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business briefs

Living Lean Partners with Moraga-based Star Pilates

www.thelivingleanprogram.com

A few years ago, Sheena Lakhotia created "Living Lean," a fully customizable nutrition and exercise program. She developed her business by partnering with local restaurants and food businesses to provide her customers and others with balanced nutrition on-the-go. She has now established a partnership with Miles Morse, owner of Star Pilates in Moraga. "The new location will provide convenience for Moraga residents and will allow me to train them on the Pilates reformer, which is a great complement to the strength cardiovascular workouts and yoga that we are currently offering. Optimal fitness requires variety, challenge, and consistency. Convenience and a complete repertoire are important for success," says Lakhotia. The original Living Lean trainers will be working in all three locations, the two studios in Orinda and at Morse's studio, 1460 Moraga Road. The studio is open 7:00 a.m. - 7:00 p.m., Monday thru Friday, and 8:00 a.m. to 12:00 p.m. on Saturday.

Mt. Diablo Business Women Networking Dinner

The next networking dinner will be held on Thursday Jan. 14, 2010.

The guest speaker will be Mary Jane Ryan on, "This year, I will...How to Change a Habit, Keep a Resolution or Make a Dream Come True." The event will run from 5:45 p.m. until 8:30 p.m. at the Lafayette Park Hotel, 3287 Mt. Diablo Blvd, Lafayette. For information and registration please contact www.mtdiablobusinesswomen.org Registration required by noon on Jan 11th, no walk-ins.

Closed: Kopitiam in Lafayette

3647, Mt Diablo Blvd. Lafayette

It seems like only a few months ago we talked in this column of Kopitiam, the Singaporean restaurant located next to Trader Joe's. The light and tasty food was a favorite of many residents, but the owner had to close his business. In its place, a new Lava Pit Hawaiian Grill is scheduled to open soon. Lava Pit is also at Theater Square in Orinda.

Time to Nominate the Lafayette Green Award

The Lafayette Green Awards will recognize outstanding efforts during 2009 that have contributed to a more sustainable community and helped the city achieve its environmental goals. Winners will be announced in April, in conjunction with Earth Day 2010. Up to ten awards will be given across five different categories: residents, businesses, schools, community organizations, and builders. This year, the nominating period begins on January 1st and ends on February 28th. Nominations can be made by any Lafayette resident or organization with a Lafayette address. You can nominate yourself or another person or organization. Winners will be selected during March by the city's Environmental Task Force. For more information or to see last year's winners: <http://www.sustainablelafayette.net/greenawards/>.

News from the three Chambers of Commerce

Lafayette

Chamber Office closes for the holidays: "The Lafayette Chamber of Commerce is here for YOU!" says Chamber CEO Jay Lifson, "but beginning at noon on Wednesday, December 23, we won't be here for you. We will be hibernating until Monday, January 4, 2010. Happy Holidays to our members and our friends!"

Moraga

Check out the new Chamber website with modernized graphics and improved functions at www.moragachamber.org. Grant Stubblefield, of Community Marketing Group, and Lynn McAuliffe, of Champagne Design, both Chamber members, worked cooperatively on the site.

Orinda

Mark your calendar for a new event in Orinda. On Friday, March 5th: "Live at the Orinda," the Chamber of Commerce presents a champagne-splashed evening of live professional comedy in conjunction with Tommy T's Comedy House of Pleasanton, and the Lamorinda Film and Entertainment Foundation.

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