

## Directory

This directory serves to promote and network businesses owned by graduates of the Women's Small Business Program (WSBP). These women business owners have done all the hard work of learning the language of business, writing their plans and have taken the risk of a start-up or expansion. WSBP is proud to have been a part of their business education and to have supported them along the way. It is our hope that this directory will facilitate greater community awareness and support of locally owned businesses and highlight the impact WSBP continues to have throughout the small business community of Vermont.

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## **Agriculture/Plants and Flowers**

### **Ashley Robinson, Landscape Designer**

**Ashley Robinson**

**Cycle 34**

P.O. Box 28, Charlotte, VT 05445 802-922-1924

[arobinsonld@aol.com](mailto:arobinsonld@aol.com) [www.arobinsonlandscapes.com](http://www.arobinsonlandscapes.com)

Specializes in residential Garden and Landscape design services. Dedicated to using the highest quality materials, locally grown plant products and a careful attention to detail with personal service.

### **Chantilly Rose**

**Alice Boyd**

**Cycle 28**

30 Susie Wilson Road, Essex Junction, VT 05452

802-872-0003 [chantillyrose@comcast.net](mailto:chantillyrose@comcast.net)

M – F 8:30 to 6, Sat. 9 to 2:30, Closed Sunday's except on holiday weekends

Full Service Florist. We excel in wedding and celebration of life pieces.

### **Coyote Ridge**

**Eva Paquin – Developer**

**Cycle 8**

226 Huntley Road, Westford, VT 05494

802-879-0685 [www.coyoteridgevt.com](http://www.coyoteridgevt.com)

Coyote Ridge is a unique green development overlooking the Brown's River Valley with 6 (1 ½ acre lots) and 45 acres of common land that is suitable for grazing animals, fishing, swimming, cross-country skiing and nature walks. Beautiful views, 1800 ft frontage on the Brown's River, meadows, woods and ponds are all part of this rural Vermont paradise. All houses must be LEED's for Homes Silver certified, a high standard for energy efficiency and environmental sensitivity. All permits and improvements are in place ready for building your green dream home.

### **Landscape Analysis**

**Kerstin Lange**

**Cycle 30**

802-865-8071

[KLange@LandscapeAnalysis.com](mailto:KLange@LandscapeAnalysis.com) [www.LandscapeAnalysis.com](http://www.LandscapeAnalysis.com)

Lange describes what she does as "reading the landscape from a natural and cultural history perspective". This means looking closely at the layers of a landscape and figuring out what ecological processes have shaped/continue to shape a particular landscape. Trained in the Ecological Planning program at the Rubenstein School at UVM, Lange decided to offer ecological assessments and landscape history interpretation to private landowners, towns, and conservation organizations.

### **Long Field Farm**

**Lynn Rockwell**

**Cycle 4**

PO Box 63, Cabot, VT 05647

We are a commercial dairy goat business. Selling raw milk to Vermont Butter and Cheese. We raise replacement goats and meat goats. Also selling raw milk and hay by arrangement.

### **Nine Elm Design**

**Sandra M. Reck**

**Cycle 26**

11 Maple Manor, Vergennes, VT 05491

Nine Elm Design products showcase the unique natural beauty of Vermont by using Vermont flora as its focus for design. Our designs can be adapted to many different style homes from country to contemporary to colonial. Our use of color and images are unlike anything in the marketplace today. Nine Elm Design is located in Vergennes, VT.

### **Nordland Studio Landscape Architecture**

**Deina Luberts, ASLA**

**Cycle 36**

296 West Hill Road, Lincoln, Vermont 05443 802-453-2955

[dluberts@nordlandstudio.com](mailto:dluberts@nordlandstudio.com) [www.nordlandstudio.com](http://www.nordlandstudio.com)

### **Queen Bee Landscaping**

**Randi Tomczak**

**Cycle 20**

Essex Junction, VT 05452

802-879-3029 [queenbvt@yahoo.com](mailto:queenbvt@yahoo.com)

Seasonal landscape lawn and garden care

## **Artist and Craftswomen**

### **C.E.S. MacDonald Artworks**

**Carol MacDonald**

**Cycle 7**

Colchester VT 05446 802-862-9037

[cesmart@comcast.net](mailto:cesmart@comcast.net) [www.carol.macdonald.com](http://www.carol.macdonald.com)

Monotypes, drawing painting, classes, Art Camp

### **Cold Hollow Glassworks**

**Carolyn Bronz**

**Cycle 5**

287 Coits Gore Road, Enosburg, VT 05450

802-933-4779

Wholesale stained glass table lamps

**Delano Designs Shades of Vermont**

**Beth Delano**

**Cycle 23**

Worcester, VT 05682

802-223-3298

[www.delanodesignsweb.com](http://www.delanodesignsweb.com)      [delano@delanodesignsweb.com](mailto:delano@delanodesignsweb.com)

The Beauty & Magic of Illumination: Lighting. . .

Specializing in hand-painted, handcrafted lampshades and nightlights.

**Flying Turtle Designs**

**Eliza Collins**

**Cycle 40**

46 Sherman Street Apt. 1, Burlington, VT 05401

802-540-0034

[flyingturtledesigns@gmail.com](mailto:flyingturtledesigns@gmail.com)

Flying Turtle Designs is a small manufacturing business producing functional art and craft products. Our current offerings include hand carved wooden eating YouTensils, hand bound books, and hand sewn cloth bags. In all of our products and packaging we strive to use environmentally responsible materials which are, where possible, reused and or recycled.

**Frames For You and Mona Lisa Too**

**Jennifer Koch**

**Cycle 20**

Winooski, VT 05404

[Jkochframes@yahoo.com](mailto:Jkochframes@yahoo.com)

802-864-1993

**Full Circle Sculpture Studio**

**Melinda White**

**Cycle 23**

69 Lakeview Terrace, Burlington, VT 05401

802-658-1482

[www.fullcirclesculpturestudio.com](http://www.fullcirclesculpturestudio.com)

[melindab@sover.net](mailto:melindab@sover.net)

Sculptor; working on commission in collaboration and teaching workshops for individuals or groups. Work with children and adults of all abilities.

**Katherine Clear Works in Metal**

**Katherine Clear**

**Cycle 36**

271 Bluebird Drive, Colchester, VT 05446

802-734-1603

[www.katherineclear.com](http://www.katherineclear.com)

Visitors are welcome. Please call to schedule an appointment.

Kat Clear Works in Metal specializes in custom metal design.

**Kim O'Brien Designs**

**Kimberly O'Brien**

**Cycle 40**

Burlington, VT 05401

802-355-7246

[Kimobriendesigns@gmail.com](mailto:Kimobriendesigns@gmail.com)

[www.picasaweb.google.com/KimObrienDesigns](http://www.picasaweb.google.com/KimObrienDesigns)

Pottery: Form, Function and Occasional Faces

**Margaret Chatelain**

**Peggy Chatelain**

**Cycle 3**

64 West Pleasant Street, Bristol, VT 05443

802-453-3962

Pottery business open by appointment only

**M CASTANO ART LLC**

**Marie Castano**

**Cycle 34**

Shoreham, VT 05770

802-897-2811

[www.mcastano.com](http://www.mcastano.com)

**Midnight Ink Studio**

**Cal Workman**

**Cycle 11**

703 Metcalf Drive, Williston, VT 05495

802-878-7894

[www.MidnightInkStudio.com](http://www.MidnightInkStudio.com)

[MidnightInkStudio@gmail.com](mailto:MidnightInkStudio@gmail.com)

Midnight Ink Studio features the original watercolor pen and ink illustrations of Vermont artist Will Workman.

**Morri Design**

**Hannah Morris**

**Cycle 26**

Phone: 011-27-72-298-6956 (mobile in South Africa)

<http://www.morridesign.com>

Specializing in illustration, fine art, freelance art/design writing, and workshops/teaching

**Round Barn Merinos**

**Judith Giusto**

**Cycle 24**

Ferrisburgh, VT 05456

802-877-6544

[www.roundbarnmerinos.com](http://www.roundbarnmerinos.com)

[merinowool@roundbarnmerinos.com](mailto:merinowool@roundbarnmerinos.com)

A unique fiber farm featuring merino sheep and their "exotic" fiber cousins

**Rivulette**  
**Stephanie McKay**  
**Cycle 39**

180 Flynn Ave., Studio #4, SEABA side, Burlington, VT 05401

[www.rivulette.com](http://www.rivulette.com)                      [stephanie@rivulette.com](mailto:stephanie@rivulette.com)

Rivulette specializes in handspun yarns and handmade glass beads, buttons, and jewelry. Items are available for sale online and at local shows and events, announced on Rivulette's blog.

**Tabbatha Henry Designs**  
**Tabbatha Henry**  
**Cycle 38**

29 Stowe Street, Waterbury, VT 05676

802-244-6800

[www.tabbathahenry.com](http://www.tabbathahenry.com)                      [th@tabbathahenry.com](mailto:th@tabbathahenry.com)

Handcrafted, contemporary porcelain for wholesale and retail.

**Vermont Woodworking School**  
**Carina Driscoll**  
**Cycle 23**

148 Main Street, Fairfax, VT 05454

802-849-2013

[www.VermontWoodworkingSchool.com](http://www.VermontWoodworkingSchool.com)

Shop Hours: Monday through Friday, 9 a.m. - 5 p.m. Sat. - 4 p.m. to 9 p.m.

Shop is open for tours by appointment or just drop in and try to catch an available staff member.

**Victoria Beliveau Tiles**  
**Victoria Beliveau**  
**Cycle 8**

Jericho, VT

802-899-4543                      [vbel@together.net](mailto:vbel@together.net)

Custom Ceramic Tiles

**Yelo Dog Design**  
**Sarah-Lee Terrat**  
**Cycle 21**

PO Box 201, Waterbury, VT 05676

802-363-3404

[www.yelodogdesign.com](http://www.yelodogdesign.com)                      [yelodog1@comcast.net](mailto:yelodog1@comcast.net)

Custom painted murals, illustrations, and brand development.

Also works with other designers.

## Children's Clothing & Services

**Danish Woolen Delight**  
**Janice Emanuelson**  
**Cycle 33**

P.O. Box 124, Westford, VT 05494

802-878-6089

[info@danishwool.com](mailto:info@danishwool.com)                      [www.danishwool.com](http://www.danishwool.com)

We are a US importer of the LANACare Baby Collection from Denmark - an exclusive range of clothing and accessories for babies. Especially noteworthy are our unique award winning woolen nursing pads.

**Junebug Mother and Child**  
**Katherine Shirer**  
**Cycle 40**

5 Park Street, Middlebury, VT 05753

802-877-1534 (home)

[www.junebugvt.org](http://www.junebugvt.org) (will be up soon)                      [katherine.shirer@gmail.com](mailto:katherine.shirer@gmail.com)

Tues-Sat, 9:30am-5:30pm, Sun 10-4pm, starting 6/09

Junebug Mother and Child is a Vermont non-profit organization in Middlebury that sells gently used children's clothing, maternity clothing, toys, books and gear to raise funds to benefit local mothers and children. Junebug's inventory is geared toward children age seven and younger and their mothers, and consists of gently used, good quality, affordable items, as well as some items made by Vermont crafters and artists.

**Polkadot Patch Boutique**  
**Marianne Mullen**  
**Cycle 30**

60 Barre View St, Barre, VT 05641

802-476-4012

[www.polkadotpatch.com](http://www.polkadotpatch.com)                      [marianne@polkadotpatch.com](mailto:marianne@polkadotpatch.com)

Polkadot Patch Boutique is a contemporary online children's boutique featuring unique children's gifts and apparel. It features handcrafted products from artisans and designer clothing that goes beyond pink and blue.

**Terri's Morning Garden**  
**Terri Petrie**  
**Cycle 7**

291 Thompson Road, Shelburne, VT 05482

(802)343-0471                      [terispirit2002@yahoo.com](mailto:terispirit2002@yahoo.com)

I offer Terri's Morning Garden (a Waldorf-inspired preschool), which also includes a quiet yet very popular "Fairy Camps" in the summer. I serve twelve families and six children a day; here on 2.5 acres of land where the children and I romp the land, singing, playing and creating daily.

**Vermont Country Kids Childcare**  
**Kelly Crawford**  
**Cycle 26**

720 Bucks Hollow Rd, Fairfax, VT 05454  
vermontcountryacres@gmail.com

Vermont Country Kids is a State Registered Daycare, 4-H themed including electricity, wood working, cooking, animal care, raising chickens, gardening...we'll let their imaginations and interests choose. We have chickens, cows, sheep and 20 acres to explore!! Snacks are prepared by the children and are served according to USDA Food program guidelines.

## Clothing and Jewelry

**China Pearl**  
**Maureen Cooney-Moore**  
**Cycle 33**

PO Box 645, Milton, VT 05468  
802-893-6596 [www.chinapearlviz.biz](http://www.chinapearlviz.biz)

China Pearl sells pearl and jade jewelry, silk handbags, scarves and ties at amazing prices. Check out some of the beautiful items at our online store.

**Clothing LINE**  
**Heather Beal**  
**Cycle 25**

163 Cherry Street, Burlington, VT 05401  
802-651-8877

Open Everyday except Mondays 11 am to 6 pm  
A funky consignment boutique offering new and vintage clothing, jewelry and gifts at the best prices. You can buy happiness at the Clothing LINE by supporting local businesses, artists and by recycling your clothing.  
Feel great, look great and save the earth.

**Common Threads**  
**Johanna Lawrence**  
**Cycle 10**

3 Main Street, Burlington, VT 05401 802-865-7910

**Damsels Click & Mortar Boutique**  
**Emma Bay-Hansen**  
**Cycle 30**

3 Church Street, Burlington, VT 05401 802-861-3177  
[www.damselsboutique.com](http://www.damselsboutique.com) [www.kissandchase.com](http://www.kissandchase.com)  
Mon-Sat: 10-8, Sun 12 - 6  
Damsels is a women's clothing boutique.

**Flash Bags**  
**Ali Marchildon and Laura Cheney**  
**Cycle 34**

1 Mill Street, Suite 270, Burlington, VT 05401  
Ph. 802-999-8981 Fax 802-859-0051

[www.flashbagsonline.com](http://www.flashbagsonline.com)

Studio open Mon.-Fri. 9-5 10% Fridays between 10-2  
Also available locally @ Pine Street Art Works, Tootsies, Echo Leahy Science Center, and Candles and Creations.

Flashbags was founded by Ali Marchildon and Laura Cheney in 2006. It began with a really funky product that frequently prompts the question, "Where'd you get that bag?" Flashbags offers an innovative line of handbags and accessories made out of paper. Yes...paper. They start with color copies of original images on regular paper. The images are laminated with strength added inside each panel with 8 sheets of recycled newsprint. Images cover every panel of the bag, inside and out, and are embellished with colorful swoops and swirls of stitching that complement the composition.  
Carry a Flashbag® and "Carry a Conversation"®.

**Hides Pride**  
**Shirley Pearson**  
**Cycle 3**

47 Park Street, Essex Junction, VT 05452  
802-879-2676

Manufacturers of leather and sheepskin garments and accessories. Custom work, alterations, repairs. Saddle and tack repair available.

**JoAnn's Uniforms**  
**JoAnn Bissonette**  
**Cycle 10**

Colchester, VT 05446  
802-862-0290

Lab Coats  
Uniform Boutiques held at hospitals and nursing homes

**Kerin Rose**  
**Kerin Rose**  
**Cycle 35**

Burlington, VT 05401  
[www.kerinrose.com](http://www.kerinrose.com)

"Artisan jewelry created from eco-friendly precious metals....talismans for a modern age...."

**Klinefelter Studio**  
**Karen Klinefelter**  
**Cycle 31**

270 Pine Street, Burlington, VT 05401  
802-363-7786

Karen@klinefelterstudio.com      [www.klinefelterstudio.com](http://www.klinefelterstudio.com)  
Klinefelter Studio is located in a funky little warehouse space in downtown Burlington, Vermont. We are surrounded by artists, craftspeople and just downright creative business folks with integrity and good intentions. We are interested in quality of life and we love what we do. We strive to create jewelry and other metal work that is aesthetically pleasing and comfortable to either wear, use or have around the house. Our work is unconditionally guaranteed against defects. It is affordably priced and conveniently available on our website and at our retail location. We hope you'll find something you love.

**Peace & Justice Store**  
**Kathy Bouton**  
**Cycle 19**

21 Church Street, Burlington, VT 05401  
802-863-2345

kbouton@pjcv.org      [www.pjcv.org](http://www.pjcv.org)

A unique, socially responsible, not-for-profit retail store that supports community building, celebrates diversity, and advocates for justice.

**Sweet Lady Jane**  
**Tibeca**  
**Trinket**  
**Rachel Strules**  
**Cycle 28**

Sweet Lady Jane      40 Church Street      [www.sweetladyjane.biz](http://www.sweetladyjane.biz)  
Trinket      32.5 Church Street      [www.trinket-vermont.com](http://www.trinket-vermont.com)  
Tibeca Clothing & Accessories      150 Church Street, Burlington

Sweet Lady Jane provides exceptional customer service and indispensable pieces while Tibeca is uniquely urban. Trinket boutique offers a unique fashion accessories, gifts and jewelry.

**Toluca Brand**  
**Jill McManus**  
**Cycle 28**

Williston, VT 05495

802-310-1915      [www.tolucabrand.com](http://www.tolucabrand.com)

Handmade men's and women's jewelry, necklaces, bracelets and earrings, inspired by cowboy intrigue using authentic spur rowels

**Two Son Jewelry**  
**Lisa Cutler**  
**Cycle 28**

15 Ledge Road, Chester, NH 03036  
802 598-8258      [www.twosonjewelry.com](http://www.twosonjewelry.com)

I design and manufacture wildly colorful and textured gem and bead jewelry. I travel to fine art and craft fairs in New England, NY, PA, MD and VA. I have several wholesale accounts in VT and NY as well.

## Computer Services and Graphic Design

**Absolutely Graphic**  
**Pamela Crossett**  
**Cycle 14**

230 St. Paul Street, Burlington, VT 05401  
802-324-7304      PamC.VT@gmail.com

Professional design services specializing in newsletters, business cards and letterhead.

**Anne Barrett Creative**  
**Anne Barrett**  
**Cycle 33**

21 Brookside Ave., South Portland, ME 04106  
207-767-8186      cell: 207-252-9193

[anne@anne-barrett.com](mailto:anne@anne-barrett.com)      [www.anne-barrett.com](http://www.anne-barrett.com)

I do web site design and development, plus I am a cartoonist and animator.

**Computer Care**  
**Ann Lewis**  
**Cycle 26**

51 Holy Cross Road, Colchester, VT 05446  
802-862-9645 or Toll Free: 1.877.CMPTRHELP

[www.computercare.org](http://www.computercare.org)      Mon – Fri 8am – 6pm

Your local computer service, support and protection provider since 1995

**MacWorks**  
**Anne Linton**  
**Cycle 10**

80 Union Street, Winooski VT 05404  
Tel: 802-655-0942      Fax: 802-304-1002

Computer consulting for the Mac. Graphic design and pre-press production services.

## Specialty Foods and Related Services

### **Bobbinshop Farm and Bakery**

**Mia Rubow**

**Cycle 36**

Chelsea, VT

802-685-7726

[rosie@innevi.com](mailto:rosie@innevi.com)

Bobbinshop sells whole-grain hearth loaves, pizza and focaccia, as well as vegetables, to the local community through bread CSA and the Chelsea farmer's market

### **The Bakery at the Farmhouse Kitchen**

**Emily Conn**

**Cycle 34**

Burlington, VT 05401

802-862-5524

[farmhousekitchen@hotmail.com](mailto:farmhousekitchen@hotmail.com)

Specializing in delicious almond buttercrunch cakes.

Available at City Market, Shelburne Farms Welcome Center, Bobra Tea and the Burlington Farmers Market.

We welcome special orders.

### **1/2 LOUNGE**

**Jessica Bridge**

**Cycle 40**

136 ½ Church Street, Burlington, VT 05401

802-865-0012

7 Days 4PM-2AM

Burlington's only speakeasy, offering creative, organic libations, local tapas and eclectic music.

### **Krin's Bakery**

**Krin Barberi**

**Cycle 33**

P O Box 93, Huntington, VT 05462

802-434-5776

[www.krinsbakery.com](http://www.krinsbakery.com)

[kvbvt@gmavt.net](mailto:kvbvt@gmavt.net)

Wholesale only; special orders welcome.

Products available in many Burlington area markets including Healthy Living, City Market and Sweet Clover Market in Essex.

Check website for a list of other businesses that feature Krin's goodies.

### **Lakeside Coffee**

**Kris Duus**

**Cycle 35**

109 Lake Street, Rouses Point, NY 12979

518-297-5600

[www.lakeside-coffee.com](http://www.lakeside-coffee.com)

Hours of Operation: Tues-Friday 7am to 5pm Sat. and Sun. 8am to 3pm

We offer a variety of freshly roasted and diverse coffees. We also offer specialty drinks, baked goods, paninis and wraps. Try our delicious homemade soups, quiche, chicken, egg and tuna salads as well as our muffins and croissants. We offer a relaxing and warm environment surrounded by local artwork. Check out our website for live music events.

### **my little cupcake**

**Michelle Trudell**

**Cycle 39**

21 Library Lane, Williston, VT 05495

802-370-0153

[michelle@mylittlecupcakevt.com](mailto:michelle@mylittlecupcakevt.com)

[www.mylittlecupcakevt.com](http://www.mylittlecupcakevt.com)

my little cupcake specializes in yummy mini cupcakes for every occasion, including birthdays, corporate events, weddings, holidays and all other special occasions in your life. my little cupcakes are homemade, delicious and just as cute as can be!

## Health and Wellness

### **All Wellness**

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**Cycle 37**

208 Flynn Ave, Suite 3A, Burlington, VT 05401

802-863-9900

[www.allwellnessvt.com](http://www.allwellnessvt.com)

Hours of operation: M-F 8:30-6:30 & Sat 8:30-11:30

"We encourage all ages, all bodies, and all abilities to discover greater ease and enjoyment in life by integrating Physical Therapy, Pilates, Yoga, and Health Counseling services. Come experience our skilled, caring staff, light-filled studio and welcoming atmosphere."

### **Carrie Steele Yoga and Bodywork**

**Carrie Steele**

**Cycle 38**

Burlington, VT 05401

802-324-8165

Carrie Steele Yoga and Bodywork offers Thai massage, table massage and yoga classes in the Burlington area.

**Laura Ramirez, DC**  
**Laura Ramirez**  
**Cycle 6**

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**Stacey Mercure**  
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[info@colchesterfitness.com](mailto:info@colchesterfitness.com) [www.colchesterfitness.com](http://www.colchesterfitness.com)

Colchester Fitness is not just a gym but takes into consideration your health care concerns. Mercure's philosophy is to motivate and educate. Colchester Health & Fitness facility includes more than the average gym. You are assigned a trainer when you join and your trainer helps with your fitness program, keeps you motivated and calls you when we don't see you. On top of all that, we offer all services from classes, waxing, facials, haircuts and massage therapy (Swedish, Deep Tissue and Hot Stone).

**Embodiyoga and Bodywork**  
**Annelies Smith**  
**Cycle 39**

Bodywork, Yoga  
156 College Street, Burlington, VT 05401  
802-355-1227

Tuesdays-Fridays 9:00am –7:00pm

[oom@originsofmovement.com](mailto:oom@originsofmovement.com) [www.originsofmovement.com](http://www.originsofmovement.com)

I am a massage therapist and yoga instructor, offering distinct touch therapies and yoga practices in a safe environment that enhances good health, confidence, awareness, vitality and relaxation.

**Emergings**  
**Holly Wilkinson-Ray**  
**Cycle 3**

Richmond, VT 05477  
802 922-1425 [hwr@gmavt.net](mailto:hwr@gmavt.net)

Emergings offers retreats, community circles and team building using the modalities of SoulCollage®, Reflective Leadership, and Appreciative Inquiry. We are all seeking a sense of meaningful belonging in the world, yet our busy lives can distract us from what matters most. Emergings provides opportunities to tap into our inherent wisdom and befriend our whole selves through creative expression and reflection. By exploring small and large core questions with the richness of the right side of the brain, we can gain clarity to guide our life direction and daily

decisions. Holly creates an environment that is rejuvenating, fun and informative. She offers community circles of SoulCollage on a regular basis and works with small groups upon request. Please email Holly for more information and an upcoming schedule.

**Evolution Physical Therapy & Yoga**  
**Janet Carscadden PT**  
**Cycle 33**

20 Kilburn Street, Burlington, VT 05401  
802-864-9642 Fax: 802-864-9643

[www.evolutionvt.com](http://www.evolutionvt.com)

Physical therapy: Mon–Thurs 7:30 am–6 pm, Friday 7:30 am–2 pm  
Yoga – Seven Days per week, early morning to evening classes.  
Please visit our website at [www.evolutionvt.com](http://www.evolutionvt.com) for our current schedule. Evolution Physical Therapy specializes in the treatment of back and neck injuries. Our licensed physical therapists are committed to providing evidence-based evaluation and treatment techniques. We direct bill most major insurance companies. Evolution Yoga offers classes that are appropriate for all levels. Our modern, new facility has three yoga studios with bamboo floors and natural light. Our teachers are certified yoga instructors and focus on physical alignment. In addition, we offer private yoga parties, which can be incorporated into any type of gathering including weddings, conferences, corporate events, baby showers and birthday parties.

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**Gracie Engel**  
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Miriam Lefler's bodywork is deep, therapeutic massage that incorporates hot stones, stretching, neuromuscular therapy, myofascial release, trigger point therapy, essential oils, and nurturing, informed touch. Miriam is a certified massage therapist and yoga instructor.

**Touchstone Healing Arts**  
**Nico Pruesse**  
**Cycle 19**

187 St Paul Street, Burlington, VT 05401  
802-658-7715

[www.touchstonehealingarts.com](http://www.touchstonehealingarts.com)  
Swedish massage practitioner training, board certified continuing education, yoga classes, and massage treatments

**Parent/Soul Coach**  
**Terri Petrie**  
**Cycle 7**

4281 Shelburne Road, Shelburne, VT 05482  
(802)343-0471 terispirit2002@yahoo.com

I have trained in California under a woman named Denise Linn. The idea is that "you know the truth" - it is learning to tap into your own wisdom with guidance. Through my guidance and different modalities of writing, art and de-cluttering we are unraveling the "onion skin" to the heart of the soul. In this way, you find your clarity to a more authentic self.

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**Cycle 13**

15 Roberts Court, Milton, VT 05468  
802-893-6913

[ddmckenna@gmavt.net](mailto:ddmckenna@gmavt.net)      [www.sacredspace.abmp.com](http://www.sacredspace.abmp.com)

Denise is a Certified Massage Therapist and graduate of Touchstone Healing Arts in South Burlington, VT. She is a member of the Associated Bodywork and Massage Professionals and the VT Reiki Association. Denise offers a variety of healing bodywork choices--Swedish Massage, Cranial Therapy, Deep Tissue, Trigger Point Therapy, Reiki, Reflexology and more. She is also available for onsite Chair Massages.

**Spirit in Motion Healing Arts**  
**Naomi Mitsuda**  
**Cycle 36**

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2<sup>nd</sup> 79 Borden St Richmond, VT 05477  
(802) 922-3277

[www.vtreflex.com](http://www.vtreflex.com)      [Vtreflex@gmail.com](mailto:Vtreflex@gmail.com)

Hours of operation: I am able to schedule at each location Monday - Friday 10am to 6pm. Occasional Saturdays available. Please specify when you leave a message which location you are interested in scheduling and indicate the urgency of your request. Offering "The Heart & Sole of Relaxation" through full body, foot Reflexology & Passive Foot Mobilization (PFM) sessions. PFM consists of invigorating movements on the feet and legs after a Reflexology session to release joint tension and muscle strain thereby increasing comfort & functionality in your feet. Optimally functioning feet help relieve stress from: plantar fasciitis, corns, bunions, calluses, tight calves, insomnia, headaches, nervous tension, anxiety & more!

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**Eva Paquin**  
**Cycle 8**

226 Huntley Road, Westford, VT 05494  
802-879-0685

Monday through Saturday by appointment

The Westford Wellness Center is the home and site of the massage practice of Eva Paquin. Eva has been practicing massage for over 20 years in the Burlington area. Her specialties are a deep, yet very relaxing massage and NeuroMuscular Reprogramming (NMR). NMR addresses chronic muscular pain by using massage techniques to "wake up" nervous pathways that are "not firing" because of overuse or injury.

## [House and Home](#)

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**April Villamaire**  
**Cycle 32**

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802-310-7579

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Will give free consultation/estimate for any WSBP alumna in Chittenden

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**Pam Cook**  
**Cycle 23**

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[www.avalonspas.com](http://www.avalonspas.com)      [avalonspas@aol.com](mailto:avalonspas@aol.com)

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Burlington, VT 05401

802-951-5991      [Lorna.lyons@gmail.com](mailto:Lorna.lyons@gmail.com)

"We shape our dwellings and then our dwellings shape us".--Winston Churchill. Feng Shui works to create an environment that supports those within. I consult with home owners and renters, review blueprints to resolve potential problems in remodels and build outs. I can advise when buying a new home or business, prepare land for groundbreaking, and clear homes before moving in.

**Gionti Stone Works**

**Linda Gionti**

**Cycle 11**

43 Rounds Road, Huntington, VT 05462

[lgionti@gmavt.net](mailto:lgionti@gmavt.net)

802-434-5725

Gionti Stone Works does gravel driveway resurfacing and other skid steer work, garden bed installation, trucking and consultations.

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Bristol, VT 05443

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Specializing in workplace productivity, office organizing, project management and process design, Porter Knight LLC offers on-site assessment, one-on-one consulting and support for individuals, and group training, workshops, and speeches.

**Real Estate VT**

**Jessica Bridge**

**Cycle 40**

875 Roosevelt Highway Suite 210, Colchester, VT 05446

[www.realestatevt.com](http://www.realestatevt.com) [jessica@realestatevt.com](mailto:jessica@realestatevt.com)

Jessica Bridge and Dan Cypres, realtors, specializing in buyer's agency.

**Sweet Charity**

**Liz Ryan**

**Cycle 36**

141 Main Street, Vergennes, VT 05491

802-877-6200

[www.sweetcharityvt.com](http://www.sweetcharityvt.com)

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**Mary Heinrich Aloï**

**Cycle 39**

Burlington, VT 05401

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[Mary@VintageInspired.net](mailto:Mary@VintageInspired.net)

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802-859-9574

[info@pupcatbakery.com](mailto:info@pupcatbakery.com)

[www.pupcatbakery.com](http://www.pupcatbakery.com)

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**Professional Services**

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**Rebecca Arnold  
Cycle 10**

123 Ethan Allen Avenue, Suite 211, Colchester, VT 05446  
802-655-1061

[rarnold@arnoldandscangas.com](mailto:rarnold@arnoldandscangas.com)      [www.arnoldandscangas.com](http://www.arnoldandscangas.com)

Arnold & Scangas Architects began in 1994 and is an architectural firm specializing in historic preservation, renovations and new commercial design. We incorporate green and sustainable design solutions that fit into the client's interests and budget.

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[cherryclubinc@yahoo.com](mailto:cherryclubinc@yahoo.com)

Cherry Club Inc. is a social networking site, custom photography service & lifestyle brand catering to "alternative" women from all subcultures. It is also an empowering sisterhood of women known as Cherry Girls who are official models/members.

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[www.ShelleyGustafson.com](http://www.ShelleyGustafson.com)

Shelley Gustafson Environmental is an environmental consulting firm, specializing in services related to wetlands and other water resources. Services include: wetland and stream delineations; functional evaluations; water quality monitoring and wetland restoration planning and design.

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**Sona Iyengar**

**Cycle 39**

(802) 999-4458

[Sona.iyengar@gmail.com](mailto:Sona.iyengar@gmail.com)

Sona Iyengar is a writer and public relations specialist who helps businesses sharpen their message and improve communications with customers, employees and the public.

**SRM Photography**

**Sarah Mcgarghan**

**Cycle 31**

577 Thompsons Point Rd., Charlotte, VT 05445

802-425-4034

[sarah@srmphotography.com](mailto:sarah@srmphotography.com)

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## [Publications](#)

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A free arts and news weekly appear Wednesday's throughout Northern and Central Vermont.

## Travel and Vacation

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801-759-2646

[barsenhouse@gmavt.net](mailto:barsenhouse@gmavt.net)      [www.barsenhouse.com](http://www.barsenhouse.com)

The Barsen House Inn was built in 1989 and is home to Peter and Daphne Jensen. In 2002 it was renovated into a 3 bedroom B&B. I originally took WSBP for our furniture business which is also on our website.

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**Karen Kane**  
**Cycle 26**

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