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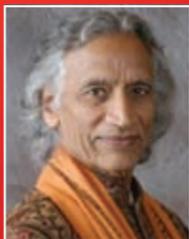
getting rid of the stress

... may not be as hard as you think

BY BILL CORNWELL

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AT THE AGE OF 76, AMRIT DESAI, ONE OF THE WORLD'S LEADING yogi masters, has lived long enough to see his teachings about dealing with stress move from the fringe of American thought to a place closer to the intellectual middle



YOGI DESAI

ground.

Yogi Desai, whose workshop later this month on coping with stress is sponsored by The Rotary Club of Naples, acknowledges that skepticism about

his use of yoga, breathing techniques and meditation remains rooted to some degree in an American society that is oriented toward quick fixes facilitated by the liberal use of a physician's prescription pad.

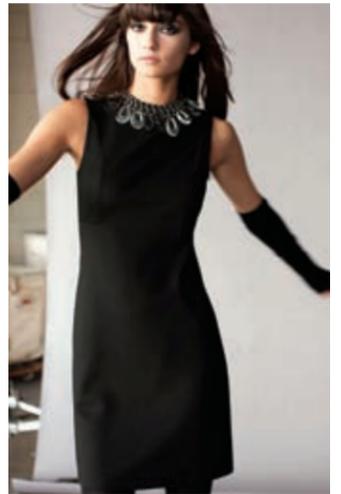
"People are looking for an easy solution to the real problem that is so hidden and so deep in the unconscious mind," he says as he sits for an interview in the lobby of the Naples Beach Hotel and Golf Club.

>>inside:

Amrit Desai to conduct his seminar in Naples. **A8**

SEE STRESS, A8 ▶

INSIDE



Fashion

Florida Weekly's special look at fall fashion. **C1** ▶



Naples Opera fundraiser

And other society events in Collier County. **C27&29** ▶



Business

Area companies are joining local chambers of commerce in record numbers. **B1** ▶

Botanical Garden's irrigation system up for 'smart water' award

BY ELIZABETH KELLAR

Special to Florida Weekly

On your next visit to the Naples Botanical Garden, take time to stop and smell the sprinklers.

The garden's irrigation system may not be as breathtaking as its beautiful flowers and plants, but it's an essential element of the property's management, and helped the garden be named as a finalist for Rain Bird's 2009 Intelligent Use of Water Leadership Award. Rain Bird is a manufacturer and provider of irrigation products and services.

Judges recognized the botanical garden for its commitment to high performance



NAPLES BOTANICAL GARDEN

The irrigation system at Naples Botanical Garden is up for an award.

and the integration of sustainable green building practices. By adopting the water

use goals for LEED Gold Certification, the garden is a leader in freshwater conservation and management.

Its design includes numerous water conservation features, such as parking lot bioswales and the "River of Grass" garden, which acts as a natural filtration system.

Four other gardens in the United States are finalists for the third annual award, including Hui o Ko'olaupoko in Kailua, Hawaii, and Queens Botanical Garden in Flushing, N.Y. The winner will be announced at the WaterSmart Innovations Conference and Exposition in Las Vegas on Oct. 8, where it will be awarded \$10,000

SEE BOTANICAL, A16 ▶



Undercover history

Naples' first postmaster, in 1888, was Capt. Charles Stewart. **A10** ▶

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