

KIM KASH

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Dear Friends of Greenbelt Om,

I just returned from a family wedding in Portsmouth, New Hampshire. Portsmouth, even more so than Greenbelt, seems to be a community that understands the value of its own resources. In addition to its charming waterfront, its beautifully restored historic architecture, and its thriving culture of food and music, the city of Portsmouth is really organized about preserving the health of its downtown. Right now in Portsmouth there's a huge campaign called "Shop Local First," which encourages people to support independent downtown businesses. The suggestion is not that residents should never, ever shop in the big box stores--just that they shop at the local businesses first.

From our vantage point here in Roosevelt Center, where the cafe is struggling and there is quite a bit of vacant space, it is inspiring to see what the once-scruffy city of Portsmouth has accomplished. On a sunny afternoon there, sidewalk cafe tables are full, musicians are playing in the square, doors are thrown open and shops are doing a brisk trade. People are partaking in their own, delicious, local community--and in the process they are keeping it alive. So much good can be done by walking your dog downtown and meeting your friends for an ice cream in the square! The thing is, there has to be something worth visiting in the town square on a regular basis.

Greenbelt Om, which opened less than a year ago, is working to become the kind of thriving anchor that Roosevelt Center needs--a reason to come to our downtown regularly. We have created an excellent yoga studio; I hear this all the time! And so I ask of you: patronize Greenbelt Om frequently. Encourage your friends and family to do the same. We are a small business on the verge of becoming solvent and successful, and we need your support so that we can in turn support Roosevelt Center in becoming the kind of downtown that we all wish for.

This is how we take yoga off the mat: our actions have the power to create health in our hearts, our communities, and our worlds. It starts right here. I'll see you in class!

Namaste,
Kim Kash
Owner, Greenbelt Om Community Yoga