

BIZLIFE

WINE

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Alicante Bouschet, this wine has an interesting nose of red grapefruit and dusty notes. But don't let the nose fool you... flavors of big, soft black fruit and a hint of earthiness follow on the palate. Its simplicity and balance make it the perfect wine for a variety of foods and occasions.

Castello d'Alba Reserva 2003

(Portugal, Duoro, \$16.99)

Yes, Portugal again. The price is a bit high for an everyday wine, but we don't think you'll be disappointed that you spent a few extra bucks. Aromas of blackberry, spice and cedar are followed by more of the same on the palate. If you drink it over two or three evenings, you'll notice it only improves. The Castello d'Alba Reserva is a great example of the sophisticated dry red wines that are being produced in Portugal.

Dessert wines

Rutherglen Estates Muscat NV 375ml

(Australia, Rutherglen, \$25.99)
Although this wine is an example of the basic classification

of Muscat in this region known as Rutherglen, it offers up delightful raisin and fig notes on the nose and palate. If you like tawny Ports and want to try something new, pick up a bottle. We highly recommend it for chilly evenings and sitting by the fireplace.

Lustau Solera Reserva Deluxe Cream Capataz Andres

(Spain, Jerez, \$13.99)

Ahhhh... this is what cream sherry should taste like. A blend of the Palomino Fino and Pedro Ximénez varietals, Lustau has created a marvelously delicious dessert sherry. Typically, I would write about the nose and the flavors, but the finish is so lovely I feel compelled to write about it first. A dazzling array of nuttiness lingers on and on. In fact, the finish will most likely be lingering as you take your next sip. Of course, it would be foolish not to mention the notes of raisins, dates, and molasses that are the perfect precursor to the finish.

■ *Mary Campbell is the owner of Everyday Wines in the Kerrytown Market & Shops. She can be reached at (734) 827-WINE or at everyday_wines@yahoo.com.*

YOGA

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noon," Stefanova said.

Michele Bond, owner of Ann Arbor Yoga House, also offers a corporate yoga program that focuses on improving fitness, clarity, concentration and creativity.

"The hips are a storehouse for creativity," Bond explained. "Align them properly and you'll be amazed at how that can boost imagination and resourcefulness. The increase in creative energy can be profound."

Since some yoga postures require two students to work together as partners these sessions can also function as team-building experiences that foster cooperation and understanding.

"The cooperation in yoga class can translate in amazing ways to the work situation," Bond said. "This is team-building by responding in a positive, healthy way to another person."

Corporate yoga instruction is gaining popularity with Ann Arbor businesses as word of mouth advertises its flexible scheduling, mental and physical benefits and affordability.

Stefanova has taught yoga at

Pfizer Inc., Catholic Social Services, the Environmental Protection Agency, the Saline Community Hospital Cardiac Rehab Program and to other large and small groups.

Ann Chiu, an EPA employee who participated in Stefanova's yoga series, said she saw a real improvement in her ability to focus in the afternoon.

"It helps to have a good mid-day break," Chiu said. "The long-term effect is that it has helped my concentration and improved my condition after a recent back injury."

Bond has recently offered yoga instruction to ProQuest's buying center employees and Marshall's management team. Many students continue to attend her classes outside of work.

The effects of yoga instruction last long after the session is over. Both Bond and Stefanova teach simple stretches (asana), classical breathing practices (pranayama), concentration and meditation practices employees can perform at their desks when they need a quick break.

"The advantages of the class can last even when I'm not there teaching," Stefanova said. "Yoga has lasting effects such as improved

digestive function, optimal endocrine balance, increased oxygen in the blood and no lactic acid buildup that causes arthritis and hosts of other ailments as proven by recent scientific studies."

Corporate yoga could change the face of the business world, Stefanova believes.

"Yoga doesn't have to be standing on your head or contortions. It is for everyone and there are great advantages for those in the workplace," Stefanova said. "It can transform how someone approaches life and how someone approaches work."

Bond agrees. "Yoga is system of self-care and it expands the idea of what you can accomplish," Bond said. "It can do so much for someone in business. It brings me such joy to share this with my students."

Sessions last 10 to 13 weeks and instruction generally ranges from \$150 to \$180 an hour per group, but can be negotiated based on the needs of the organization.

Contact Stefanova at (734) 665-7801 or Bond at (734) 358-8546 for pricing and scheduling details.

■ *Carrie Olson is a freelance writer.*



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