

**M**y goal is to help people live healthy, **positive** lives through yoga classes, nutritional counseling and life coaching. I hold **empowerment** workshops across the country, and was recently named an "Emerging Entrepreneur" by the Clinton Foundation and INC Magazine.

Harlem is a mix of old and new. There is an active community interested in yoga, day **spas**, juice bars and other mind-body-spirit resources. There are **organic** cleaners set against the beauty of an architecturally stunning church. In the 1940s, my Dad was the manager of Smalls Paradise. Cultural history was being made as writers and musicians came together. Now, outdoor cafes like Sateoari, and Bama, and **wi-fi spots**, are the meeting ground for a rising breed of cosmopolitan entrepreneurs.

**TERRI KENNEDY**

Harlem-trained Life Coach and Wellness Entrepreneur  
President of Power Living Enterprises, Inc.  
and Founder of the Ta Yoga House

