



# GLEE's 2<sup>nd</sup> Annual Green Living Awards

## Businesses Category

*For Cumulative Efforts leading up to January 1, 2008*

Name of business: Yoga on the Beach

Key West

City/Island

Nancy J Curran

owner

Name of Applicant

Relation to Business:

### Summary

Yoga on the Beach is devoted to Green living, as a foundation of it's business and ethical mission. Choosing to teach classes outside, the owners sought a way to be 'one with nature', the undertone of Green living. Rather than separating from it, our classes inspire student's to explore being part of Nature, and to shed the teaching of many cultures to control or overcome Nature. We collaborate with what is available, working with the weather, light, temperature and conditions of each moment. Using pine trees to shade us, sand to support us and the sounds of Nature to encourage us each day, each moment is an opportunity to be present and in appreciation. We are students of Nature and she loves to bestow on us her teachings. Patience, gratitude, renewal, change are just some of the teachings we have learn from her. The sun heats us, the trees shade us, the wind is our bug spray and a rain storm reminds us to take a day off now and then. It is a joy.

### Accomplishments

#### Renewable Energy

Demonstrated use and/or promotion of appropriate solar, wind and bio generated sources of renewable energy.

#### Clean Transportation

Demonstrated use and/or promotion of smart, clean and economically efficient uses of biodiesel, fuel cells, and hybrid vehicles. Or no vehicles at all!

We commute to work by bicycle and encourage our students to join us by bike, walk or run.

<b><u>Clean Boating</u></b>	Demonstrated adherence and/or promotion of eco-friendly actions whilst on the water, including cleaning products, propulsion, water conservation, fisheries conservation, catch and release techniques, and use of <a href="#">Florida Clean Marinas, Boatyards, and Retailers</a> .
<b><u>Energy Conservation</u></b>	Demonstrated use and/or promotion of energy-efficient appliances, energy audits, and retrofits for financial savings and pollution reduction.
<p>We have the privilege of an outdoor studio, were we are compliant with nature. We use no electricity and accept the weather, temperature and lighting that Mother Nature bestows on us.</p>	
<b><u>Green Building</u></b>	Demonstrated use and/or promotion of green techniques and technologies during retrofits on existing buildings and efficient designs for new buildings.
<p>Totally green building, with a sand floor, wind as our air conditioning, sunshine as our lighting and the ocean as our "musac".</p>	
<b><u>Green Financing</u></b>	Demonstrated use and/or promotion of tax credits, rebates, and other incentive programs that help finance, sustainability projects. Also includes Socially Responsible Investing.
<b><u>Healthy Living</u></b>	Demonstrated adherence and/or promotion of green procurement, green consumerism and healthy choices through buying organic foods and other non-toxic, healthy and sustainable products.
<p>Through our yoga classes we teach healthy living on all levels, an inclusive lifestyle. Our students learn about the connection of all of life, the dharma of karma. We share the importance of conscious living, were we consider the effects of everything we do, and how it will effect the greater community we all live in. Whether eating organic, recycling, minimizing use of petroleum products or volunteering to help with community projects we share the concept of Green living.</p>	

<b><u>Land Conservation</u></b>	Demonstrated adherence and/or promotion of conservation of natural habitats by using Keys-Friendly landscaping practices and use of <a href="#">GreenThumb Certified Nurseries</a> .
<b><u>R4 #1: Reduce</u></b>	Demonstrated reduction of waste through bulk buying, refillable products, double-sided printing, avoiding over-packaged products, closing the loop by purchasing products made of recycled, post consumer content; implementation of policies which encourage and/or mandate waste reduction.
<b><u>R4 #2: Reuse</u></b>	Demonstrated reuse of products, buy second hand, donate unneeded items, and avoid disposables, and share magazines /other publications before recycling them.
<b><u>R4 #3: Rot (Compost)</u></b>	Demonstrated waste diversion through composting of food scraps and yard trimmings
<b><u>R4 #4: Recycle</u></b>	Demonstrated recycling of items accepted by local waste hauler and/or other items which may be recycled elsewhere (e.g., electronics, CFL light bulbs, cell phones, printer cartridges); implementation of policies which encourage and/or mandate recycling practices

<b><u>Water Conservation</u></b>	Demonstrated use and/or promotion of water use reduction through efficient irrigation, xeriscaping, cisterns, rain barrels, water audits and/or use of reclaimed water.
<b>Water Quality</b>	Demonstrated use and/or promotion of wastewater treatment, storm water retention, phosphorus free products, slow release fertilizers, animal waste reduction, etc.
<b>Youth Leadership</b>	Involve local students in projects and research for healthy long-term choices in any of the above for the future of all.
<b>GLEE Participation</b>	Actively involved with GLEE via ideas, time and/or membership to help further GLEE's <a href="#">Mission and Goals</a> .
<b>Other Factors</b>	Have you done something else not included in the scope of this application? Let us know!

**Other Business Factors**

<b>Team Commitment</b>	List staff or other supportive people on your “Green Team”
<b>Communications</b>	How are your environmental efforts visibly communicated to staff, locals, tourists, shareholders, customers and/or vendors?
Through our teaching, our advertisement choices and website.	
<b>Certifications/Memberships</b>	Do you currently hold any green certifications or memberships?

**Green Pledge**

I certify that the above information is correct to the best of my knowledge.

