

Harvest Yoga + Wellness Studio: Cultivating community and wellness.



Nici Munyer
Owner

What were you doing before you started Harvest Yoga?

Nici: My journey to open Harvest was a long one. I came off a very stressful five years of running 90 hours a week and with a lot of responsibility. I needed some time for myself. I was fortunate enough to spend three years on a career sabbatical and really just got my mental health and wellness in check. And through that I found yoga. Yoga really helped give me balance. I had an awakening and realized that I'm

probably not the only woman in the world having those same struggles. I really wanted to connect and create a community of women that may be going through the same thing. I had a passion for wanting to explore that and help other people with yoga.

As a business owner, what is one thing you never imagined yourself doing?

Nici: Honestly, because I was a previous small business owner I knew what to expect. So, there really haven't been any surprises. But I didn't see how much this studio was going to impact the women's community that is coming in in such a positive way, really giving them a space to come into their own and help them figure

out what's going on internally, where they want to go in life, and giving them 60 minutes to really focus on themselves.

You had the vision to start your business. What is something that defines your vision for tomorrow?

Nici: Our core vision has always defined Harvest as a place that makes yoga accessible to all. We want to be a truly inclusive yoga studio. We don't want to just talk the talk, we want to walk the walk. We want everyone to feel welcome and included in our studio. All sizes, genders, ethnicities. Western Yoga can be very exclusive, we want to be different. We're taking inventory this year on how we can continue to do better.

What's the most unusual fact you know?

Nici: A most unusual fact I know (being a lover of music and giant Phil Collins fan) is that Phil Collins, Paul McCartney and Michael Jackson are the only three artists to ever sell over 100 million records as individuals and with a group.

What made you choose CF for your business?

Nici: I've spent my entire life in this area. I grew up in C.F. I spent a lot of time walking Front Street after high school when I was young. And my previous business was on Front Street. I knew the city had big plans for its future and I wanted to be a part of the revitalization.

(cont.)



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What do you like best about living/working in CF? What are your hobbies and interests?

Nici: My favorite part of owning a business in DTCF is the community. The small business owners work hard to support one another. Also, watching the residents really enjoy and support downtown has been wonderful. Honestly, I haven't had much time for hobbies since opening in May of 2019. But when I do, I love to walk the Towpath and CVNP. And my husband and I like to travel.



Is there a story behind your business name?

Nici: The name Harvest came from our desire to cultivate. Cultivate community. Cultivate wellness, not only for myself but for the people who reside in C.F. Harvest Yoga + Wellness Studio is a space for cultivating a deeper connection to yourself and others through yoga, workshops and gatherings. A space where you gain tools so you can live your best life.

What product/service should everyone try at Harvest?

Nici: Well, we're a yoga studio, so I would have to say a yoga class. LOL. But seriously, I opened the studio because yoga changed my life and I wanted to provide an opportunity for others to experience the same.

What's something that drives you crazy?

Nici: I have a short fuse for technology. I do so much work via online, especially now with COVID. I hate when the internet is down or I'm having phone issues.

What's something that people may not know about you?

Nici: I love working the front desk of the studio. Talking to our students is my favorite part of my job. Listening to what's going on in their lives and their yoga journey brings me great joy. It's one of the reasons I opened the studio. I've always been a people person.



Anything else we should know?

Nici: Our studio is in a 100 year old building with original tin ceilings. It's my favorite part of our space. As far as the business, we have an amazing community! Our team of teachers are wonderful, caring, skilled guides who just want to help our students live their best lives. And our students are the best. They're fun,



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kind, supportive and authentic humans. We have a very down to earth, genuine community, where everyone gets to show up as themselves free from judgement. ■

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