Photo by Brent Siefts

MY HOMEMADE BUSINESS

Patti Essig

On Her In-Home Yoga Studio

"This was born out of a dream I had of sharing the benefits I have experienced from yoga with others," says Patti Essig of her in-home yoga studio. She has been practicing yoga for about 35 years and feels that yoga has "something for everybody. With yoga, you can acquire techniques that you take with you everyday. Breathing is one example. If you are commuting in traffic, you can use the breathing techniques you have learned to help you relax in that stressful situation," she explains.

Holding classes in her home is appealing to many of her clients. "A health club can be intimidating while a home is a safe, caring environment. There is a sense of spirituality in yoga as we connect with the power within," she says. "Having a good space to practice provides good energy for everyone."

Having a studio in her home does present a few challenges. "I can't hold classes anytime I want because I have a family. I can't shut down the house at anytime. But there are times that work well for holding classes," Patti explains. She currently has both evening and morning classes available.

Patti studied under Aileen Hansen and Yogi Amrit Desai. She is a registered second level Amrit instructor who combines yoga postures, breathing techniques, concentration and witness consciousness in an effort to release tension found within a body. The emphasis is on helping the body free deep layers of healing power to refresh the spirit and the mind.

For additional information, visit www.yogaenergy.net.

Have a great Home-Made Business story to share? If so, tell us at editorial@glancermagazine.com

Construction Scheduling

How to guarantee your remodel is complete by the holidays!

by Jessica Gomes, Casa Bella Design Center

Planning your Fourth of July and your Thanksgiving. This definitely seems like a very odd combination. As summer is in mid-swing, rarely do thoughts of the winter holiday season occur. Surprisingly though, in regards to remodeling, the summer holidays and the winter holidays should be paired together. The only way to ensure that your home remodeling project is completed before the turkey arrives is to start your project planning now (if you haven't already!) When working with a company that does full-service remodeling, such as Casa Bella Kitchen and Bath Remodelers, all products and services are included. From cabinetry to can lighting, every item in the project must be selected. From drywall sanding to tile grouting, every labor item in the project must be selected. Extensive planning, research, design, and pricing will occur before the first nail is hit in your home. By following this provided guideline, one can ensure that a remodel will be complete by the desired deadline.

COMPANY SELECTION. This category entails a very big decision. Selecting the company to do the remodeling project should definitely be factored into the equation. Do I like my designer? Do I like the company's format? Are they a reputable company? Questions such as this must be answered. Combining these answers with the bid/estimate will help make the final decision. On average, this process can take 2-4 weeks.

DESIGN PLANNING. Once a company is selected, the heavy planning kicks into effect. Design drawings, product selection, construction planning, and pricing should all occur at the same time to guarantee that the pricing fits within the budget and the construction process goes smoothly. By preplanning absolutely everything, mistakes such as cabinetry not fitting or tile not matching countertops will be avoided. On average, this process can take 4-6 weeks.

JOB PREPARATION. Once contracts are signed, numerous behind the scene actions then occur. Product is ordered. Labor is scheduled. Permit paperwork is submitted. Pre-construction meetings are held. Because cabinetry typically has the longest lead time, the safest project scheduling guideline is to start the job around the time cabinetry should be arriving. Cabinetry on average will take about 6-8 weeks to be delivered.

CONSTRUCTION. The construction process is the longest of the remodeling process categories. The space must be completely taken apart and then re-assembled. Flooring will be installed, cabinetry will be installed, electrical will be wired, painting will occur, etc. Depending on the extent of the job, this category timeline can vary the most. On average, a kitchen or bath remodeling project will take 10 weeks to complete.

By adding the totals above, one will find that the overall remodeling process takes on average 5-7 months from the first meeting until project completion. With it now being mid summer (July), the first steps must be taken by homeowners who want to ensure their pre-holiday construction completion. Who knew that fireworks and turkey really do mix?

Casa Bella Kitchen and Bath Remodelers is located at 15 W Jefferson Avenue, downtown Naperville. This full-service, one- stop-shop for all of your remodeling needs, offers everything from developing a layout for your space, to product selection and managing the installation. Jessica A. Gomes (pictured) a graduate of the Interior Design program at Illinois State University, has been working at Casa Bella for four years and oversees the company's project design and sales. Jessica works directly with clients to design creative solutions that satisfy their needs. Call (886) 619-8862 for more details or visit the showroom today.