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Business Bites

By Vic Ryerson

Relax and Recharge

Studio E, the workout spot next to SiSi Café in Moraga, now offers a meditation class on Thursday evenings at 7 p.m.. Led by Orinda resident Susie Romak, the class is not restricted to Studio E members, but is open to the public.

Meditation is a peaceful, relaxing, rejuvenate practice that is an antidote to Lamorindans' busy lifestyle, according to Romak. She has many years of experience in meditative and spiritual practice, including study in India.

Further information about the class is available at susieromak@gmail.com, or (925) 250-1332.

Redefine Your Image

Amy Humann, former store manager and stylist at Specialtees Boutique in Lafayette, has started Wardrobe EditHer, a new business to help clients change their style and redefine their personal image.

Humann goes to her clients' homes by appointment to edit and organize their wardrobes. She also assists with donation or consignment of unwanted apparel and accessories, and offers styling and personal shopping services.

"I started my business in January because of the growing demand for assistance from my customers," says Humann. "People just started asking me if I could come to their homes to help them with their closets because they were so pleased with the experiences they'd had with me in a store environment.... [M]any people are reluctant to invite someone into their homes to rummage through their clothing. I understand that your wardrobe is a very personal thing, which makes trust the key to my business."

Find out more at www.wardrobeedither.wordpress.com, or contact Humann at amyhumann82@gmail.com or at (925) 878-1275.

From Flatbread to Philly Steaks

Reem's Steaks, which offers a full line of beef and chicken Philly cheese steak sandwiches as well as burgers and other fare, has opened under new ownership in the former Turquoise space on Moraga Way in downtown Orinda. Now owned by Alex Masaraweh, who also owns Petra, the Greek restaurant next to the Orinda Theater, the little restaurant features a bright new interior, as well as a totally new menu.

Reem's Steaks is open for dine-in or carryout items Monday through Saturday from 11 a.m. to 9 p.m., and from 11 a.m. to 8 p.m. on Sunday. Call ahead at (925) 253-2004

Run, Rock, and Soak Up the Vibe

A Runner's Mind, a locally owned company that opened its newest store May 17 on the Plaza in Lafayette, is reaching out to the community with free running, walking, and other events as part of its ongoing effort to become "the running, walking and fitness hub for the Lamorinda area," says owner Monte Keleher. A Runner's Mind also has stores in Burlingame and San Francisco.

The attractive new store, which features athletic shoes, apparel and related items, was decorated by Keleher and his partners, Dawson Montoya and Kyle Ballard. It is local and independent, he emphasizes, and has big plans to connect with the community as it gets established.

Partnering with local fitness business Body Zing!, a program of free group runs called Rock the Run is offered from the store at 5 p.m. each Friday afternoon in June, before the Rock the Plaza concerts. Body Zing! will start with a fifteen-minute core warm-up, followed by a 5 to 7 k group run led by A Runner's Mind on a course determined by the composition and desires of the group. A Runner's Mind also offers additional free group runs three times a week.

Plans are also in the offing for walking groups, and Zumba and yoga classes are planned to start in

July. Classes will be held either on the Plaza or inside the store.

More information is available at arunnersmind.com, or by emailing Shannon@arunnersmind.com.

The phone number for the Lafayette store is (925) 310-4312.

Don't Throw Stones at Glasshouse

Every homeowner who has experienced the aggravation of a plumbing failure or postponed a maintenance project until it was too late will be interested to know that Glasshouse, a professional home management service, is expanding to Orinda and Lafayette.

The company, which launched in Oakland, Berkeley and Piedmont in March 2015, offers preventive maintenance to help a homeowner stay ahead of home maintenance issues by having a home manager visit the home quarterly to perform a comprehensive two-hour checkup. The goal is to keep the house running in tip-top shape. Additional home maintenance and repair service is available between service visits.

The subscription service for the quarterly visits costs \$50 per month. The cost of additional maintenance and repair tasks is \$75 per hour. Additional information is available at glasshouse.com.

Chamber Music

Lafayette Chamber of Commerce

www.lafayettechamber.org,

(925) 284-7404

Rock the Plaza, the free Friday summer concert series at Lafayette Plaza, will continue with concerts by The Big Jangle on June 7 and Lamorinda Idol Finalists on June 24. The two-hour concerts start at 6:30 pm.

The Chamber's June Mixer will be held 5:30 - 7 p.m. Wednesday, June 22, at Capital Advantage, 3708 Mt. Diablo Blvd., Suite 200.

Lamorinda Small Business Forum will present a program on protecting your business: robbery/recovery/emergency. 5:30 - 7 p.m. Thursday, July 14, Bank of the West Lafayette Branch.

Moraga Chamber of Commerce

www.moragachamber.org,

(925) 323-6524

A Mixer will be held 3 to 5 p.m. on Friday, June 24, at St Mary's College, Filipi Hall #205. The Five-year Plan and a tour the Sports Center will be featured.

Orinda Chamber of Commerce

www.orindachamber.org,

(925) 254-3909

The new Orinda business blog is now online. Check it out at orindachamber.org. The first post includes a short documentary of Orinda 2016 restaurant tour. It was filmed and edited by Chamber member Susan Garell. The Chamber is eager to publish members' stories in the blog. Send your ideas to info@orindachamber.org.

A "Get Into Summer Mixer" will be held from 4:30 to 7 p.m. on June 23 at Sutter Health Urgent Care Clinic, 12 Camino Encinas in Orinda.

During the month of July members of the Orinda and Moraga chambers of commerce will be able to access an online training series called Hot Small Business Marketing Trends You Need to Know.

Contact your chamber directly to be sure to be included in this opportunity. The series will be accessible anytime in July to those part of the chambers' network.

Reach the reporter at: info@lamorindaweekly.com

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