

To: Torgovitsky, Roman (docket@llapc.com)

Subject: U.S. TRADEMARK APPLICATION NO. 85808451 - SOMA SYSTEM - N/A - Request for Reconsideration Denied - Return to TTAB

Sent: 3/13/2014 10:21:02 AM

Sent As: ECOM104@USPTO.GOV

Attachments: [Attachment - 1](#)
[Attachment - 2](#)
[Attachment - 3](#)
[Attachment - 4](#)
[Attachment - 5](#)
[Attachment - 6](#)
[Attachment - 7](#)
[Attachment - 8](#)
[Attachment - 9](#)
[Attachment - 10](#)
[Attachment - 11](#)
[Attachment - 12](#)
[Attachment - 13](#)
[Attachment - 14](#)
[Attachment - 15](#)
[Attachment - 16](#)
[Attachment - 17](#)
[Attachment - 18](#)
[Attachment - 19](#)
[Attachment - 20](#)
[Attachment - 21](#)
[Attachment - 22](#)
[Attachment - 23](#)
[Attachment - 24](#)
[Attachment - 25](#)
[Attachment - 26](#)
[Attachment - 27](#)
[Attachment - 28](#)
[Attachment - 29](#)
[Attachment - 30](#)
[Attachment - 31](#)
[Attachment - 32](#)
[Attachment - 33](#)
[Attachment - 34](#)

[Attachment - 35](#)

[Attachment - 36](#)

[Attachment - 37](#)

[Attachment - 38](#)

[Attachment - 39](#)

**UNITED STATES PATENT AND TRADEMARK OFFICE (USPTO)
OFFICE ACTION (OFFICIAL LETTER) ABOUT APPLICANT'S TRADEMARK APPLICATION**

U.S. APPLICATION SERIAL NO. 85808451

MARK: SOMA SYSTEM

85808451

CORRESPONDENT ADDRESS:

JASON R. LEE
THOUGHT TO PAPER LLC
19785 CRYSTAL ROCK DRIVESUITE 207
GERMANTOWN, MD 20874

GENERAL TRADEMARK]
<http://www.uspto.gov/traden>

APPLICANT: Torgovitsky, Roman

CORRESPONDENT'S REFERENCE/DOCKET NO :

N/A

CORRESPONDENT E-MAIL ADDRESS:

docket@llapc.com

REQUEST FOR RECONSIDERATION DENIED

ISSUE/MAILING DATE: 3/13/2014

The trademark examining attorney has carefully reviewed applicant's request for reconsideration and is denying the request for the reasons stated below. *See* 37 C.F.R. §2.64(b); TMEP §§715.03(a)(2)(B), (a)(2)(E), 715.04(a). The requirement(s) and/or refusal(s) made final in the Office action dated September 17, 2013, are maintained and continue to be final. *See* TMEP §§715.03(a)(2)(B), (a)(2)(E), 715.04(a).

In the present case, applicant's request has not resolved all the outstanding issue(s), nor does it raise a new issue or provide any new or compelling evidence with regard to the outstanding issue(s) in the final Office action. In addition, applicant's analysis and arguments are not persuasive nor do they shed new light on the issues. Accordingly, the request is denied.

Specifically, while the examining attorney acknowledges that applicant's U.S. Application Serial No. 85808380 has registered, the registered mark can be distinguished from the present application because the registration covers therapy and massage and apparatus while the present application covers services in the fields of fitness and yoga. Accordingly, applicant's assertion that U.S. Registration No. 4468984

covers health related services is inaccurate.

The examining attorney also notes the following cumulative evidence demonstrating that the same entity commonly provides the relevant services and markets the services under the same mark. §TMEP 715.04(b). The examining attorney notes the following examples:

<http://www.handson-austin.com/services/therapeutic-exercise-classes/> (exercise classes premised on myofascial release)

<http://www.handson-austin.com/services/advanced-massage-therapy/> (massage services)

http://www.studiomix.com/training_library/foam-roll-release/ (exercise classes premised on myofascial release and trigger point therapy)

<http://www.studiomix.com/membership-services/#hash-post-611> (massage services)

<http://www.mainstreetyoga.com/workshops/> (yoga classes premised on myofascial release)

<http://www.mainstreetyoga.com/about/> (massage services)

<http://www.mainstreetyoga.com/healing-arts/massage-therapy/> (massage services premised on myofascial release and trigger point therapy)

<http://www.clevelandyoga.com/cleveland-massage/> (massage services)

<http://www.clevelandyoga.com/yoga-classes/> (yoga classes)

Please also see the attached evidence from the USPTO's X-Search database consisting of a number of third-party marks registered for use in connection with similar services as those of both the applicant and registrant. *See* U.S. Registration Nos. 4387407, 4156994, 3973067, 3654432 and 3289721.

The filing of a request for reconsideration does not extend the time for filing a proper response to a final Office action or an appeal with the Trademark Trial and Appeal Board (Board), which runs from the date the final Office action was issued/mailed. *See* 37 C.F.R. §2.64(b); TMEP §715.03, (a)(2)(B), (a)(2)(E), (c).

If time remains in the six-month response period to the final Office action, applicant has the remainder of the response period to comply with and/or overcome any outstanding final requirement(s) and/or refusal(s) and/or to file an appeal with the Board. TMEP §715.03(a)(2)(B), (c). However, if applicant has already filed a timely notice of appeal with the Board, the Board will be notified to resume the appeal. *See* TMEP §715.04(a).

/Christine Martin/
Examining Attorney
Law Office 104
(571) 272-1630
christine.martin@uspto.gov



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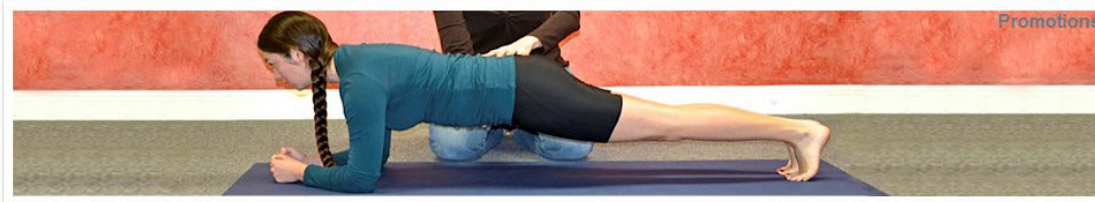
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Therapeutic Exercise Classes



We are currently offering 2 on-going therapeutic exercise classes each month.

1. Myofascial Stretching- is a basic class which will go over the principles of myofascial stretching. Participants will be guided through the basic techniques which will then be applied to specific areas of the body. Different parts of the body will be emphasized each month so participants can repeat the class for more variety and information.

2. Myofascial Strengthening and Stabilization- will review the concept of myofascial stretching but then will go on to do specific core strengthening. Core strengthening generally involves the abdominals, lumbar spine, pelvic floor, as well as the shoulder blades. Understanding and finding "neutral pelvis" will be reviewed each class however different activities will be practiced making this class suitable to repeat.

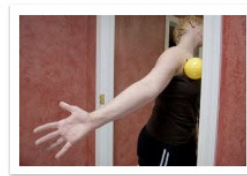
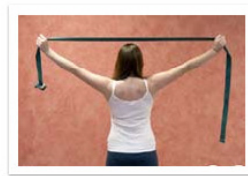
**These classes do not need to be taken in order.

Both of these therapeutic exercise classes have a shared purpose of giving participants an understanding of the concepts (connective tissue stretching and core strengthening) so they can be applied anywhere in the body to alleviate symptoms. Repeating the classes will give participants practice in application to different parts of the body as well as reviewing the concepts.

In addition we will periodically offer a "Special Tonic" class.

In addition, we will periodically offer a "Special Topic" class.

Contact our office, watch our emails and website, or sign up for our newsletter to stay in touch with new events.



Location

301 Hesters Crossing Rd
Suite #160
Round Rock, TX 78681

phone: 512-310-1928

> [Click here for map, directions and business hours.](#)

Stay Connected

> **Sign up for our popular Newsletter** and enjoy instant download access to our Therapeutic Exercise Tips!

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Services

FAQ

New Patient

Resources

Blog

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Advanced Massage Therapy

Massage Therapy is the manipulating of superficial and deeper layers of muscle and connective tissue using various techniques to enhance function, aid in the healing process, decrease pain and promote relaxation and well-being carried out by a licensed massage therapist.

Advanced Massage Therapy offers an integrative, whole body approach to pain relief. Advanced Massage Therapy has been practicing in Round Rock since 1994. All of our Massage Therapists have advanced training in manual therapy techniques which address whole body acute and chronic pain patterns.

Myofascial release techniques are the core of our treatment.

We offer these types of massage:

- > Myofascial Release Therapy
- > Deep Tissue Massage
- > Swedish Massage
- > Hot Stone Massage
- > Craniosacral Therapy
- > Lymphatic Drainage
- > Pre & Post Natal Massage
- > Infant Massage
- > Reiki*

Would You Like More Information?

Name

Email *

Phone

I would like more information on:

Booking an appointment

IN PAIN AND NEED PHYSICAL THERAPY?
Click here.

Reiki

*Reiki is now being offered with Jody Hendryx, PT, LMT and Patricia Saathoff, LMT. Reiki can be integrated with Myofascial Release to create a very powerful healing session.

These services are available without a doctor's prescription.



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Would you like to share your experience? [Click here](#) to submit a testimonial!

Advanced Massage Therapy Rates

One hour of any Massage Therapy service from any of our Licensed Massage Therapists is \$90.00. See the information below for package pricing and [contact us](#) to learn more about our rates.

Wellness is a lifestyle

The symptoms that you feel in your body are our unique communication system. It is our body's way of letting us know when we are out of balance. Balance encompasses body, mind and spirit. We are more than just a physical body. We are energetic and emotional beings that are constantly responding and adjusting to our immediate environment. Many things may contribute to your physical pain. Unconscious emotions, fear, anxiety, stress and tension get stored in the body. Poor nutrition, sedentary lifestyles, prior injuries are just a few examples of factors that contribute to a loss of balance within the body. This can cause a cascade of symptoms to appear. There is no one prescription that keeps any one of us in optimal health.

The therapies offered at Hands On addresses the whole being and help identify areas of imbalance before they become problematic. They bring our awareness and attention back into the body and help restore optimal function.

Wellness Packages

Wellness services offered by PT/OT-LMT include Myofascial Release as well as all other manual therapy techniques, exercise instruction, posture and body mechanics instruction and correction.

Package Prices:

Services Performed by LMT staff

- 3 sessions = \$255.00 (\$85 each) -Call for Registration
- 6 sessions = \$480.00 (\$80 each) -Call for Registration

6 sessions = \$480.00 (\$80 each) -Call for Registration

Services Performed by OT/PT-LMT

- (3) 1-hour sessions = \$385.00 (save \$20) -Call for Registration
- (6) 1-hour sessions = \$729.00 (save \$81) -Call for Registration
- You can add any Therapeutic Classes for \$25 each.

Bodywork/Therapeutic Class Special – \$110.00

- 1-hour session with LMT staff and 1 Therapeutic Class: \$110.00 – Call for Registration
- Gift certificates and Wellness Packages expire 1 year from issue date.
- Now offering more expanded business hours for therapeutic bodywork sessions.

Location

301 Hesters Crossing Rd
Suite #160
Round Rock, TX 78681

phone: 512-310-1928

- [Click here for map, directions and business hours.](#)

Stay Connected

- **Sign up for our popular Newsletter** and enjoy instant download access to our Therapeutic Exercise Tips!

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BROWSE BY HIGH INTENSITY
Bootcamp
Mixed Martial Arts
Structure
Personal Training
Rock Climbing
Muay Thai
Kickboxing
Kettlebell

Foam Roll Release

The most overlooked component of injury prevention and fast progress is soft-tissue quality. Prep your muscles for a workout, treat day-to-day stiffness and loosen things up.

San Francisco Foam Roll Release classes are a great way to learn how to perform self-myofascial release of trigger points in the muscles. Trigger points are sore spots that form within muscles or tendons. Foam rolling is a way of massaging away muscle soreness in trigger points, and preparing your muscles for deeper stretching. Using the foam roller to loosen the tension in your muscles provides an excellent way of obtaining the benefits of self-myofascial release. **SF foam rolling classes** teach a form of myofascial release that you can also do on your own, using the roller to release muscular tension without needing the help of a massage therapist. Releasing tension from your trigger points in a **San Francisco foam roll class** also enables your muscles to stretch more easily.

Myofascial release in SF foam roll classes is based on the fact that loosening up the connective tissues increases muscle flexibility, in addition to reducing pain. The



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BROWSE BY MIND/BODY

Foam Roll Release
Yoga
Pilates
Vinyasa Yoga
Hatha Yoga
Prenatal Yoga
Hot Yoga

cylinder shaped foam rollers are made of varying densities, which can be used to vary the pressure applied. In SF foam rolling classes, you will learn a variety of different ways to use the foam roller. You will practice rolling it over your muscles slowly, stopping and holding on sore trigger points until the tension is released, usually in about 30 to 60 seconds. Applying sustained pressure with a foam roller can release tension in the muscles and tissues, and minimize constriction. **Myofascial release in SF foam roll classes** also restores heart rate and blood pressure levels after an intense workout.

Some of the areas of the body that foam rolling is especially effective for include:

Upper Back – foam rolling alleviates tension in the muscles in between the shoulder blades and base of the neck, which are a common area of trigger point soreness for many people.

Hips – foam rolling of the hip flexors, as well as the piriformis muscle (a deep muscle in the back of the hip), is helpful for many students in a San Francisco foam roll class.

Legs – loosening up tight muscles, expanding the range of motion, and increasing flexibility are some of the benefits of foam rolling for the legs.

Iliotibial Band (IT Band) – the connective tissue that runs along the outside of the leg, from the hip to the knee. This is an important area to focus on with SF foam rolling, because the Iliotibial (IT) band is too tight, it pulls on the surrounding muscles, which can lead to muscular imbalances.

San Francisco foam roll classes are also great for the hamstrings, neck, lats, quadriceps, trapezius, and other areas of the body. In addition to being used for myofascial release in SF, foam rollers can also be used for stability exercises. This involves using the roller as a platform for exercises that require core strength, such as squats. When practiced on a regular basis, San Francisco foam roll classes can also help reduce the risk of muscular injuries. SF foam rolling can help improve posture, and the overall well-being of muscles and joints. San Francisco foam roll classes are also beneficial before and after weight training, cardio exercises, or other types of workouts.

Stay up-to-date with our classes, special discounts, and fitness tips. Loading the form

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Membership & Services

What we offer

Studiomix has the convenience and value of a full service health club paired with the personal experience of a local, specialized fitness studio.

- Group Classes
- 1-on-1 Coaching
- Nutrition Coaching
- Massage & Bodywork
- Acupuncture
- Drop-in Day Pass
- Locker Services
- Studio Rental
- Yoga Retreats

Want a printable sheet? If so, [click here](#) to download a handy one-sheet to learn more about our packages.

MIX MEMBERSHIP

\$135 monthly*

Unlimited Class & Club Access

\$75 Enrollment
Enrollment waived with a 12 month commitment.

Pay in Full for a Year @ \$1485
(12 months for the price of 11)

GET STARTED »

MIX + MEMBERSHIP

\$195 monthly* (\$210 value)

Unlimited Class & Club Access

Monthly 60 Minute Massage

\$75 Enrollment
Enrollment waived with a 12 month commitment.

GET STARTED »

Results MEMBERSHIP

\$395 monthly* (\$755 value)

Unlimited Class & Club Access

4 monthly 60 Minute Personal Training Sessions

Monthly 60 Minute Massage

Nutritional Coaching Session & Customized Plan

Personal Locker Rental

2 Complimentary Guests Monthly

GET STARTED »

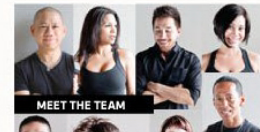
*Monthly options are billed through convenient EFT banking and can be upgraded or downgraded at anytime with no additional costs.

A la Carte Options...



Group Classes

With recess abolished in the 7th grade, tales of middle school P.E.



MEET THE TEAM



horror, and the emotional trauma that ensues with most "non-dancers" at social get-togethers, Studiomix has created exercise experiences you'll actually look forward to. Count on a variety of fresh, challenging classes at levels, from novice to pro, to enrich San Francisco's physical culture: Barre, Boxing, Bootcamp, Cross Training, Dance, Studio Cycling, Martial Arts, Kettlebells, Pilates, TRX®, Yoga, and Zumba®, to name a few. At Studiomix, workout routines simply aren't routine.

We've taken care of everything, so come on in: You'll have motivating music, the best equipment to choose from, and the help of our expert instructors and health coaches. With 30, 45, 60, and 75 minute class options you can mix it up daily to fit your schedule. We can help you pick the perfect class load for a rounded program to reach your goals, or feel free to explore the many types of movement we offer at your heart's content. After all, we're like a gym, only better.

Choose a [Monthly Membership](#) or come in anytime for a [Drop-in Day Pass](#)



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1-on-1 Coaching

Personal training & private lessons at Studiomix are designed to take your practice to the next level. We're lifelong learners of movement, motivation, and progression. Our coaches bring an educated and balanced approach to your health & wellness goals to ensure you stay energized and get long term results. The individual attention is an excellent complement to our group classes, making all your workouts safe, efficient, and effective. We listen to what you want, lead you down a healthy path, and hold you accountable. Everyone needs a personal coach or two, and the investment will pay off in the gym and beyond.

1 Session-60 Minute	\$80
5 Sessions	\$390 (\$78 per session)
10 Sessions	\$760 (\$75 per session)
25 Sessions	\$1,750 (\$70 per session)
50 Sessions	\$3,250 (\$65 per session)

[Schedule a consultation »](#)

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Nutrition Coaching

At Studiomix our nutrition coaches work to understand your body's unique hormones, allergies, immune system, stressors... all of you, really. Together, we track your body as it responds to food, stress, and



really. Together, we track your body as it responds to food, stress, and exercise to ensure progress towards fat loss, lean muscle creation, and optimal body function.

You won't get a pyramid to refer to, or any other shape for that matter. We focus on realistic, individualized eating strategies that get results. At Studiomix we respect and embrace different ways of eating and beliefs about nourishing the human mind and body. Together we create a healthy nutrition plan designed to bring education, energy, and balance into your life.

**Nutritional Coaching
Session & Customized
Plan** **\$95**

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Massage & Bodywork

For relaxation, restoration, injury treatment, and total body wellness, we offer a range of practitioners with expertise from head to toe. Experience Active Release Therapy (ART), Neuromuscular Therapy, Deep Tissue, Sports, or Thai Massage for a variety of ways to soothe away pain, tension, or stress. Our restorative studios are perfect for a pre-workout tune-up or an after workout indulgence. You're in good hands.

Massage 60 Minute	\$75
Massage 90 Minute	\$100
Massage 120 Minute	\$125
Active Release Therapy-60 Minute	\$120
Active Release Therapy-90 Minute	\$165

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Acupuncture & Herbal Medicine

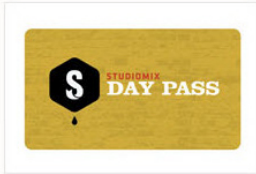
Acupuncture and herbal healing are no longer a secret art of the ancient Chinese. Our Traditional Chinese Medicine practitioner uses several techniques to keep you feeling great and help you return to optimal health when you're not at your best.

Offering acupuncture, cupping, moxibustion, herbal medicine, Tui Na massage, and electric stimulation, our talented, licensed, and nationally certified acupuncturist has experience treating everything from sore muscles and fatigue to PMS and IBS. Whether you're an athlete or simply want another perspective in health, she can help you achieve the health

want another perspective in health, she can help you achieve the health you deserve.

Acupuncture & Herbal Medicine **\$90**
60 Minute Treatment

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Drop-in Day Pass

If you are traveling through San Francisco or simply want to try us out, our Drop-In Day Pass is the perfect option. Access a full day of back-to-back exciting classes, the best strength studio in the city, traditional cardio equipment, and all of our other detailed amenities including complimentary WiFi, steam & sauna, and expert health coaches & massage therapists on hand. We care about you, whether we see you every day or sporadically until you're ready for more.

Drop-in Day Pass **\$20**

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Locker Services

You'll look forward to getting naked at our place with Laundry Locker® dry cleaning and laundry services on site, steam & sauna, large private showers, eco-friendly, plant-based bathroom goodies, and massage rooms just a few steps away. We've got plenty of space for you and your things, whether you'd like a permanent personal home for your sneakers and deodorant or just a place to stow your keys and cell for an hour. Consider it your home away from home. We do.

Day Use Locker	Included
1 Month Personal Locker Rental	\$20
12 Month Personal Locker Rental	\$180
Monthly Personal Locker Rental	\$15
(billed with membership)	

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Studio Rental



If you're an independent trainer or coach looking for space to work with your clients, it's the perfect time to join us. Our interdisciplinary facility allows for a wide range of training. Once we confirm you're a pro, you'll have optimal flexibility, including per session agreements as low as \$20 per hour and a beautiful spacious location to showcase your contribution to the physical culture. [Click here](#) for more information and reach out to coach@studiomix.com to get started.

Studiomix is also available for a wide range of events including: team building, seminars, certifications, practice & rehearsals, corporate offsites, parties, and more. We offer various studio spaces, state-of-the-art sound systems (with local DJ's on hand), WiFi, discounted parking, and an in-house organic cafe capable of providing a range of event fare. We are a perfect centralized location to host your next event. Drop us a line at events@studiomix.com for pricing and availability.

Club Features.... 30,000 sq. ft. of Spacious Studios & Detailed Amenities

- Climbing Wall
- Cycling Studio
- Dance Studio
- Mind/Body Studio
- Strength, Conditioning, & TRX® Studio
- Martial Arts Studio
- Cardio & Stretch Areas
- Massage Suite & Studios
- Men's and Women's Steam & Sauna
- Towel Service, Locker Rooms, & Private Showers
- Personal Locker Services
- Laundry Locker® Dry Cleaning Onsite
- Validated Parking at \$2 per hour for your first 3 hours
- WiFi



Yoga Retreats

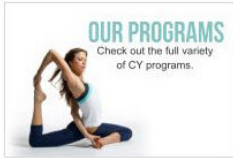
Exotic [Yoga Retreats](#) blends the worlds of yoga and inner discovery with sensory experiences of visual beauty, health-giving sumptuous tastes, cultural enrichment and outdoor adventure. Set in boutique hotels, eco-villas, yachts and other creative venues around the world, each destination is carefully selected for its serene beauty, nutritious food, and that "magical something" in the atmosphere that inspires you to "see the world differently." Mention Studiomix and receive up to **\$100 off your next retreat!**

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Massage

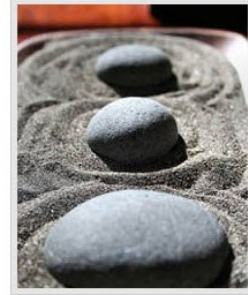
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Our masseuses are licensed in massage and certified yoga teachers. Massage is an excellent healing tool and critical to recover from an injury. If your muscles have been complaining or you simply want to indulge your body in luxury, do not wait to make an appointment. Your body will "feel" the difference!

When you come for your massage, our practitioners will discuss your concerns, your areas of pain or injury, and assess your body alignment to design the massage that will be best suited for you.

You will experience a therapeutic release of all tension and stress leaving with a renewed and rejuvenated body and mind.

For pricing and details, call at 216.591.1183 or [email us](#).



Christina LaMarca



Christina graduated from the Academy of Somatic Healing Arts in Atlanta, GA in 2000. A 750-hour state accredited program that included Anatomy, Physiology, Neuromuscular, Swedish, Sports, Hydrotherapy, Nutrition and Deep Tissue courses. Christina is certified by the National Certification Board for Therapeutic Massage and Bodywork.

After graduating from Agnes Scott College/Emory University with a BA in Art History/History in 1997, Christina worked in the corporate world for a year. That is all it took to realize she wanted something more. She decided to find a more personally rewarding career in Massage Therapy. She worked with chiropractors, acupuncturists and doctors for five years in Atlanta, GA. After moving to Cleveland in 2004, Christina found a new yoga home at Cleveland Yoga and began as a Massage Therapist in 2008.

Christina continues to expand her knowledge, experience and expertise in bodywork and her Continuing Education/Specialty Classes taken include:

- > Crainiosacral Therapy
- > Intro to Reflexology



- > Intro to Reflexology
- > Thai Massage
- > Infant Massage
- > TMJ Massage



Sherri Mills



Sherri has a passion for yoga and movement. She is a licensed Massage Therapist and also received her M.A. in Contemporary Dance from CWRU. She draws upon her knowledge of Anatomy, Kinesiology and Body Mind Centering.

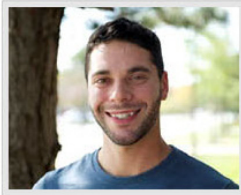
Sherri has studied movement for over 30 years, and is a dedicated Yoga Practitioner and Teacher. She has completed Teacher Training Level I with Baron Baptiste, and has also studied anatomy based yoga with Lisa Clark and Tias Little.

Sherri specializes in Sports Massage and Deep Relaxation Massage. Some of the modalities she uses are:

- > Trigger Point Therapy
- > Myofascial Release
- > Crainosacral Therapy



Adam Fisher



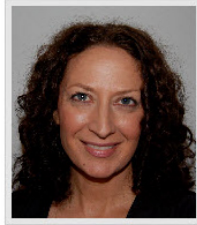
Adam is a graduate of The Cleveland Institute of Medical Massage and received his license to practice massage in July of 2011. Achieving his Ohio license was a rigorous program that included anatomy, physiology, ethics, business law, CPR certification, and many hours of supervised, hands on, clinical practice. He plans on continuing his massage therapy education and expanding his profession into other massage modalities, including myofascial release (a form of soft tissue therapy), crainosacral, neuromuscular, and trigger point therapy.

Adam says, "Although my techniques are firmly grounded in my clinical education, my intuitive abilities for finding trigger points have been praised by many practitioners." He is skilled in adapting levels of pressure during a massage and can seamlessly adjust from very deep tissue work to gentle, calming techniques. He firmly believes that massage therapy has a unique ability and power for healing and has a very significant calming effect that is centering for both the client and the therapist.



Jessica Reddick

...



Jessica was born and raised in Nebraska and has lived in Ohio since 2005. She made the decision in 2010 to take her career path in the same direction as her yoga path. Along the way she discovered Thai massage, which led her to complete a traditional Thai massage program, alongside her yoga teacher training program. Since then she has received a second certification in Thai massage and is a Reiki practitioner. Prior to that her education and employment were in the human services field. Jessica also has a strong interest in traditional medicine.

Thai Massage is a style of bodywork that involves acupressure, joint mobilization, and yoga-like stretches which helps to improve range of motion, as well as circulation. This form of bodywork is typically performed on a mat on the floor, and the client wears comfortable clothes that allow for movement. No oils are used in Thai massage. It is known in Thailand as "nuat phaen boran", literally, the ancient-manner massage. Thai massage can help to:

- > Reduce stress and relieve anxiety
- > Improve energy flow throughout the body
- > Increase blood circulation
- > General relaxation
- > Increase flexibility in your muscles
- > Increase mobility
- > Improve posture and balance
- > Ease arthritic and back pain



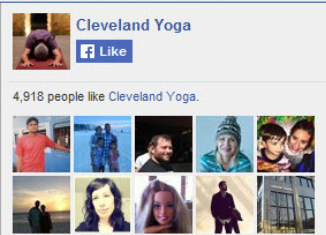
cleveland yoga

BEACHWOOD
3355 Richmond Road (off Chagrin Blvd)
Beachwood, OH 44122
P: 216.591.1183

UPTOWN
11461 Euclid Ave.
Cleveland, OH 44106
P: 216.291.7122

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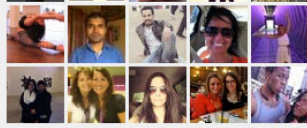


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Uptown classes are closed this evening from 5:00 on. Beachwood will remain open. Stay safe & warm! fb.me/1VwdcmnEx 5 hours ago

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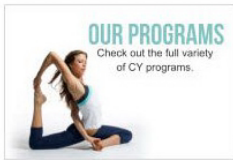


Pricing

Why The Heat?

Private Sessions

Class Schedule



Classes

[Home \ Classes](#)

Intro:

Cleveland Yoga is a Baptiste Yoga Affiliate studio. Baptiste Yoga is an experience where "a potent physical yoga practice and active self inquiry are used as tools – encouraging participants to claim their full potential, discover creativity, awaken passion, create authenticity, confidence and new possibilities." Your body will get strong and flexible and your mind will get a break from day-to-day stresses. After 60, 75 or 90 minutes in a Cleveland Yoga class, you will discover why thousands of students make Cleveland Yoga an integral part of their busy lives. Come journey with us!

Power Vinyasa Yoga

A Power Vinyasa Yoga class is based on the teachings and style of Baron Baptiste and has the power to transform your body, revive your spirit and make you feel ALIVE. Built on the foundation set in Power Yoga Basics, Power Vinyasa Yoga adds in more varied poses and expands on the principles of alignment and breathe as you're challenged to get outside of your comfort zone and take your practice to the next level. Classes are 60, 75 and 90 minutes in length. They're playful, engaging and sweaty (so bring a towel)! All levels are welcome.

Power Yoga Basics

Power Yoga Basics is a 60 minute class designed to keep it simple. Don't be fooled, however! Basic does not mean easy! The focus of these classes is on building a framework for your yoga practice that includes constant, focused breathing and strong, safe poses with proper alignment. You'll learn that Power Yoga Basics is challenging but also fun! You'll sweat, you may laugh and you'll grow as you learn the foundation of this empowering practice.



Whether you're truly a beginner or a seasoned yogi looking for a fresh start, Power Yoga Basics will challenge and inspire you.

Vinyasa Yoga

Vinyasa Yoga differs from Power Vinyasa Yoga in that it focuses more on the spiritual teachings and philosophy of this ancient practice as well as the powerful effects of alignment in each pose. Otherwise, you can expect the same creative, energized and powerful style of class that Cleveland Yoga is known for. Vinyasa classes are for all levels. Everyone is welcome!

Slow Flow

Healing and restoration are the focus of our Slow Flow yoga classes which are taught at a moderate room temperature of 75 degrees. If you're looking for relaxation, meditation and deep stretching then this is the class for you! Classes are therapeutic and invigorating at the same time and are perfect for those who are new to yoga or recovering from an injury and for those who are craving a class where they can move with ease and awareness.

Power YINyasa Yoga (the softer side of Baptiste Yoga)

Do you find yourself rushing from place to place, multi-tasking, even rushing through your yoga practice?! Slow down, breathe and delve into a deeper level of awareness. This class is designed to help redirect your focus inward. The class starts with a traditional power vinyasa sequence of 'yang' and moves to longer holding 'yin' postures. A YIN practice is the perfect compliment to our regular power vinyasa classes and your active lifestyle. Yin yoga works deeply into the connective tissues (ligaments, tendons and fascia), healing joints and increasing flexibility. Power YINyasa Yoga is held in the Hot Studio to help facilitate deep stretching.



cleveland yoga

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Cleveland Yoga
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Uptown classes are closed this evening from 5:00 on. Beachwood will remain open. Stay safe & warm! fb.me/1VwdcmnEx 5 hours ago

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CLEVELANDYOGA

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Main Street Yoga
Yoga and Fitness Classes, Healing Arts, Ayurveda



Main Street Studio
418 N Main Street
Bloomington, Illinois 61701
(309) 829-9618

[Home](#) [About Us](#) [Newsletter](#) [Professional Yoga Teacher Training](#) [Workshops & Events](#) [Yoga FAQ](#) [Blog](#) [Contact Us](#)

Workshops & Events

Happier Hour January - March
more...

starts on:
Jan 10 2014 05:30 PM
ends on:
Mar 28 2014 06:45 PM

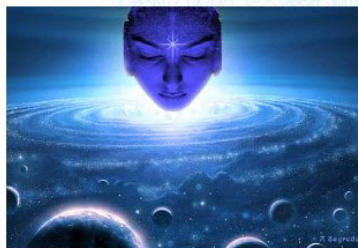
Balance and Heal with Restorative
Yoga more...

starts on:
May 02 2014 06:00 PM
ends on:
May 04 2014 06:00 PM

Studio Class Sign-up	Corporate Classes	Healing Arts
---------------------------------	------------------------------	-------------------------

Workshops and Events

Yoga Nidra 2013



Join Debra Risberg for our traditional New Year Event! Yoga Nidra is a special form of deep relaxation unlike anything else. In this guided journey you will be led to a place of deep stillness and awareness. Although the body and mind are completely relaxed you will not be asleep in the usual sense.

What is the purpose of Yoga Nidra?

It is a method of personal transformation. When we are in the state of Yoga Nidra we can embed an intention on the deepest level. It's the ultimate New Years resolution! When this intention is aligned with universal principles the path to our goal will open before us in the most interesting ways. If nothing else, Yoga Nidra is a very deep restorative

our goal will open before us in the most interesting ways. In nothing else, Yoga Nidra is a very deep restorative relaxation/sleep that will leave you feeling light and refreshed.

Pre-registration on-line through PayPal is required for Yoga Nidra. You can use any credit card so you don't need a PayPal account. Members who attend will be refunded 100% of their payment!

Past Workshop

Myofascia, Prana, and the Bandhas....A Yin Approach (merging anatomy with spirit)

What: a 3 hour experiential workshop
Where: Main Street Yoga
When: Saturday, December 7th, 2013



Join Jeffrey Shoaf for this informative program on the innermost workings of this mysterious, ubiquitous material called fascia, as it applies to yogic techniques. We will learn about both the chemical and anatomical properties of this intelligent "ground substance" that wraps every tissue of our body, both individually and collectively, from head to toe, and how this tissue effects our ability to perform every action, from the most microscopic and subtle (breath and bandhas) to more grand movements (dynamic stretching and yin yoga postures with grace and freedom, for optimal health !)



REFUND POLICY FOR MODULES: If you cancel before the program starts, we will refund 75% of your payment. No refunds after a program has started.



Main Street Yoga

Yoga and Fitness Classes, Healing Arts, Ayurveda



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Workshops & Events

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Balance and Heal with Restorative
Yoga more...

starts on:
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ends on:
May 04 2014 06:00 PM

**Studio Class
Sign-up**

**Corporate
Classes**

**Healing
Arts**

About Us

Debra Risberg opened Main Street Yoga Studio in 1996 after completing her certification at Kripalu Yoga Center in Lenox, MA.

Main Street Yoga now offers over 20 different types of classes for beginners to advanced students. People with knee, hip, shoulder and other injuries or instabilities can benefit from a steady yoga practice that is modified for their condition. We have 8 teachers and a lovely studio in Historic Downtown Bloomington. We also have a "Healing Arts" center that provides, massage therapy, energy work, and Ayurveda.

Our beautiful yoga studio is quiet, clean and comfortable providing our students with an ideal environment for deep healing and profound relaxation. All classes allow time for a complete yoga experience. We also provide blankets, straps and blocks to make your experience as comfortable and effective as possible. Students are encouraged to work at their own pace, without competition or pressure.

Directions

Main Street Studio
418 North Main Street
Bloomington, Illinois 61701
(309) 829-9618



From the North: Take Business 51 (Main Street) south into Downtown Bloomington. It splits into four one-way streets. Bear left (take the only lane that doesn't curve right). Take a left on Monroe, another immediate left, and the studio will be on your left. [VIEW MAP](#)





Main Street Yoga

Yoga and Fitness Classes, Healing Arts, Ayurveda



Main Street Studio
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Workshops & Events

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**Studio Class
Sign-up**

**Corporate
Classes**

**Healing
Arts**

Massage Therapy

Jeffrey Shoaf – NCTMB, NMT



A Nationally Certified Massage Therapist and Body Worker (NCTMB), Jeffrey studied wellness massage and pain management at the North Carolina School of Natural Healing in Asheville, N.C. in 2003. His training program included extensive study and practice in Deep Tissue Massage, Myofascial Release, and Neuromuscular Therapy (NMT).

Being mindful that every person presents unique issues, Jeffrey approaches his sessions with patience, thoroughness, and diligence. Using an integrative combination of therapies tailored specifically to each individual, he has developed a remarkably effective way to work deeply without causing undue discomfort; releasing stress, tension and structural adhesions, layer by layer. Jeff provides this work with a comfortable touch and a warm presence. To learn more, visit his website at www.jeffreyshoaf.com.



Jessi Hamill – Massage Therapist NMT

Jessi attended the Soma Institute – The National School of Clinical Massage Therapy in downtown Chicago. She graduated in 2004 with honors. She is licensed in the State of Illinois and is a professional member of the American Massage Therapy Association. Jessi specializes in therapeutic work using techniques including Trigger Point Release, Myofascial Release, Muscle Restorative Therapy, Deep Tissue and Swedish. Most therapies are included in all sessions all are available at no additional cost. Visit Jessi's website at: <http://www.amtamembers.com/jessihamill>.

Please call (309) 830-2494 for appointments, rates, discounts or any further questions.



Megan Hughes – Massage Therapist NCTM

Megan's interest in massage therapy began when she was in a car accident that caused whiplash injuries. The whiplash injuries left Megan in pain and even caused weakness and numbness in her hands. She thought she would try massage therapy to get some relief and it absolutely changed her life. After several massage sessions her pain was eliminated and the strength returned to her hands and wrists. To her surprise, she also got relief from the anxiety that had negatively impacted her life for years. Megan decided that she needed to put her regained strength to good use, so she enrolled in the Massage Therapy program at Lincoln College in Normal IL.



Megan graduated from the massage therapy program in 2012 with 660 hours of training in several modalities, including swedish, deep tissue, trigger point release, reflexology, and energetic work. Megan uses various assessment techniques in order to create a massage that will be most beneficial to you. If you go to Megan's website you can view a full menu of services and take advantage of easy online scheduling. www.mindfulmassage.fullsate.com. You may also call Megan to schedule an appointment or ask any questions at 309-287-0716

DESIGN MARK

Serial Number

77051840

Status

SECTION 8-ACCEPTED

Word Mark

TODAY'S LIFESTYLE PRODUCES TOMORROW'S RESULTS!

Standard Character Mark

Yes

Registration Number

3289721

Date Registered

2007/09/11

Type of Mark

SERVICE MARK

Register

PRINCIPAL

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Owner

Power of Life Success Services, L.L.C. DBA Amenaua LIMITED LIABILITY COMPANY VIRGINIA 4035 Pender Ridge Ter Fairfax VIRGINIA 22033

Goods/Services

Class Status -- ACTIVE. IC 041. US 100 101 107. G & S: Health club services, namely providing instruction and equipment in the field of physical exercise; Martial arts instruction; Operating of martial arts' schools; Personal coaching services in the field of life, wellness, and business coaching; Personal trainer services; Personal training services, namely, strength and conditioning training; Physical education services; Physical fitness conditioning classes; Physical fitness consultation; Physical fitness instruction; Yoga instruction. First Use: 2006/02/25. First Use In Commerce: 2006/02/25.

Goods/Services

Class Status -- ACTIVE. IC 044. US 100 101. G & S: Information relating to massage; Massage; Massage and therapeutic shiatsu massage; Physical therapy. First Use: 2006/02/25. First Use In Commerce: 2006/02/25.

Print: Mar 12, 2014

77051840

Filing Date

2006/11/28

Examining Attorney

ROSSMAN, MARY

Today's Lifestyle
Produces Tomorrow's
Results!

DESIGN MARK

Serial Number

77644471

Status

REGISTERED

Word Mark

SUMMIT CARE AND WELLNESS

Standard Character Mark

No

Registration Number

3654432

Date Registered

2009/07/14

Type of Mark

SERVICE MARK

Register

PRINCIPAL

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS AND/OR NUMBERS

Owner

SUMMIT CARE AND WELLNESS TREATMENT AND COUNSELING, P.C. CORPORATION
NEBRASKA Attn: Nanette Gingery 8311 South Street Lincoln NEBRASKA
68506

Goods/Services

Class Status -- ACTIVE. IC 041. US 100 101 107. G & S: Life coaching services in the field of relationships, business, and wellness; Personal coaching services in the field of relationships, business, and wellness; Yoga instruction. First Use: 2004/01/01. First Use In Commerce: 2004/01/01.

Goods/Services

Class Status -- ACTIVE. IC 044. US 100 101. G & S: Consulting services in the field of mental fitness; Consulting services in the field of mental health and wellness; Massage; Massage and therapeutic shiatsu massage; Massage therapy services; Massages; Mental health services; Providing in-person holistic health care services; Providing mental rehabilitation facilities; Psychological counseling; Rehabilitation of alcohol addicted patients; Rehabilitation of drug addicted patients; Rehabilitation of narcotic addicted patients; Stress reduction therapy. First Use: 2004/01/01. First Use In

Commerce: 2004/01/01.

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "CARE AND WELLNESS"
APART FROM THE MARK AS SHOWN.

Description of Mark

The mark consists of a circle with a leaf sprouting out of the bottom of the circle on the left side and a mountain in the center of the circle. The word "Summit" is on the outside of the circle across the top and the words "care" and "wellness" are on the outside of the circle on the bottom.

Colors Claimed

Color is not claimed as a feature of the mark.

Filing Date

2009/01/06

Examining Attorney

MAHONEY, PAULA

Attorney of Record

Dan Augustyn

SUMMIT



care and wellness

DESIGN MARK

Serial Number

85059010

Status

REGISTERED

Word Mark

ESP WELLNESS CENTER

Standard Character Mark

No

Registration Number

3973067

Date Registered

2011/06/07

Type of Mark

SERVICE MARK

Register

PRINCIPAL

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS AND/OR NUMBERS

Owner

ESP WELLNESS, LLC LIMITED LIABILITY COMPANY CALIFORNIA 625 Montana Ave. Santa Monica CALIFORNIA 91333

Goods/Services

Class Status -- ACTIVE. IC 041. US 100 101 107. G & S: Consulting services in the fields of fitness and exercise; Dance instruction; Education services, namely, providing classes and instruction in the field of dance; Health club services, namely, providing instruction and equipment in the field of physical exercise; Personal fitness training services and consultancy; Physical fitness conditioning classes; Physical fitness instruction; Physical fitness studio services, namely, providing exercise classes, body sculpting classes, and group fitness classes; Physical fitness studio services, namely, providing group exercise instruction, equipment, and facilities; Physical fitness training services; Providing classes, workshops, seminars and camps in the fields of fitness, exercise, boxing, kick boxing and mixed martial arts; Providing fitness and exercise facilities; Providing fitness and exercise studio services, namely, pilates instruction and training; Providing information in the field of exercise training; Providing information on physical exercise; Yoga instruction. First Use: 2010/02/09. First Use In Commerce:

2010/02/20.

Goods/Services

Class Status -- ACTIVE. IC 044. US 100 101. G & S: Acupuncture; Acupuncture services; Consulting in the field of health and wellness to bring about personal happiness; Counseling services in the fields of health, herbalism, and lifestyle wellness; Counseling services in the fields of health, nutrition and lifestyle wellness; Energy healing services, namely, stress management and stress reduction counseling for individuals to enhance their lives; Energy healing services, namely, therapeutic touch services; Health care services, namely, wellness programs; Health spa services for health and wellness of the body and spirit; Massage; Massage and therapeutic shiatsu massage; Massage therapy services; Nutrition counseling; Providing assistance, fitness evaluation and consultation to individuals to help them make health, wellness and nutritional changes in their daily living to improve health; Providing healthy lifestyle and nutrition services, namely, personal assessments, personalized routines, maintenance schedules, and counseling; Providing in-person energy healing services; Providing in-person holistic health care services; Providing wellness services, namely, personal assessments, personalized routines, maintenance schedules, and counseling; Reflexology services. First Use: 2010/02/09. First Use In Commerce: 2010/02/20.

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "WELLNESS CENTER" APART FROM THE MARK AS SHOWN.

Description of Mark

The mark consists of four contiguous joined circles with a Yin Yang symbol in the far left circle with a white swirl and green dot on the bottom, and a green swirl with white dot on the top; the three circles to the right of the Yin Yang circle are filled in green with white lower case letters "e", "s", and "p", respectively, individually contained in each of the three remaining circles going from left to right, the words "WELLNESS CENTER" are written in black and in all capital letters directly beneath the four contiguous circles.

Colors Claimed

The color(s) green, white, and black is/are claimed as a feature of the mark.

Filing Date

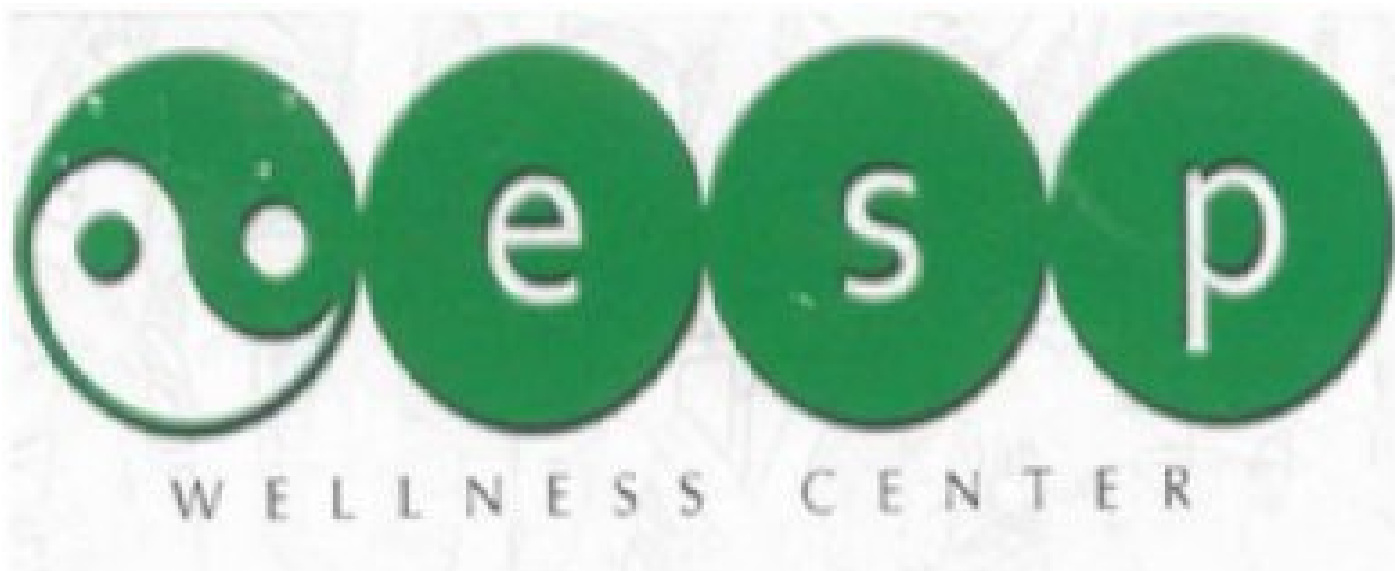
2010/06/09

Examining Attorney

KEARNEY, COLLEEN

Attorney of Record

Marc E. Hankin



WELLNESS CENTER

DESIGN MARK

Serial Number

85407608

Status

REGISTERED

Word Mark

PHLEX HEALTH AND WELLNESS STUDIO

Standard Character Mark

Yes

Registration Number

4156994

Date Registered

2012/06/12

Type of Mark

SERVICE MARK

Register

PRINCIPAL

Mark Drawing Code

(4) STANDARD CHARACTER MARK

Owner

Kimberly J. Caspare, Doctor of Physical Therapy, PLLC professional service limited liability company NEW YORK Suite 612 370 Lexington Avenue New York NEW YORK 10017

Goods/Services

Class Status -- ACTIVE. IC 041. US 100 101 107. G & S: Physical fitness studio services, namely, providing exercise classes, body sculpting classes, group exercise fitness classes, individual training exercise sessions, yoga classes and pilates classes; providing educational services, namely, conducting training sessions, workshops and seminars in the field of nutrition. First Use: 2011/05/16. First Use In Commerce: 2011/05/16.

Goods/Services

Class Status -- ACTIVE. IC 044. US 100 101. G & S: Physical therapy, message therapy services, acupuncture and providing information in the field of nutrition. First Use: 2011/05/16. First Use In Commerce: 2011/05/16.

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "HEALTH AND WELLNESS

Print: Mar 12, 2014

85407608

STUDIO" APART FROM THE MARK AS SHOWN.

Filing Date

2011/08/25

Examining Attorney

LITZAU, MICHAEL

Attorney of Record

Roger H Bora

PHLEX HEALTH AND WELLNESS STUDIO

DESIGN MARK

Serial Number

85805638

Status

REGISTERED

Word Mark

THE WORKOUT INC. STRENGTHENING WOMEN'S MINDS, BODIES AND SOULS

Standard Character Mark

No

Registration Number

4387407

Date Registered

2013/08/20

Type of Mark

SERVICE MARK

Register

PRINCIPAL

Mark Drawing Code

(3) DESIGN PLUS WORDS, LETTERS AND/OR NUMBERS

Owner

The Workout Inc. CORPORATION NEW YORK 21 Flint Dr. Spring Valley NEW YORK 10977

Goods/Services

Class Status -- ACTIVE. IC 041. US 100 101 107. G & S: educational services, namely, conducting workshops, conferences and seminars in the fields of health, fitness, exercise, weight control and nutrition; health club services, namely, providing instruction and equipment in the field of physical exercise; membership club services, namely, providing training to members in the field of health, exercise, nutrition, weight control, massage therapy, esthetics and cosmetology; personal training provided in connection with weight loss and exercise programs; physical fitness instruction; physical fitness studio services, namely, providing exercise classes, body sculpting classes, and group fitness classes; physical fitness studio services, namely, providing group exercise instruction; personal training services, namely, strength and conditioning training; educational services, namely, providing lessons and instruction in the field of physical fitness, body conditioning, injury prevention and health; educational services, namely, conducting programs in the field of personal lifestyle; providing classes of instruction consisting of exercise

programs to enhance wellness; educational services, namely, conducting classes, workshops, and motivational speeches in the fields of physical fitness, exercise, health and wellness and providing course materials in connection therewith. First Use: 2012/08/01. First Use In Commerce: 2012/09/01.

Goods/Services

Class Status -- ACTIVE. IC 044. US 100 101. G & S: spa wellness services, namely, massage therapy, namely, Swedish, deep tissue, pregnancy, hot stone, and shiatsu; cosmetology services, namely, hair shampooing, hair conditioning and hair and scalp treatments; aesthetician services, namely, spa treatments, facials and waxing. First Use: 2012/08/01. First Use In Commerce: 2012/09/01.

Disclaimer Statement

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "THE WORKOUT INC." APART FROM THE MARK AS SHOWN.

Description of Mark

The mark consists of a tree with leaves and branches. The trunk of the tree is represented by the silhouette of a woman's body with her arms raised. To the lower right of the tree is the stylized text "THE WORKOUT INC." above the stylized text "STRENGTHENING WOMEN'S MINDS, BODIES AND SOULS". Below the tree and the words "THE WORK" is a curved swoosh.

Colors Claimed

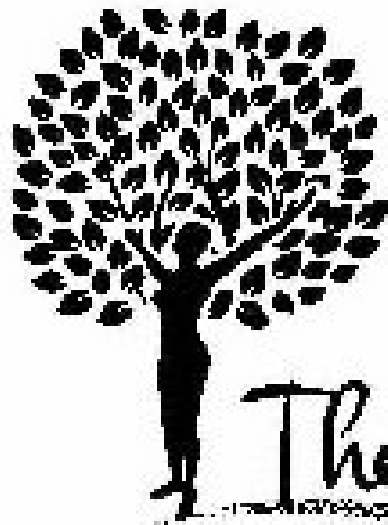
Color is not claimed as a feature of the mark.

Filing Date

2012/12/18

Examining Attorney

KOZAK, EVIN LAURA



The Workout inc.
Strengthening Women's Minds, Bodies And Souls

To: Torgovitsky, Roman (docket@llapc.com)
Subject: U.S. TRADEMARK APPLICATION NO. 85808451 - SOMA SYSTEM - N/A - Request for Reconsideration Denied - Return to TTAB
Sent: 3/13/2014 10:21:02 AM
Sent As: ECOM104@USPTO.GOV
Attachments:

UNITED STATES PATENT AND TRADEMARK OFFICE (USPTO)

**IMPORTANT NOTICE REGARDING YOUR
U.S. TRADEMARK APPLICATION**

USPTO OFFICE ACTION (OFFICIAL LETTER) HAS ISSUED
ON **3/13/2014** FOR U.S. APPLICATION SERIAL NO. 85808451

Please follow the instructions below:

(1) TO READ THE LETTER: Click on this [link](#) or go to <http://tsdr.uspto.gov>, enter the U.S. application serial number, and click on “Documents.”

The Office action may not be immediately viewable, to allow for necessary system updates of the application, but will be available within 24 hours of this e-mail notification.

(2) TIMELY RESPONSE IS REQUIRED: Please carefully review the Office action to determine (1) how to respond, and (2) the applicable response time period. Your response deadline will be calculated from **3/13/2014** (*or sooner if specified in the Office action*). For information regarding response time periods, see <http://www.uspto.gov/trademarks/process/status/responsetime.jsp>.

Do NOT hit “Reply” to this e-mail notification, or otherwise e-mail your response because the USPTO does NOT accept e-mails as responses to Office actions. Instead, the USPTO recommends that you respond online using the Trademark Electronic Application System (TEAS) response form located at http://www.uspto.gov/trademarks/teas/response_forms.jsp.

(3) QUESTIONS: For questions about the contents of the Office action itself, please contact the assigned trademark examining attorney. For *technical* assistance in accessing or viewing the Office action in the Trademark Status and Document Retrieval (TSDR) system, please e-mail TSDR@uspto.gov.

WARNING

Failure to file the required response by the applicable response deadline will result in the

ABANDONMENT of your application. For more information regarding abandonment, see <http://www.uspto.gov/trademarks/basics/abandon.jsp>.

PRIVATE COMPANY SOLICITATIONS REGARDING YOUR APPLICATION: Private companies **not** associated with the USPTO are using information provided in trademark applications to mail or e-mail trademark-related solicitations. These companies often use names that closely resemble the USPTO and their solicitations may look like an official government document. Many solicitations require that you pay “fees.”

Please carefully review all correspondence you receive regarding this application to make sure that you are responding to an official document from the USPTO rather than a private company solicitation. All official USPTO correspondence will be mailed only from the “United States Patent and Trademark Office” in Alexandria, VA; or sent by e-mail from the domain “@uspto.gov.” For more information on how to handle private company solicitations, see http://www.uspto.gov/trademarks/solicitation_warnings.jsp.