

# MURFREESBORO

MAGAZINE

## YOUNG GUNS

## ENTREPRENEURS

SHAPING THE FUTURE  
OF BUSINESS

+

## Back to School

ACADEMICS, FASHION  
AND THE LAST OF SUMMER FUN

## NAMASTE

Yoga on the Square offers energizing exercise



**FROM THE MOMENT YOU ENTER** the intimate studio at Yoga on the Square, you are immediately put at ease. The decor's gentle color palette, the soft music and the soothing fragrances all encourage you to relax. Even owner Angela Grace's soft voice mirrors the atmosphere.

Grace opened Yoga on the Square in 2005 and since then has been offering a variety of classes from vigorous and challenging to relaxing and restoring. Grace prides herself on offering a safe, comfortable place to learn and practice yoga's tools of awareness and also in offering training and certification programs.

Upon taking my first class, I expected to leave calm and rested, but I did not anticipate that it would be such a workout. Maintaining the poses and concentrating on focusing my breathing required a great deal of discipline. Nonetheless, I was incredibly energized following the session (and surprisingly sore the next day).

The health benefits of yoga are many, including stress relief, muscle lengthening and strengthening, improved balance and lowered high blood pressure. Yoga can also assist in healing from an injury.

If you are seeking an enjoyable form of exercise that is conducive to all ages and fitness levels, Yoga on the Square will fulfill your goal. Just don't fall asleep when Grace places a scent-infused eye pillow across your face during the recovery phase of the class. Trust me—this also requires discipline.

—Meagan Flippin

423 Lytle St., [yogaonthesquare.com](http://yogaonthesquare.com).



## TOOLS OF THE TRADE

A well stocked kitchen à la ChefMax

**“WE HAVE EVERYTHING BUT THE CHEF,”** says Kimberly Minter, new general manager of ChefMax. If a fresh apron, stainless steel and gadgets get your creative juices flowing, you will feel right at home in ChefMax. This addition to Murfreesboro is a godsend for area businesses and culinarians.

With names like Hammer Stahl, Toastmaster, Nemco, Eurodib, Adcraft, Royal, Amana and more, this trove is full of treasures that gadget-hungry chefs are longing to call their own. Local restaurateurs are already frequenting ChefMax because it is faster and easier than ordering online. If Minter doesn't have it in stock, she will gladly order it for you. If it is made by one of their vast array of suppliers, she will get it to you as soon as possible. ChefMax has a 60,000-square-foot warehouse in Nashville.

From apple corers to menu covers and pizza stones to full industrial outdoor kitchens, ChefMax has it all. Stop in soon and take a glance at the inventory. Do you need a wire whisk that won't fall apart? How about a quality knife set to make preparing food easier? Prices are much more competitive than a standard grocery or department store because of volume buying.

Table-top mixers, margarita blenders, vita preps, food warmers, microwaves, slicers and more are at your fingertips, so you see and touch before ever taking it home. You can easily grab what you need without losing your whole lunch hour. Everything in this place is neatly displayed for fast, convenient shopping. Bar supplies from correct pours to speed rails are available.

Minter wants to hear from you about your kitchen needs. They are considering adding more smoker supplies, hard to find spices and possibly provisions for home brew enthusiasts.

*ChefMax, 630 Burton St. (615) 849-8681*

—Chuck Rainey