

Crystal Court Observer

Concierge Update ~ March 2012

corda mór



Start your St Patrick's Day celebration early and join the corda mór dancers on Thursday, March 8 at noon in the Crystal Court! Corda mór teaches Irish dancing to over 100 students in Edina, MN. Their dancers compete in competitions across the world and provide stellar entertainment for a diverse variety of venues. Their high-energy show highlights the talent, spirit and diversity of their dancers as they showcase their skills in intricate choreography set to an unforgettable assortment of rousing Irish tunes.



THE CENTER FOR IRISH MUSIC

The Center for Irish Music in St. Paul is more than just a school, they are a community of artists dedicated to handing down traditional music and song to the next generation of musicians. Through their activities, the Center invigorates the Twin Cities by providing access to an exciting music tradition that is both rare and rich. Join members of the Center for Irish Music as they perform in the Crystal Court at noon on Friday, March 16.



American Cancer Society Daffodil Days

As the first flower of spring, the daffodil is a symbol of hope. To the American Cancer Society, it represents the hope we all share for a future where cancer is no longer a life-threatening disease. Purchase your daffodils at the top of the escalator March 14-16.



Arc Rose Sale

March is Developmental Disabilities Awareness Month. You can help support The Arc of Minnesota and its causes by purchasing roses for yourself and for the special people in your life. Arc's beautiful long-stemmed roses are just \$20 a dozen! Roses will be on sale at IDS Center on March 29. Log on to www.arcmn.org for more information.

Thank you for your support!

SIDEWALK SALE DAYS

March Madness!

Crystal Court

Sidewalk Sale

March 14-17!



Girl Scout Cookie Time

Girl Scout Troops from around the Twin Cities will be in the Crystal Court on March 12 and 13 armed with cookies. Cookies are \$3.50 a box, while supplies last.



The IDS Center will hold events throughout the entire week of April 23-27. A property wide e-cycling program, earth friendly businesses and an earth friendly musician will be showcased in the Crystal Court. Watch for full details in the April edition of the *Crystal Court Observer*.

March Special

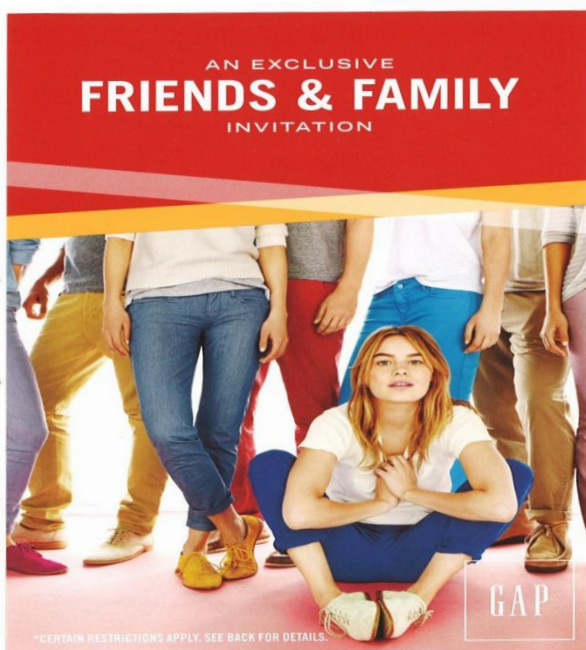
10% Off

Your Total
Dry Cleaning Order



Offer good at IDS Location through
March 31, 2012

Not valid on specialty items.



LIVE IN COLOR **40% OFF**
YOUR ENTIRE PURCHASE
FOUR DAYS ONLY
MARCH 8-11



Come in and **pre-shop** for Friends and Family at Gap IDS from Monday, March 5 - Wednesday, March 7. Pick out your product, fill out a pre-sale form with credit card information and we will ring it up before the store opens on Thursday, March 8. We'll have your purchase ready for pick-up on the 8th!

EXCLUSIVE
**FIVE COURSE
 TASTING MENU**



**MARCH 2
 7:00PM**

\$85 | PER PERSON
 Tax and Gratuity Included

**RESERVATIONS
 612.339.1000**

Narrated by Chef Jeremy LaFond
 and Wine Pairings with David Merfeld
 of Washington's Northstar Winery



Buy any pair of regular priced Minnetonka Moccasins (shoes or boots) and receive a regular priced tee at 50% off through 3/31.

Code: MMTEE

Celebrate National Fragrance Day March 21st with this THYMES special: Buy any THYMES product and receive the other (of equal or lesser value) at 25% off 3/20 – 3/27.

Code: THYMES



Want a fun way to strengthen your abs? Try Belly Dancing!

Do you like your evenings free and still have time to release stress and exercise?

Fit to Live now offers Belly Dancing, Qigong, Yoga and a Total Workout with a fat burning Zumba, Bollywood or Kickboxing cardio. *There is something for everyone!* New Class - Belly Dancing has been done for thousands of years as part of cultural tradition, fun and exercise. Women of all shapes and sizes enjoy learning the specific controlled movements that are used in Middle Eastern Dancing. Who says working abs can't be fun? Strengthen and tone your body with shimmies, figure eights, undulations, snake arms and lyrical/locomotion steps. String these steps together for a choreographed dance. Yoga wear is appropriate. If you want to live to 100, do Qigong. It's slow rhythmical movements improve your immune system and strengthen your heart and lungs. This class is also great for people with arthritis or diabetes. Want to tone your muscles and enjoy a fun cardio workout? Try the Total Workout. You strengthen your abs with a stability ball workout, tone your arms and legs plus burn calories with a fun, fat burning cardio workout of Zumba, Bollywood and Kickboxing. Release stress, relax and revitalize with yoga. Yoga improves your flexibility and core strength. It helps keeps your organs healthy. Aromatherapy can be added to help you feel soothed and centered.

New participants - join by March 8 and receive \$4.00 off! All classes held in Suite 605 in the IDS Center.

Class Schedule:

Monday	11:25-12:05PM	Belly Dancing
Monday, Tuesday, Thursday	12:10-12:55PM	Total Workout
Tuesday	5:00-6:00PM	Yoga
Wednesday	12:10-12:55PM	Yoga
Friday	12:10-12:55PM	Qigong

Lunchtime Belly Dancing, Yoga and Qigong are six classes for \$60.00. Total Workout classes are six classes for \$42.00. After work yoga classes are six classes for \$72.00. Call Fit to Live at 612.722.6571 to register or for more information.



National Concierge Association



As a certified member of the National Concierge Association, your Concierge has direct contacts with the area's best tour providers, florists, photographers, restaurants and caterers! Need assistance with a party of any size? Call Nicolle at 612.376.8013. Your Concierge can save you money on tickets to Chanhassen Dinner Theatres, The Children's Theatre, Mystic Lake Casino Shows and many more! Below is just a sampling of event tickets that are available. Please call Nicolle at 612.376.8013 or email toth@inlandgroup.com for these and any other shows or tickets that you are interested in!

Ah, the benefits of working somewhere with connections!

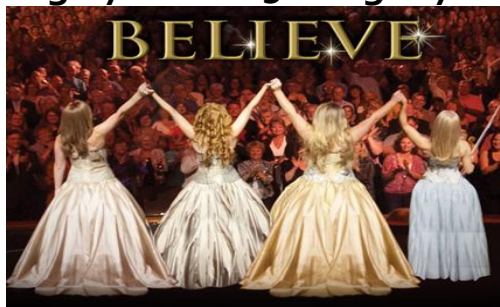
BIG SAVINGS
PAY JUST \$9 (\$4 OFF!)
 \$13 AT THE DOOR

5 DAYS ONLY
Feb. 29 - March 4, 2012
 MINNEAPOLIS CONVENTION CENTER

For show details and more information, visit:
www.HomeAndGardenShow.com



Swing by Suite 650 to get yours!



Celtic Woman

Sunday, April 1
\$64.00 with the Concierge Discount
Xcel Energy Center

LMFAO and the Party Rock Crew

Friday, May 25
\$75.00
Target Center

Big Time Rush "Big Time Summer Tour"

Saturday, July 28
\$75.00
Target Center

Greenway Chiropractic

IDS Exclusive: Free Chiropractic Consultation

The most common thing that brings people to my office is stiffness and pain related to computer work. While it may not seem that way at first, sitting is hard on your neck, shoulders and lower back. What starts as stiffness can slowly become a lot worse. Chiropractors are specifically trained to treat these repetitive stress injuries. Dr. Laux does things a bit differently too, allotting time for massage and therapy to relax muscles before doing more specific chiropractic adjustments. If you've ever wanted to know more about chiropractic treatment here is your opportunity for a free, no pressure, 1/2 hour consultation. You can discuss any health concerns you may have, review self care ideas, and if you're interested, discuss how chiropractic treatment may be able to help. Dr. Chad Laux
Greenway Chiropractic 811 LaSalle Avenue Suite 207 C 612-343-3323



Mall of America, Level 4

An award-winning exhibition celebrating the life and work of Diana, Princess of Wales. Direct from England, experience nine galleries with over 150 objects including Diana's royal wedding gown, 28 designer dresses, family heirlooms, personal mementos, priceless jewels and rare home movies. Call your Concierge for discounted VIP tickets.



IDS Center discount tickets to Sea Life Aquarium and Nickelodeon Universe are now available online! Call your Concierge for more information! 612.376.8013.

