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Expressions of Zen 2010 | April 10th

'Year of the Youth' charity event at local business Temple Arts

Ft. Lauderdale/Davie - "You can learn a lot from children" says Co founder and President of Temple Arts in Davie Florida. "Children are fully open to learning, still in awe of the world, can laugh, cry, or have a tantrum at the drop of a hat, they also love unconditionally and are flexible in body and mind." April is a month for children and Temple Arts is celebrating that expression of youth with an event for everyone that will leave you feeling young, happy and healthy. **Temple Arts will host a charity event on April 10th 2010 named Expressions of Zen.** Temple Arts is a local Broward County business in fitness and wellness, that has martial arts, yoga, Pilates, dance, spin as well as a full wellness department with acupuncture, Chinese medicine, nutrition, massage and chiropractic for the whole family. They believe wholly in family wellness and community support and are happy to announce that the **Starlight Foundation of Broward County** will be the **benefactor** of this year's Expression of Zen 2010 'Year of the Youth' event.

On April 10th at the Davie Square plaza over a ½ a mile of parking lot will be full of local and national vendors, games, slides, bounces, clowns, face painting, and more, while the 7200 sq ft Temple Arts studio will be open for free classes for adults and children in yoga, martial arts, dance, and Pilates. As well the studio will have special trials in their wellness department with massage, chiropractic, acupuncture, and nutrition. Some special things already in line are rotating classes in child abduction prevention and rape prevention from national certified and 2 time Martial Arts Hall of Fame winner, David Shapiro, as well as Ident-A-Kid will be at the event giving the first 50 children free ID cards! The event will also include raffles, auction prizes, food, and drinks.