

Syl Carson · White Mountain Yoga

2230 N. University Parkway Suite 2E, Provo · (801) 372-5755 · www.whitemountainyoga.com

Syl Carson has been sharing her love of yoga since founding White Mountain Yoga in 2000.

"I love seeing people discover that their body is a renewable resource, and that they've found physical and emotional strength they didn't realize they had," Syl says.

In 2007, she opened the valley's first Yoga & Therapeutic Studies Center, which local residents call the heart of the yoga community in Utah Valley. White Mountain Yoga offers many styles of weekly yoga classes and is the only provider in Utah Valley offering continuing education credits for massage therapists.

This August, Syl will host the annual Yoga Immersion certification, a two-week program that teaches yoga instructors how to deepen their yoga

practice, develop their own classes and become exceptional in sharing the benefits and history of yoga. Graduates of the White Mountain Yoga certification program say it is an amazing and life-changing experience.

"I think this training is necessary for every yoga instructor or student to really begin to understand what yoga is and how they can apply it to their own lives," says Ann Marie Whittaker, a graduate of the program.

"I would recommend this training to anyone and everyone!" says Juls Snowden, another graduate.



business tip BE GENUINE

Breathe deep and stay genuine in your work. In business and yoga, I do my best to stay focused on what contribution my business is making in the lives of my clients and the overall community.

Nicke Brown · Let's Logo

436 W. 800 North, Orem · (801) 224-4919 · www.letslogo.net

Nicke Brown has been branding since she was a sophomore in high school. No one could spell her name the same way twice, so one night she was looking at her NIKE volleyball shoes, added a C, and the deal was done. Nicke was created!

Let's Logo's motto, Create Opportunity, is how the company can help you Identify Yourself. By educating clients on how to use advertising dollars currently being spent in their marketing campaigns, Let's Logo maximizes what has already been created and takes it to the next level.

"We take the time to listen to our clients' needs before presenting product to them," Nicke says. "Every client is unique, every project is unique, and so is Let's Logo."

With Let's Logo in its 12th year of business, relationships with both clients and other businesses have been the backbone of its success. Services include personalized promotional items for businesses, high school letter jackets, embroidered or screen printed company apparel, graphic design, and corporate identity advice.

Nicke's time away from the business is spent with a loving family: husband, Kurtis; sons, Josh-14, Cougar-10, Kaden-4, Peyton-8 months; and daughter, Aundrea-7. Nicke loves to cook, watch movies and make chocolate chip cookies. Catching a giggle from her kids, enjoying a BYU football game or watching her first show on DVD, "LOST," are some of her other favorites. Staying up late has come to have a whole new



meaning!

"Identify Yourself" is what Let's Logo can help you do. Come on in and see what they mean. www.letslogo.net

business tip Identify Yourself