

TENNESSEAN.COM

Middle Tennessee's #1 Online News Source

CLASSIFIEDS | JOBS | CARS | REAL ESTATE | RENTALS | SHOPPING | WEATHER | DATING

ADVERTISEMENT

54°F
Forecast »

news business sports entertainment living photos video opinion obits travel contact

Search Middle Tennessee: All

Subscribe Now | Customer Service | Place an Ad

Home » County news

Wednesday, 10/24/07

Take a wellness break on Donelson Pike *Yoga, massage, herbal teas and natural skin products converge at one location*

By **ANDY HUMBLES**
Staff Writer

DONELSON — Four separate businesses have come together under one roof to create something of a one-stop health and wellness shopping place on Donelson Pike.

A yoga studio, a massage therapy spa, a tea bar and a business selling natural skin products are owned separately but have much in common.

ADVERTISEMENT

"All the arts are connected, and we support each other," said Jan Thrasher, owner of the building and

lead instructor of One 2 Yoga. "We each provide natural ways for people to take care of themselves physically, and it all blends so well."

Tea for Two and More, Essential Kneads and Green Pergola Soap Co. are the other three businesses.

"It's sort of an escape," Aimee Larson said after a yoga class. She also enjoyed a cup of tea and bought some of the natural soap products.

Customers have been coming from outside Donelson-Hermitage, even as far as Franklin, to visit the businesses, the owners said. Regular customers, like Larson, are being established. But Taylor said 3-4 new customers come in almost daily.

"It's so weird in Donelson," said Jane Schnelle, executive director of the Donelson Senior Center who has become a regular. "It's something you'd expect in a different part of town. It's my new favorite place."

Henry Smiley also uses the building periodically for meditation classes.

How they came together

Thrasher, a Donelson resident, opened One 2 Yoga in 2000 on Donelson Pike in the Cameron Park building near the post office.

Thrasher moved the studio to its present location at 223 Donelson Pike near Wilson Bank & Trust in 2003. Massage therapist Lisa Yarnes and her business, Essential Kneads, joined Thrasher and One 2 Yoga when the business moved to its present location.

Tea for Two and More and the Green Pergola Soap Co. began renting the unused space in Thrasher's building in mid-2006. And now they operate essentially as



Greg White, owner of Green Pergoli Soap Co., operates his business inside the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)



An aromatherapy room at the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)



Natural soaps and other bath products are offered at Green Pergoli Soap Co. inside the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)

one.

Bonnie Taylor, also a resident of Donelson, and business partner Mary Noonan co-own Tea For Two and More. Gregory White owns the Green Pergola Soap Co.

They had established their businesses through the Internet, flea markets and craft fairs. Taylor and White were acquainted from the flea market at the State Fairgrounds in Nashville. After talking, they agreed to open up together. Taylor knew Thrasher and was aware she had space available.

The tea bar has three tables and six chairs for customers to sit and drink. Taylor also sells blends for customers to buy and make at home.

The storeroom shelves also have White's natural products that include handmade soaps, essential oils, lotions, creams, soy candles. They split shifts, Taylor generally working in the morning and White in the afternoon to early evening.

White also does aromatherapy treatments and consultations by appointment in another room. Efforts are made to keep the atmosphere relaxing.



Tea For Two and More and Green Pergoli Soap Co. share the same space inside the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)



Massage therapist Lisa Yarnes, owner of Essential Kneads, works inside the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)

Tennessean.com and its related sites are pleased to be able to offer its users the opportunity to make comments and hold conversations online. However, the interactive nature of the Internet makes it impracticable for our staff to monitor each and every posting. Since *Tennessean.com* does not control user submitted statements, we cannot promise that readers will not occasionally find offensive or inaccurate comments posted on our Web site. In addition, we remind anyone interested in making an online comment that responsibility for statements posted lies with the person submitting the comment, not *Tennessean.com* or its related sites.

All comments posted should comply with the *Tennessean.com*'s terms of service

STORY CHAT:

[Post a Comment](#)

This article does not have any comments associated with it

RELATED ARTICLES

- Donelson's four health and wellness businesses at 223 Donelson Pike

Contact Andy Humbles at humbles@tennessean.com or call 726-5939.

Related news from the Web

Latest headlines by topic:

- Aromatherapy
- Medicine
- Health
- Fitness
- Massage Therapy
- Yoga

Powered by Topix.net

TODAY'S TOP STORIES:

- **Celebrity News: Tucker says area near Malibu home looks like a 'war zone'** Post Comment
- **Crime & Courts: Williamson sheriff pleads not guilty on misconduct charges** 1 Comment
- **Williamson County: Franklin mayor is defeated** 4 Comments
- **Crime & Courts: Jurors find man guilty of kicking dog to death** Post Comment
- **Metro Nashville Government: Deal time for Predators measured in hours** Post Comment
- **Music: J Moss tops Stellar nominations** Post Comment



COORDINATORCase Manager for adults with developmental

for busy ENT office. Must be able to multi task

VAMC, Nashville, TN

All Top Jobs