

**\*Kempo Academy One Month Membership and Karate Uniform (#24)**

Over the past 20 years, the Kempo Academy of Martial Arts in Cos Cob has created a highly successful curriculum that teaches both leadership and character building philosophies and traditional martial arts training methods. As Martial Artists we lead by example, treating others the way we want to be treated. We always do the right thing, exercise self-control and take responsibility for our actions. This Gift Certificate entitles the winner to a one month membership (8 classes) complete with full Karate uniform. Their carefully crafted program is designed to teach children of all ages fundamental and sound martial arts techniques aimed at promoting strong and confident kids.

**\*Kempo Academy - 1 Month Membership & Karate Uniforms for 2 Family Members (#25)**

Over the past 20 years, the Kempo Academy of Martial Arts in Cos Cob has created a highly successful curriculum that teaches both leadership and character building philosophies and traditional martial arts training methods. As Martial Artists we lead by example, treating others the way we want to be treated. We always do the right thing, exercise self-control and take responsibility for our actions. This Gift Certificate entitles the winner to a one month family membership for two people complete with full Karate uniforms. Share this special time with your child or spouse, or send the kids for this great opportunity to develop strength, flexibility, courage and self-confidence. Valid for adults and/or children.

**\*3 Personal Training Sessions with Toro Sports Training ( each session = 1 hour)**

We believe that the correct use of exercise and conditioning in combination with other healthy habits can lead to a lifetime of athletic enjoyment and improve quality of life.

Through our youth sports fitness programs, personal training, injury prevention, home therapy, early stimulation and educational services, we emphasize conditioning the human body as a whole. In all our instruction, we emphasize:

TECHNIQUE: Correct form of movements and exercises.

PRACTICE: Motion Intelligence, based on repetitions and frequent body routines.

PERFECTION: Productive performance behavior.

Gabriel Toro moved to the U.S. in 1999 from Colombia, with an extensive background in sports education as well as having played professional soccer there.

He earned two Bachelor's degrees in Sports and Physical Education in Colombia worked as a Physical Education teacher, Sports Coordinator and Instructor for ten years, prior to moving to the U.S.

In 2007 Gabe received a certification as a Specialist in Exercise therapy through the International Sports Sciences Association, and since 2001 has worked in a private physical therapy clinic helping patients and clients accomplish their rehabilitation and fitness goals. He also received a certification as EKG technician from Norwalk Community College in 2006. Valid Monday-Friday (8am-12pm)

**\*Sky Meadow Gardens, LLC Landscape Design Consultation and Plantings (#38)**

Have the experts at Sky Meadow Gardens help you with your landscape design. This auction item will allow you to consult with a designer to enhance your garden and yard. After the consultation, Sky Meadow Gardens will install plants of your choosing in two of your own containers. As long as you live in southern Fairfield County you can take advantage of this transformative auction item.

**\*C.R. Event Design & Furniture Rental (#14)**

C.R. Event Design & Furniture Rental is pleased to offer their design, furniture & accessory rentals for your next event. You will be able to rent one loveseat sofa, four ottomans, one coffee table, pillows and accessories. Please contact the designers 2 - 3 weeks before your event in order to choose the pillows and accessories that you like the most. Help make the space for your next party extra special!

**\*ONE YEAR MEMBERSHIP TO THE HERMITAGE CLUB**

The Hermitage Club is an exclusive, four-season private club community in southern Vermont celebrating the outdoors and family fun. Members have access to our private mountain recreational activities in the winter ranging from alpine skiing and snowboarding with no lift lines and uncrowded trails, to cross country skiing, snowmobiling, ice skating and snowshoeing. In the spring, summer and fall members enjoy golfing on our 18-hole Desmond Muirhead designed course plus hiking, mountain biking, fishing and paddling. Our incredible 92,000 square foot clubhouse offers both casual and fine dining, luxurious spa services, member locker rooms, state of the art fitness facilities, child care center, family game room and much more. The Hermitage Club's 1,400 acre resort enclave is tucked away in the tranquil mountains of the Deerfield Valley in southern Vermont, within easy reach of major metropolitan areas. Please learn more at [www.hermitageclub.com](http://www.hermitageclub.com). **Minimum bid must be \$7500 or more.**