



## CASE STUDY

### Satori - Centre for Well-being

**Location:**

441 King St. Fredericton, NB.

**Contacts:**

Stephanie Calhoun  
506-260-2249

**Products and Services:**

Health and Wellness Center

**Date of Case Study:**

March 19<sup>th</sup> 2009

**Achievements:**

To attain Green Shops Gold member status is no small feat. Being environmentally responsible must be second nature to the business owner, and irresponsible practices, however more convenient they may seem, must never be considered an option. Stephanie Calhoun, owner of Satori - Centre for Well-Being, is just such a business owner!

Newly located above Savage's on King St., Satori - Centre for Well-Being is a green haven. From increasing provision of environmentally certified products, such as bamboo clothing and compostable yoga mats, to using 100% environmentally friendly cleaning products, Stephanie does it all! Most notably is the fact that Stephanie views no alternative to running a green business, and that mentality translates into her innovative work practices and the services she provides her clients. Displaying the face of modernity with Dear Lil' Devas and Awearness Ecological organic clothing lining the entrance, and reusable mugs stacked beside the water filter, Stephanie advocates the simple pleasures in life with a luxurious twist.

Satori - Centre for Well-Being provides people with a place to explore what "going green" looks like – and take it from me, it looks great! With 34 credits, Stephanie is setting a very high standard for surrounding businesses, and with commitments to explore composting and roof-top gardens, the standards might be even higher next year!