From: Perez, Steven

Sent: 1/12/2015 10:43:03 PM

To: TTAB EFiling

CC:

Subject: U.S. TRADEMARK APPLICATION NO. 85459235 - CHOPRA MEDIA - 02491/ - Request for Reconsideration Denied - Return to TTAB - Message 5 of 11

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Attachment Information:

Count: 14

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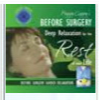

program in the days or weeks leading up to your procedure to reduce your worries and to prepare your mind and body for enhanced healing.

<More Info/Play Sample>

Total Relaxation -In this CD Peggy leads you through three different approaches to relaxation. Try all three.

<More Info/Play Sample>

Yoga for the Rest of Us - As seen on PBS.

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Peggy Cappy Workshops

Experience the many benefits of yoga no matter what shape you are in. You don't have to be young, thin, or flexible to do yoga. You can begin right where you are with Peggy Cappy's gentle stretches and accessible yoga postures, using a chair as an aid for balance and stability. Peggy encourages you to try this yoga practice, whether you are older, have a long-standing physical limitation, or are simply out of shape.

Workshop Comments

"On a scale of 1-10, I'd give this program an 11!"

"Combined with a gentle approach to asana practice, was an inviting, interactive, supportive, compassionate approach to leading a group through a meditation in motion."

"I loved every minute of your program."

" ...a wonderfully nurturing experience with fabulous, intelligent women led by a gifted, articulate, and caring teacher." (this particular training was all women)

Peggy Cappy Workshops

- Workshop - At Kripalu - March 30 - April 4, 2014 Sunday-Friday

Workshop General Description

In Peggy's workshops you will learn a variety of yoga postures and several relaxation techniques, all adapted to your body's needs and abilities. Peggy's gentle and practical approach draws on her years of experience teaching yoga, from her popular PBS DVDs, *Back Care Basics - Yoga for the Rest of Us, Yoga for the Rest of Us, MORE Yoga for the Rest of Us*, and her book *Yoga for All of Us.*

You will learn:

- Warm-ups to ease the body into motion
- A variety of yoga poses and ways to gradually increase each pose's challenge and intensity
- Sequences of yoga flows
- Simple breathing exercises
- Amazing relaxation techniques
- Ways to adapt all these practices to your body's needs and abilities.

Individual modifications will be provided in class for participants with specific restrictions or health concerns.

Registration/Additional Information

If you are interested in registering for a Peterborough, NH program or have questions about any program, please email us at training@peggycappy.com or call 1-603-924-9642.

To register for a Kripalu program call Kripalu toll free at: 1-800-741-7353. Or go to the <Kripalu Website>.

Kripalu Workshops

The Kripalu Center for Yoga & Health is a nonprofit educational organization dedicated to promoting the art and science of yoga to produce thriving and health in individuals and society.

For more than 30 years, Kripalu (kri-PAH-loo) has been teaching skills for optimal living through experiential education for the whole person: body, mind, and spirit. It is the largest and most established retreat center for yoga, health, and holistic living in North America.

Kripalu is located in Lenox Massachusetts. <Kripalu Website> <Peggy Cappy at Kripalu information>

To register for a Kripalu program call Kripalu toll free at: 1-800-741-7353. Or go to the Kripalu Website.

Yoga for the Rest of Us - As seen on PBS.

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More Yoga for the Rest of Us	Sleep Ease				India Travels
Yoga for the Rest of Us	Allergy Relief				Security/Privacy
Essentials 3 DVD Set	Before Surgery				FAQ
Health&Fitness 3 DVD Set					

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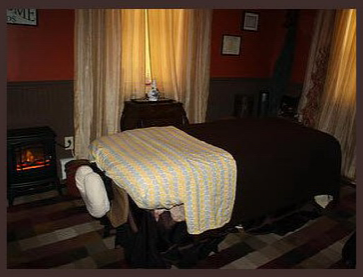
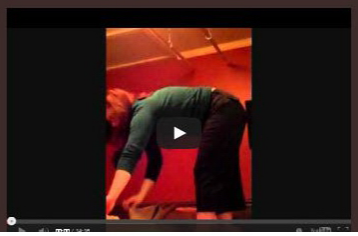
Harmony day spa

Call Now (315) 777-4215
Hours
Tuesday- Friday 9-5 pm
Saturday 9-2 pm

Some evening appointments available when additional staff is on duty.
When we are with clients our answering machine will pick up. Please leave a message, our staff will return your call. Thank you!

Our massages are custom tailored to each individual client. We offer a variety to choose from so come and try one or try them all. You are sure to leave your massage very relaxed and ready to face the day. Why not upgrade your gift certificate to a hot stone massage, or a deep tissue massage?





Massage Therapy

Wanting to tone and firm the skin after your massage? Ask our massage therapist about adding an Inch Loss Targeted Body Wrap for an additonal $30.

**** We offer both female and male massage therapist . Both are NYS Licensed and provide theraputic massage. Please indicate if you have a preference.*

Our female massage therapist is available from 9-1 Tue-Fri and Sat 9-2.

Our male massage therapist is available from4-7 Tue-Thur, Fri 4-5 and Sat 9-2.

We do not offer couples massage

Full Body Massage
60 minute session
$55
A personalized blend of massage techniques customized to meet each client's individual needs. Our massages will stimulate your circulation, release muscle tension and induce overall relaxation.

Ashiatsu Massage Therapy
(Ah She Att Su)
60 minute session
$70

Our most sought after massage!
Ashiatsu is the form of massage where the therapist uses the foot to apply deep and constant pressure creating a luxurious and relaxing massage. This ancient form of massage will leave you feeling relaxed . Wonderful for the avid athlete to help loosen tight muscles and ease tension, or for those that desire a more deep kneaded massage

Ashiatsu Massage performed by our very own Ashley Mason. This video will give you an idea of how an ashiatsu massage is performed.

kneaded massage.

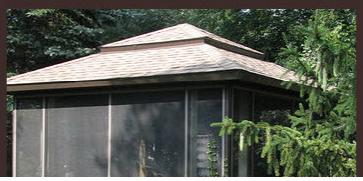
Upper Body Massage
30 minute session
$35
60 minute session
$55
A customized massage which focuses on the upper body to include those areas where stress is often stored, the back, neck, shoulders and head.

Harmony Hot Stone Massage
60 minute session
$75
Experience a relaxing massage combined with moist heat therapy using smooth heated basalt stones. It's the perfect treatment to loosen tight muscles, ease stress and reduce tension bringing an overall feeling of comfort.

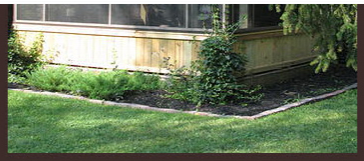
Detoxifying Herbal Massage
Just over 60 minute session
$75
Experience Swedish Massage using warm moist towels infused with a detoxifying herb water to cleanse and relax the skin before being massaged. This session helps to eliminate stored toxins in the body.

Lavender Essence Massage
60 minute session
$75
Warm moist towels infused with lavender are draped on the body. After gentle compression, the towels are used to wipe down the area. Then experience our Swedish massage using this versatile essential oil. A great choice for those who experience headache, insomnia, muscle aches and pain or any stress related conditions.

Citrus Slender Massage
60 minute session
$75
An infusion of grapefruit essence for those looking to use its naturally slimming qualities to deter water reduction, tone the skin and reduce the appearance of cellulite. Towels infused with essential oils are compressed into the skin prior to a massage technique designed to assist in eliminating fluid retention in the body.



Pregnancy Massage
60 minute session
$60
A personalized blend of Swedish massage techniques to meet each mother-to-be's individual needs. Performed in a side-laying position with pillow support for mom and baby. Benefits include improved circulation, relief of back tension and an overall feeling of comfort and wellness.



Sports Massage
60 Minute session
$70
30 Minute session
$40

** This massage is provided by the male massage therapist only.

Sports massage is excellent for people with injuries, chronic pain or restricted range of motion. The massage therapist generally concentrates on a specific problem area. This session includes stretching to help relieve chronic pain.

Harmony Garden Massage
Individual session
60 minute massage
$85
Receive a full body massage Swedish style in our secluded outdoor garden gazebo. Enjoy all of nature's beauty and simply relax the Harmony way!

Japanese Roll Out Massage
Magnetic Roll Out Technique and Swedish Massage
75 minute session
* This massage is performed by our male massage therapist Timothy J LaGorga LMT
$75
Prior to your massage session receive a most relaxing and beneficial rolling technique on the back, spine and legs with a magnetic therapy Mag Creator. Wonderful for those with tight muscles, back and sciatic pain. Your session continues with an hr long Swedish massage. Enjoy the benefits of this unique massage in our Nikken Wellness Room.
** Those having a pace~maker, or metal plates in the body may not receive this technique due to the fact the service is performed using magnetic therapy.

Craniosacral Therapy click on this link for more info
$60
With 1 Hour Massage
$110

This technique is peformed by the Craniosacral Therapy y

Craniosacral Therapy takes a whc ng and the inter-connections of mind, body and spirit are deeply acknowledged. It is an effective

form of treatment for a wide range of illnesses helping to create the optimal conditions for health, encouraging vitality and facilitating a sense of well-being. The massage therapist will lightly manipulate various areas of your body including your bones, skull, spine, hips and soft tissues to clear any blockages of cerebrospinal fluid to allow the fluid to flow more smoothly and naturally. Bringing you to a state of relaxation and well being.

Massage Cupping
$70
Massage cupping increases local blood supply to the muscles and skin, also bringing nourishment and allow for toxins to be carried away via the lymph. Massage cupping is sedating and people often fall into a deep state of relaxation.

Skinny Massage
60 minute session
$75
Relax with the skinny massage, where It Works products are combined and used during your massage. It Works Defining gel, and stretch mark cream are mixed together for this luxurious massage that will help to tighten, tone, and firm while you receive your massage. This massage will also help to reduce the appearance of cellulite, ask about products for home use as well. Take home products are recommended to enhance the appearance of firmer skin and the reduction of cellulite. Purchase take home products before, or after you massage.

Purchase take home products by clicking the link below:

Shop It Works

Harmony Day Spa
20077 Arsenal Street | Watertown, New York| 13601| (315) 777-4215
Hours of Operation |Tuesday- Friday 9-5 | Saturday 9-2
Some evening appointments are available by appointment only.
Evening massage appointments are available from 4pm until 7 pm with LMT Timothy J LaGorga

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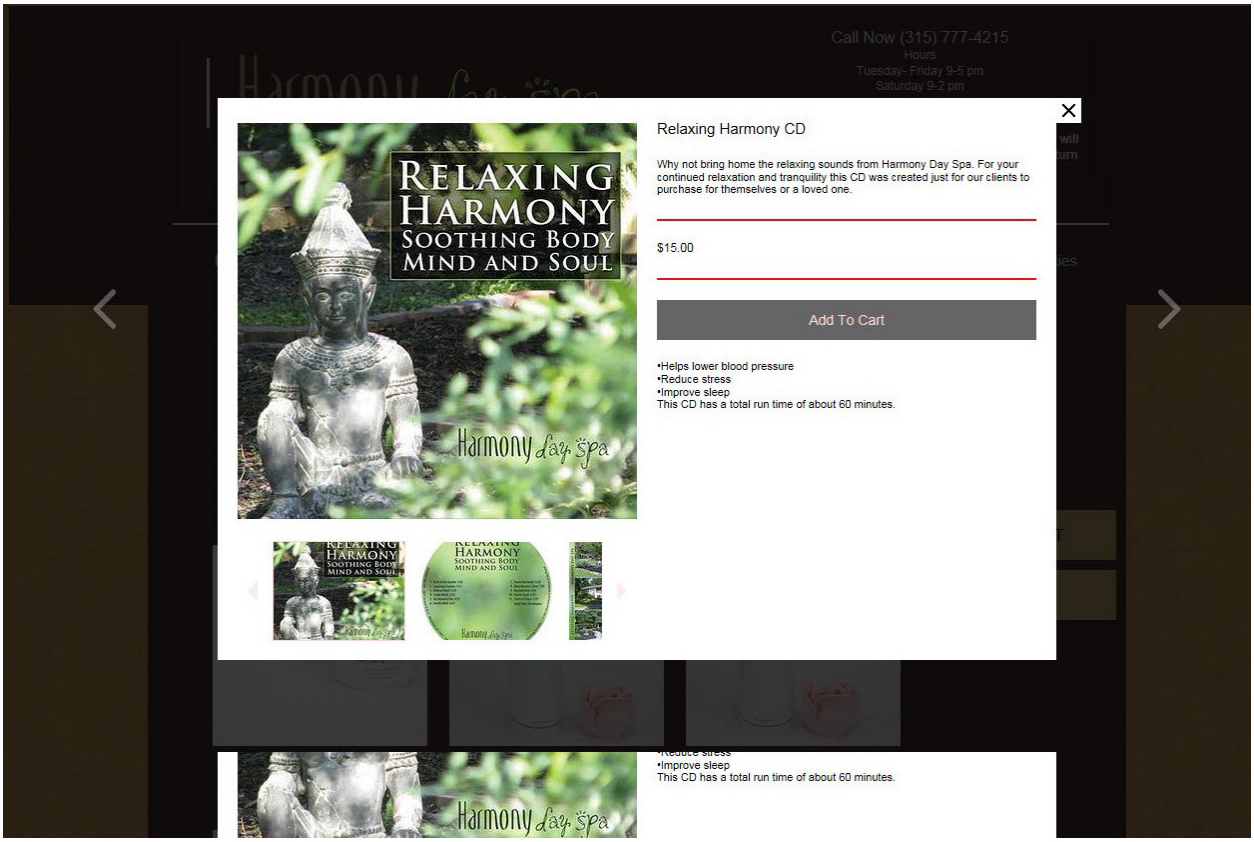
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Hours
Tuesday- Friday 9-5 pm
Saturday 9-2 pm
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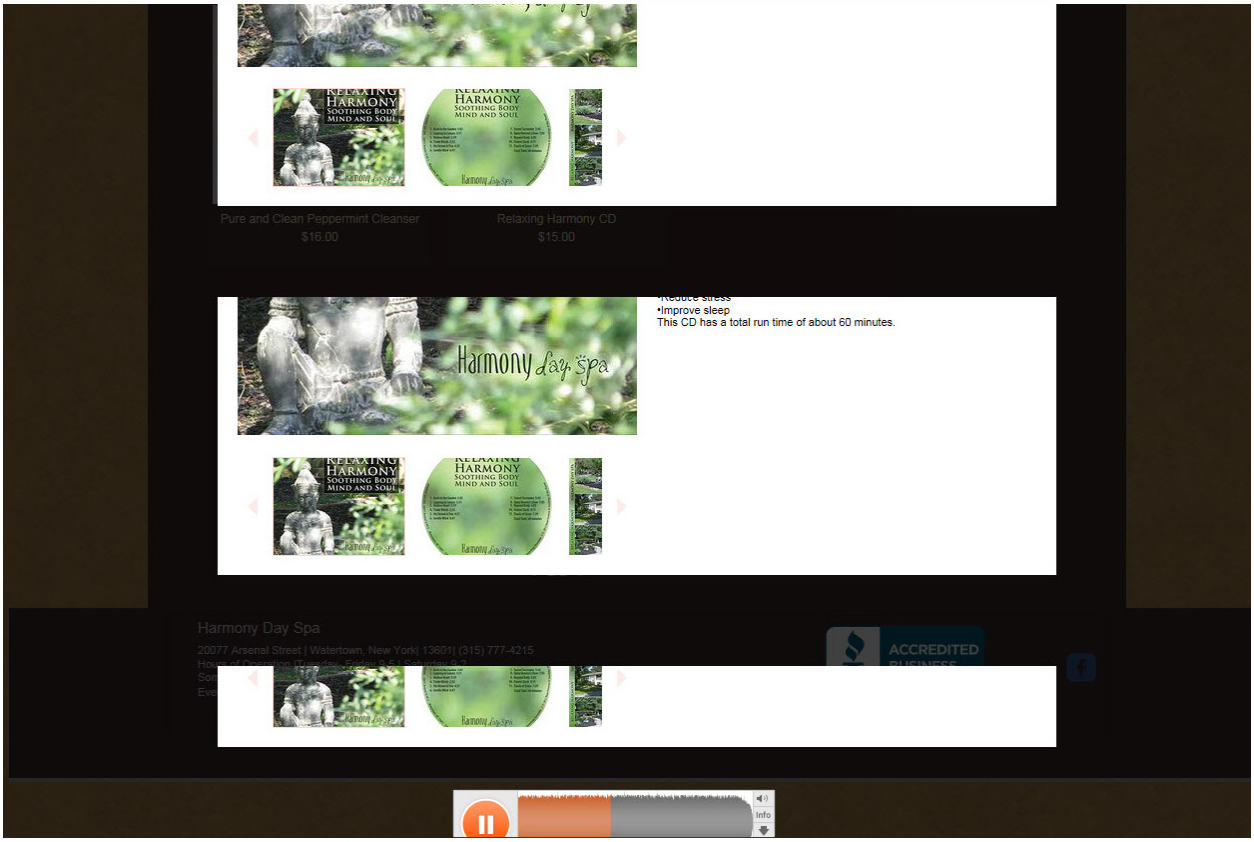
SOOTHING BODY MIND AND SOUL
Harmony day spa
Relaxing Harmony CD
Why not bring home the relaxing sounds from Harmony Day Spa. For your continued relaxation and tranquility this CD was created just for our clients to purchase for themselves or a loved one.
$15.00
Add To Cart
•Helps lower blood pressure
•Reduce stress
•Improve sleep
This CD has a total run time of about 60 minutes.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$16.00
Relaxing Harmony CD
$15.00
Harmony day Spa
•Improve sleep
This CD has a total run time of about 60 minutes.
Harmony Day Spa
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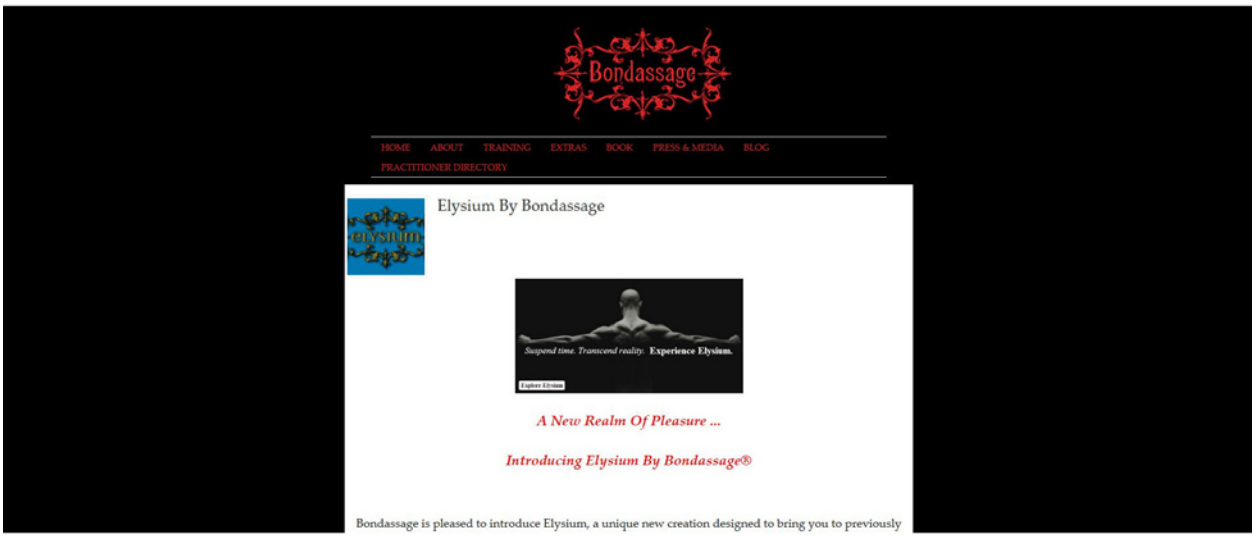
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Suspend time. Transcend reality. Experience Elysium.
A New Realm Of Pleasure ...
Introducing Elysium By Bondassage®
Bondassage is pleased to introduce Elysium, a unique new creation designed to bring you to previously

unknown heights of bliss. A slower, softer version of Bondassage (the focus is on devastatingly slow, connected, innovative sensual massage) ~ Elysium stretches your erotic boundaries, transporting you to new realms of pleasure.

Focusing on your sole satisfaction, using a unique combination of ancient esoteric massage techniques, Elysium combines a mesmerizing sequence of extraordinary touches, enticing all of the senses. Expertly controlling your state of blissful relaxation, Elysium provides a multi-dimensional experience designed to expand your sensory boundaries.

Elysium focuses the senses, alternating soft brush strokes, excruciatingly slow massage and expert caresses with soft, silk bondage, and sensory focusing tools. Elysium brings you the ultimate sensual experience.

"In Greek mythology, only those specially favored by the gods entered Elysium and were made immortal ..."

Experience the ultimate in innovative body play. Elysium raises the bar of bearable bliss to new and untried peaks. Designed for massage enthusiasts seeking the ultimate test of self control.

Suspend Time. Transcend Reality.

Experience Elysium

Experience Elysium.

Our practitioners come to us with training in various modalities: Sensual Massage, BDSM, Tantra, Sexological Bodywork, Fetish, Taoist Erotic Massage, Kink, Reiki, Yoga and/or Domination. Each of our Practitioners is fully trained and certified in the Art of Bondassage® or Elysium by Bondassage® by Jaeleen Bennis, the creator of this unique and innovative style of sensual bodywork, or by one of her hand-picked Trainers.

Interested in becoming a Practitioner? Visit our **Training page** for more information.

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Bondassage

The Book

Learn how to give your lover a sensual, euphoric – and slightly kinky – massage that will open the door to new realms of pleasure, intimacy and connection for you both.

Whether you're looking to learn simple things to do with your hands (pinch, caress, spank!), or are ready to explore light bondage and the delights of submission (including an introduction to basic sex toys and how to use them), this book will show you how to get kinky while deepening that loving connection to your partner.

Bondassage is a massage practice created by Jaeleen Bennis, who trains and licenses professional masseuses and bodyworkers in this exceptional set of techniques. Now you can learn the secrets of Bondassage to use in the privacy of your own home. Bondassage is perfect for couples looking to heat things up as well as singles looking to improve their sexual confidence.