

Breathing Space Goes Green!



Breathing Space, located at 1404 Raeford Road, is a center for healing with an emphasis on awareness of mind, body and spirit. Charlotte Sessoms and Lisa Lofthouse opened [Breathing Space](#) in January of 2005 with the dream that it would become a place of peace and healing in the heart of their community. Breathing Space offers yoga classes, private yoga lessons, meditation instruction, nutritional counseling, life coaching, chiropractic care, massage therapy, hot stone massage, private pilates instruction and wellness workshops.

As a business focused on individual health and healing, Breathing Space also has a tremendous regard for nature and the health of our environment. Becoming certified as a Green Business was a simple process for them, since the owners and associates were already strong environmental stewards.



After completing the Green Business checklist and an energy and water audit, Sustainable Sandhills staff worked with the Breathing Space to identify ways to reduce usage and save money. Breathing Space replaced all incandescent bulbs with CFLs, installed high-efficiency faucet aerators, purchased Smart Strips to eliminate phantom power use, placed several items on timers, and posted conservation sign throughout the establishment.



Breathing Space completed a waste assessment inventory that identified restroom paper towels as the single largest component of their waste stream.

Although the business still offers eco-friendly paper towels, they now provide wash cloths for their clients to dry their hands on and have greatly reduced the amount of waste generated. They have also reduced their waste by removing their names from national mailing databases and utilizing www.catalogchoice.org to limit the number of catalogs that they receive. Additionally, they have

switched all of their paper products to recycled-content alternatives, and their cleaning supplies are now bio-based products.



Reuse is very important to the owners and staff of Breathing Space, which is why they love places like the Re-Store Warehouse for both buying necessary items and donating unwanted items. They utilize only washable kitchenware, reuse trashcan liners, and use the back side of previously printed paper for notes. Their comprehensive recycling program captures the

majority of their waste, including printer cartridges, which are either refilled or recycled.

Good for the body and the environment, you will find organic, fair trade coffees and teas in the kitchen, and if you leave with a brochure, it has been printed using soy ink instead of petro-chemical inks.

We hope you'll visit this unique Sustainable Sandhills Certified Green Business, and experience a place of harmony, peace and playfulness. Their motto is to "Live, love, and laugh often and sometimes to just stop and breathe".



About the Green Business Program:

Green businesses reduce waste, promote recycling, become energy and water efficient, purchase eco-friendly products, and educate their employees and customers about the multiple benefits of a sustainable community. For more information about how your business can become a [Sustainable Sandhills Certified Green Business](#) today, please contact your Green Business Coordinator:

[Heidi Johnson](#), 910-484-9098

Cumberland, Harnett, Hoke, Lee and Robeson counties

[Kea Capel Meacham](#), 910-639-3983

Moore, Montgomery, Richmond and Scotland counties