

BRIEFLY

From staff reports

Cellular Air to host grand opening Friday

Cellular Air Inc., a Premier Alltel Wireless retailer, will be having a grand opening celebration on Friday at its Johnson City store located in The Shoppes at Franklin on the corner of Browns Mill Road and State of Franklin Road.

This store is now under new ownership, new management and has a revamped sales staff. WXBQ will be on hand with a radio remote to help promote the grand opening from noon to 2 p.m. Cellular Air will also be providing refreshments for patrons and will have promotional items to give away. Discounts and featured phones will be available during the grand opening.

New yoga studio opening on Sunset Drive

Simple Abundance Yoga studio will open on Monday.

Owned by Lamont and Wendy Gilliland, Simple Abundance Yoga will be offering classes throughout the day, seven days a week, taught by certified yoga instructors. A wide variety of classes will be offered in order to meet the community's interests and needs. Foundations of Yoga will provide one-on-one instruction on the basics of yoga, and is a great beginning class. Other classes available include Prenatal Yoga, Teen Yoga, Golden Yoga (for seniors), Gentle/Restorative Yoga, Partner and Couple's Yoga, as well as T'Chi Yoga (a combination of Tai Chi and yoga).

The Gillilands hope to share the benefits of a regular yoga practice with others, as well as help to build a growing healing arts community in the area. Simple Abundance Yoga will sponsor a local charity each month, donating proceeds from selected classes to this cause.

Visit www.simpleabundanceyoga.com or call Wendy at 677-2234 for additional information on classes, teachers and the story of Simple Abundance. Simple Abundance is located in The Shops on Sunset, 306 Sunset Drive, Suite 102.