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Bonus section

A massive contemporary home was gutted and remodeled to go green-friendly, in today's **Home & Garden Extra.**

Free to subscribers on the ePaper and at myPalmBeachPost.com

YOUR CULTURAL CALENDAR FOR THIS WEEK

3 TO SEE

Schedule your season – with our help

It's almost the weekend – time for the Cultural Council of Palm Beach County to share with you the best of what our community has to offer.

Each week, you get three ideas – one that's free, one that's affordable and one that's a splurge.

Your "3 to See" cultural curator is Marilyn Bauer, director of marketing and government affairs at the Cultural Council.



"Local Artists Take Flight" opens Wednesday and runs through Dec. 9 at Palm Beach International Airport. This piece, "Moving Castle" by Erica Rukin is there. CONTRIBUTED

FREE #PBILOVESART

When you're in the airport, do you catch yourself in the almost addictive act of "people-watching"? We all do it from time to time, but there's always something more culturally enriching to do. To this end, the Palm Beach County Art in Public Places program has partnered with Palm Beach International Airport to present the "Local Artists Take Flight" exhibition. Twen-

ty-two local artists' works are currently on display in the main terminal and on Wednesday night, you can meet them as guest judge Paul Fisher presents awards to three winners.

"Local Artists Take Flight": Wednesday from 5:30-7 p.m. Exhibition runs through Dec. 9. Level Two of Palm Beach International Airport, 1000 James L. Turnage Blvd., West Palm Beach. Info: www.pbcgov.com/fdo/ART



Local writer Arthur L. Bernstein plays Frank Newman in "Walt Before Mickey." CONTRIBUTED BY STEVEN SHEA / THE DREAMER MOVIE, LLC.

DEAL Disney biopic with local roots

Why go to Orlando when you can get a bit of Disney right here? Explore the early years of the man behind the mouse in a film written by two South Florida writers, Arthur L. Bernstein and Armando Gutierrez. Bernstein, who also stars in and produced the film, hails from West Palm Beach, so there's no better time or

place to see his work than right here. The film chronicles the tale of Walt Disney (Thomas Ian Nicholas, "Rookie of the Year") from his beginnings in Marceline, Mo., to the creation of the eponymous mouse.

"Walt Before Mickey": Showings start today at 11:30 a.m. Ticket prices range from \$8 to \$11. Downtown at the Gardens 16, 11701 Lake Victoria Gardens Ave., Palm Beach Gardens. Info: 561-253-1444

SPLURGE Hollywood ballet in Wellington

For those who can't stop tapping their toes to the scores of the silver screen, get ready to experience it live on stage. This weekend, Wellington Ballet Theatre will be staging "Going Hollywood," a dance concert featuring music from films including "Jaws," "Star Wars," "Interstellar"

and more. Taking place at the Wellington High School Theater, the performance is sure to please film buffs and ballet connoisseurs alike.

"Going Hollywood": Saturday at 7 p.m. and Sunday at 2 p.m. Tickets are \$30 and under. Wellington High School Theater, 2101 Greenview Shores Blvd., Wellington. Info: 561-296-1880 or www.wellingtonballettheatre.org

TRENDS



Alexis King leads yoga practitioners during a recent class inside Saltwater Brewery in Delray Beach. The teaming of the two ventures has migrated from the West Coast. THOMAS CORDY PHOTOS / THE PALM BEACH POST

Pints and poses

Yoga at a craft brewery? It's as natural a pairing as beer and pretzels.

By Carlos Frías
Palm Beach Post Staff Writer

The *clickety-clack* of beer being canned is lost amid the soft chanting of Hindu mantras.

Yoga instructor Alexis King paces carefully between a rainbow of two dozen yoga mats unfurled throughout the taproom at Saltwater Brewery in Delray Beach on a clear Sunday morning. Stools are overturned on top of the lacquered blond wood bar while 21 women and three men stretch in impossible poses as King guides them.

"Are you here for yoga, or yoga and beer?" King asked them as they came through the doors at 10 a.m. for the weekly class taught at the brewery.

This mindful melding of Eastern meditation and Western beer culture goes together like beer and pretzels. It has made its way from Califor-



Ashley Doane (from left), Delray Beach; and Ashley Hayes, Laurie Schuster, Nancy Colman and Michelle Hershey, all of Boca Raton, gathered at the Saltwater Brewery bar following yoga at the brewery.

GET TAPPED IN!

Keep up with the craft beer scene on our new online page, Tapped. palmbeachpost.com/Tapped

County's independent breweries.

Saltwater Brewery and Twisted Trunk Brewing in Palm Beach Gardens each host weekend yoga in their tasting rooms, in the shadow of towering stainless steel tanks where they brew and can their own beer and act as a social hub for local communities.

Yoga continued on D2

nia and the Pacific Northwest, where the trend is long-established, to two of Palm Beach

COMING FRIDAY

TGIF RETURNS IN TABLOID SIZE!

You asked for it — you got it.

Beginning Friday, The Palm Beach Post's popular weekend guide is back in take-it-with-you tabloid size.

TGIF is your guide to local fun — new movies, hot dining spots, Florida getaways, all the best of local culture and more.

It's always been one of The Post's most popular sections, and readers have told us they missed the tabloid size.

Check out the tabloid TGIF on Friday, and don't miss the cover story: A tour of Harbourside Place's new restaurants in Jupiter. How good is Tiger Woods' new eatery?

ALSO COMING SEPT. 4 AND BEYOND:

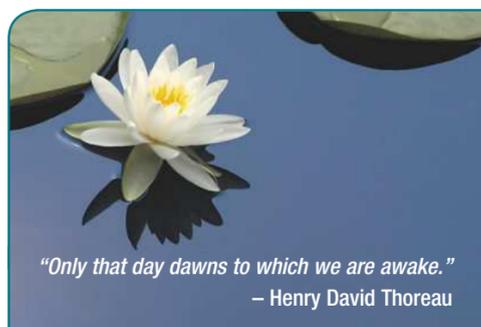
NEW feature inside TGIF: Coming Attraction, an interview with a top movie or TV director or arts newsmaker.

NEW on the In Your Community page in Local: Restaurant update. Find out about new restaurants and restaurant inspections every Thursday on the In Your Community page, Page 3 of Local.

NEW in Sunday Business: Weekly column on local business newsmakers and trends by Business Editor Antonio Fins.

NEW in Tuesday Accent: Prime Health, a series dedicated to having a vibrant lifestyle after 50.

NEW section: Accent on New Homes. Find your favorite comics and puzzles — plus the best in new homes for sale — in this new section. Also new in this section: Star of the Week, an interview with a star of one of that week's top movies, and Florida Homebody, a column devoted to those of us who love our Florida homes.



"Only that day dawns to which we are awake."
— Henry David Thoreau

Learn more at jupitermed.com/mindfulness

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Stress Less, Live More

Jupiter Medical Center, in collaboration with the University of Massachusetts Center for Mindfulness, is pleased to offer **Mindfulness Based Stress Reduction (MBSR)**. Join us and learn new ways of coping with:

- Cancer
- Chronic Pain
- Autoimmune Disease
- Grief
- Work/Family Stress
- Heart Disease
- Anxiety/Depression
- Diabetes
- Eating Disorders
- Many Other Conditions

Participants meet once a week from September 16-November 10, 2015. Program includes eight classes and one, all-day retreat.

Reservations are required. Space is limited to 30 participants per session. For more information on class fee, or to register, please call (561) 263-5778.



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