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Business Briefs



Photo A. Scheck

(behind Si Si Caffé). The two young men are certified trainers; Au has a background in Taekwondo and worked as a trainer for athletes as well as ordinary folks wanting to get back in shape at Living Lean in Orinda. Ma graduated from Cal in nutrition before becoming a trainer. "Our objective is to help people live stronger and healthier, and prevent injuries," says Au. "We work with clients that have lower back problems and want to get back into shape, with people who want to lose weight, with teenagers who want to achieve a higher degree of fitness." The two often practice compound or functional exercises with their clients, such as picking up and transferring weights on a shelf without injuring the back or the shoulder. "We want people to realize their full potential, whatever their age," adds Au. The two trainers work with people individually or in small groups of up to four people.

Business Anniversary

Reflexion Salon's 15th Anniversary

508 Center Street, Moraga, (925) 376-7222

Reflexion Salon recently celebrated its 15th anniversary at the Rheem Valley Shopping Center. The salon, owned by Shirley Takeuchi, specializes in teenage acne, anti-aging treatments, including peels and microdermabrasion, and waxing. Reflexion Salon also offers relaxing customized facials with a "reiki" touch. The hair stylist specializes in styled cuts, color, and perms. Reflexion Salon wishes to thank all of its Lamorinda clients for their continuing patronage and support.

News from the Chambers of Commerce

Lafayette

Ribbon cutting for Bay Sotheby's International Realty at 5 p.m. on Thursday, Dec. 4, 3725 Mt. Diablo Blvd.

Annual Holiday Mixer from 5:30 to 7:30 p.m. on Wednesday, Dec. 10 at Mechanics Bank, 3640 Mt. Diablo Blvd. Food, fun, beverages and a big holiday raffle. The mixer is \$10 for members; bring at least three canned items for the Food Bank and admission is free.

Learning Express Opens

3568 Mt. Diablo Blvd., Lafayette

(925) 385-7135, www.learningexpress.com/store/lafayette

Learning Express is a nationwide franchisor of educational toy stores. The new Lafayette franchise had its grand opening in November. To date, there are more than 130 locations across the country. Learning Express sells toys from infants to tweens. Some of their favorite toys of 2014 include Snap Circuits, Boogie Boards, Plushcraft and Magformers. Store hours: Monday-Saturday 9:30 a.m.-7:30 p.m., Sunday 10 a.m.-7 p.m.

New Personal Training in Moraga

1605 School Street, Moraga, (510) 759-1281

Tommy Au and his cousin and partner Danny Ma have started a new personal training and nutrition studio in Moraga, at 1605 School Street

Ribbon cutting for 18/8 Fine Men's Salon and Amphora Nueva at 5 p.m. on Thursday, Dec. 11, La Fiesta Lane.

Moraga

Holiday Mixer at 7 p.m. on Thursday, Dec. 11 at Moraga Royale, 1600 Canyon Road. The mixer is \$15 at the door; for reservations email Kathe@moragachamber.org.

Orinda

Holiday Mixer from 5:30 to 7 p.m. on Thursday, Dec. 11 at Oak Springs Pool Clubhouse, 39 Spring Road. For more information call (925) 254-3909.



Tommy Au with client Eliana Cordero in his new studio in Moraga. Photo provided

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[back](#)

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