

## Business of the Year

If you're looking for a place to relax your body and mind you needn't look far. Located on Grand Island is Soma Cura Wellness Center; providing massages, yoga for all ages and abilities, a salt beach, meditation, certifying yoga instructors, a juice and smoothie café, plus corporate wellness and so much more. You probably passed by it a million times on your way to Tops. It always surprises everyone at how much bigger it is on the inside. But it all started with a very humble beginning. Sue gave up her pharmaceutical job after realizing doctors are just "putting out the fires" and she turned towards the work of healing through massage and yoga. When her husband Matt teamed up with her, what began as one night of yoga a week in a rented room is now a 7 days business with over 40 classes a week.

We are honored by each person that comes to visit us. Our members are more than numbers; Soma Cura is a family from our non-frequent clients to our members and our staff. We're honored to have long time members like Rita who at 93 still comes in for yoga to our current students who are becoming certified to be yoga instructors.

Sue and Matt never have forgotten their community. They have done dozens of events whose proceeds have gone to charitable organizations like the SPCA (they do love cats), "Friends of the Night People" the Grand Island Neighbors Foundation to name a few. They have also reached out to various veterans and active military organizations in the area, providing free and discounted services to help those that have helped so many. They also donate their time and money to continue bringing Soma Cura's Free Summer series each year to many different areas of WNY because they simply believe that more people doing and being exposed to the physical, mental and emotional properties of a yoga practice might make the world just a little better for all of us.

We invite you to visit us at Soma Cura. Our renewed and ongoing mission is to *"To serve as a catalyst for personal journeys of self-discovery of wellness for clients, staff and members of the communities we reach."*