {sweet and tart} appetizer.

Marinated Chickpeas with Lemon & Garlic

Chickpeas, or ceci, are marinated in fresh garlic and lemon juice and bathed in extra virgin olive oil. Simple, yet elegant, chickpeas are a favorite staple of the Mediterranean diet.



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Pane Rustico

Traditional Italian flatbread from the hills of Tuscany is baked and made to taste like a crisp golden-brown cracker. Simply sliced, it's the perfect accompaniment to any meal.



Aromatic Savory Salts

The sweet salt and onion herbs and spices are blended in an aromatic harmony.



Antique European-Style Gift Baskets



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SMITH HANES DESIGN



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Letters is a format for sharing news about my design business with friends, family and colleagues. I will send *Letters* once a quarter, as new projects are installed and released for publication. Thank you to everyone who had a hand in this beautiful project out in the Hill Country and everyone who was instrumental in making smithhanes.com come to fruition. A special thanks to George Skaroulis for his inspiring music and Alisa's patience and love throughout the process of the launch of my new interior design business. ~Smith

S E R E N B E P R O J E C T



June 2004 -- This year there is an important **groundbreaking.**

A new community is being born ~ designed ~ built in a thicket of old growth forest and rolling hills that was once home to cotton, tobacco and soybean terraces. **The Serenbe Community**, founded by two visionary families in Atlanta, is the result of years of work by experts in space



*Featured Project: Serenbe office renovation
An existing 1920's barn, renovated to accommodate the Serenbe community sales office and Chattahoochee Hill Country Foundation. Installed Autumn 2003*

They wanted it to have style. In some circles, style is often considered more important than function...but these clients know the marriage of the two somehow brings more excitement than just style alone. So we set out to address function with style. The space needed rooms, so we divided the rooms with the most sumptuously crafted doors we could make. Dramatic ebony glazed wood with lots of glass for natural light pouring in from the surrounding farmland. We chose handles and locksets handcrafted of ebony-washed wood accented with the luster of chrome. Then the rooms needed to be furnished... with supporting local commerce in mind, **it only made sense to make as much as we could locally.** So we commissioned desks made of hand forged metal bases with poured cement slab tops ~ demi-lune tables carved from an 80 year old white oak tree ~ we remade 16 mercury glass gooseneck lamps so they could be used instead of ending up in a landfill ~ and commissioned a recently graduated artist to paint a friendly cow beckoning the viewer to come out to the farm.

So many simple handmade details magically added up to a very rich experience. It took us a little by surprise.



5 RHYTHMS

5RHYTHMS IN ATLANTA



In WAVES we explore the dynamic practice of Gabrielle Roth's 5Rhythms®. This cathartic form of ecstatic movement/dance is a workout for body and soul, a moving meditation, a spiritual practice where we "sweat our prayers."

What are the 5Rhythms ®?

The 5Rhythms comprise a movement practice designed to release the dancer in every body, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself at your most fluid and creative level. While the practice itself is the essence of simplicity, it has the power to catalyze deep healing and creative expression. One of the primary teachings of this work is: "If you put your psyche in motion, it will heal itself."

The 5Rhythms® are Flowing, Staccato, Chaos, Lyrical and Stillness. They come together to create the WAVE, a movement meditation practice. Rather than having steps to follow, each rhythm has patterns

Announcing a Weekly Waves, 5Rhythms® Class

WAVES -Drop In Class

When: Every SUNDAY
Time: 6PM-8PM

Note: No one will be admitted to the class after 6:30PM.

Where: Portfolio Center School
125 Bennett St. (Bennet crosses Peachtree near Piedmont Hospital at the Fresh Market store intersection) Atlanta, GA 30309

For directions [CLICK HERE](#)

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What happens on the dance floor?

In every class, there is always a wide range of experience in the 5Rhythms® work, from first timers to WAVE addicts. In any class, the teacher might take the class through the entire WAVE or focus on just one rhythm or one facet of a rhythm. The rhythms themselves are a gateway to literally thousands of different movement landscapes. Like the body, they are alive and designed to catalyze the dancer's movement expression in the moment. You are different every time you walk in the room, so is the group, so is the teacher. Therefore, each class holds completely unique possibilities.

All classes are lead by

Tracy Upton or Smith Hanes

(Both TEACHERS IN TRAINING to be certified in October of 2009)

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How Much: Payment is voluntary at this time as we are Teachers IN TRAINING and not certified. Suggested donation \$15- \$10 (students)

Beginning November 1, 2009
Class fee: \$15, \$10 (Students)
Class \$120 for 10 classes

For information:
thewaveatlanta@yahoo.com or
678-358-7978 (Tracy Upton's Cell Phone)

How to start:

- Go at your own pace
- Be responsible for your own body, stay aware of injuries and limitations
- Keep your eyes open to stay aware of others
- Dance barefoot or in dance shoes-no socks on the dance floor
- No gun and no talking on the dance floor
- Bring water and wear loose clothing for moving in
- Enjoy yourself! Excessive seriousness may slow you down....

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