

“RAISE A GLASS”

Fundraiser for Local Teachers!

Special Raffle

Ticket Price: 1 for \$10, 3 for \$25

Tickets will be on sale from October 23rd – November 4th.

They can be purchased at Johnny’s Harborside or requested via email at
johnnysharborside@comcast.net

Winners to be announced at the Ventana Wine Dinner at Johnny’s Harborside on November 4th.
(Need not be present to win)

Proceeds from the raffle will be used to support the Raise A Glass Fundraiser.

For more details on this fundraiser please visit our website:

<http://www.johnnysharborside.com/images/brochure.pdf>

Two Night Getaway in South Lake Tahoe

Three bedrooms plus loft, 3 full bathrooms, 2100 sq. foot modern home on a ½ acre of forested land. Short stroll to Brucovich Park and Tahoe Rim Trail. Master bathroom has double sinks and Jacuzzi tub. Plenty of yard for kids for play! Available: May-Oct, 2010. Can be viewed at
www.tahoecabinrentals.com/andriahouse (\$900.00 value)

HeartMath Coaching for Zone Performance for Athletes (\$1,070 value)

HeartMath Golf Coach, John White works with PGA tour pros and other elite athletes training them in HeartMath Techniques for maximum performance. Receive a playing lesson with Coach White with a free round at Delaveaga Golf course. You’ll receive a *Managing Emotions: Golf’s Next Frontier* Booklet and learn HeartMath’s Quick Coherence® technique for emotional balance and high performance in golf.
(\$1,070 value)

Chef’s Dinner for Two at Johnny’s Harborside

Prepared by Chef James Wilfong, you and a guest will be treated to a 5-course dinner with wine pairing.
www.johnnysharborside.com. (\$200 value)

Strategies for Coherent Performance - 4 one-hour executive coaching sessions

This HeartMath® System and this mini course are specifically designed to activate your source of intelligence even in the midst of chaos. This focused and practical program combines personalized 1:1 coaching and a detailed practice plan to meet your personal and professional objectives. A licensed HeartMath Provider will help you learn an invaluable technique for restoring health to your nervous system, increasing your energy levels and improving your overall sense of well being. www.heartmath.com/coaching/courses.html.
(\$500 value)

Last Resort Salon & Spa Pamper Package

Includes facial and other salon services. www.lastresortsalon.com (\$250 value)

HeartMath’s Early HeartSmarts for a Classroom

Use with your children or donate to a local noon-profit. Early HeartSmarts is a fun and engaging program for children ages 3-6 that offers fun, simple, but powerful skills that build a strong foundation for their future years of learning. Children learn about working together in small groups, problem-solving, creativity, emotion self-regulation and the importance of the heart as Early HeartSmarts eases the transition from the home to the classroom environment. [Learn more about Early HeartSmarts.](#) (\$175.95 value)

Private wine tasting for up to 6 people at Ventana Wineries (2 available)

The Most Award-Winning Vineyard in America. Your exclusive tasting may place at either the Monterey or Soledad tasting room and will include Gourmet artisan cheeses and light hors d'oeuvres.
www.ventanawines.com **(\$300.00 value)**

Coherence System emWave® Mac or PC Coherence System - Handheld Blue or Silver

Enjoy the benefits of both the emWave® Mac Stress Relief System and the emWave Personal Stress Reliever®. This special combo package offers you the ability to monitor and observe your heart-rhythm-coherence levels and build a cushion from the impact of day-to-day stress. It let's you see how emotions affect your heart rhythms and discover which emotions you can activate to manage stress and boost vitality. [Learn more about the Coherence System.](#) **(\$425.00 value)**

A Three Bottle Flight of Ventana White Wines

2007 Ventana Goldstripe Chardonnay, 2007 Ventana Sauvignon Blanc and 2008 Ventana Gewurtraminer.
www.ventanawines.com **(\$63.00 value)**

A Three Bottle Flight of Ventana Red Wines

2007 Ventana Ruby Stone, 2004 Cabernet Franc and 2006 Ventana Tempranillo. www.ventanawines.com
(\$63.00 value)

Foursome with carts at Boulder Creek Golf and Country Club

Opened in 1961, Boulder Creek's scenic course, set among the redwoods and lakes, offers a challenging and memorable golfing experience. Designed by Jack Fleming, this par 65 for men and par 67 for women course features superb rolling terrain and beautiful greens. **(\$175.00 value)**

For questions please contact Johnny's Harborside at 831-479-3430 or email us at:

johnnysharborside@comcast.net



INSTITUTE OF HEARTMATH®

Empowering Heart-Based Living

