



November Newsletter

CMS Events...

Canton MAIN STREET **2020** **shopCanton**
spend it here • keep it here

DOWNTOWN CANTON

Old Fashioned
Christmas
Walk Week

LOCAL SHOPPING

*Saturday, - thru - Saturday,
November 28th - December 5th*

SHOP SMALL

**Special Offers and Discounts - Elf on the Shelf
Business Window Decorating Contest**
Follow Canton Main Street Facebook for more information!

This event is generously sponsored by the City of Canton, CEFCU, Keefer Financial Inc., Monical's Pizza, Hy-vee Food Store, Helping Hands Resale Shoppe, and Ray & Emily Cleer.

[CMS Facebook Page](#)

November Spotlight...The Breathing Tree

We are happy to announce the November Spotlight of the Month, The Breathing Tree, located at 17 East Side Square.

The Breathing Tree yoga studio began as a small gathering space in 2015 when Canton native Nathan Taylor decided to purchase and open a space for his friends and family to practice yoga and meditation. After spending several years away to attend Wesleyan



University, and later living and working in Asheville, NC, Nathan came back to Canton, and brought his new

found love of yoga with him to share with the community. As classes grew, others came aboard to teach and practice.

The Breathing Tree received its 501c3 status in early 2020 and is now a nonprofit yoga studio. Nathan serves as the board President, with Amber Gregory as Secretary and Katey Davis as Treasurer, while Lindsey Larson manages the business as Executive Director. Six instructors now work together to lead classes designed for all levels, including those new to the practice of yoga.

"The Breathing Tree's mission as a nonprofit is to provide thoughtful instruction to cultivate physical and mental well-being in a safe and nurturing space. We strive to ignite happiness and health within the community by making them accessible to all," says Lindsey Larson. Classes have always been donation-based, meaning that patrons are invited to pay what they can, with a suggested donation of \$10 per class. The yoga industry throughout the country has become inaccessible to most people with studios charging as much as \$30 per class. One of the goals of The Breathing Tree Inc. is to keep yoga affordable for everyone in the community because everyone deserves access to a practice that promoted overall physical and emotional health.

In addition to yoga, The Breathing Tree has offered meditation, barre, ballroom dance, Reiki, and many specialty workshops pertaining to health and wellness. Instructors have also worked with local school districts to teach yoga to students and to help classroom teachers bring mindfulness into the classroom. Prior to the COVID-19 outbreak, the board had plans to roll out several community-based yoga projects; free monthly community yoga at the farmer's market, chair yoga for the people of FCRC, classes for women at the Fulton Mason Crisis Service, and beginning classes for the Warriors at Ease program for US Veterans. While these projects may be on hold for now, they will be launched when the time is right. In the mean time, The Breathing Tree Inc. continues to offer smaller, donation-based classes, many with a Zoom in option to practice from home! For information to register, email thebreathingtreeinc@gmail.com or visit their Facebook page [@breathingtreecanton](https://www.facebook.com/breathingtreecanton).



Yoga & Meditation Classes
thebreathingtree.org | Facebook: [@breathingtreecanton](https://www.facebook.com/breathingtreecanton)

The Breathing Tree

17 E Side Square
Canton, Illinois

[The Breathing Tree Facebook](#)

Small Business Saturday, November 28th...



Supporting small businesses is more important than ever!

You might not realize it, but every time you take a yoga class at your neighborhood spot or buy a gift from the local artist down the street, you're shopping small and making a difference.

In fact, for every dollar spent at a small

business in the U.S., approximately 67 cents stays in the local community. So when you Shop Small on Small Business Saturday—and all year long — you can help create a big impact.



BY



5 WAYS TO SUPPORT SMALL ALL SEASON LONG



SHOP SMALL*



LIKE A POST



LEAVE A COMMENT



TELL A FRIEND



WRITE A REVIEW

[Shop Small Website](#)

Helping Hands Resale Shoppe gives away \$7,154...

Helping Hands Resale Shoppe gives away \$7,154 from proceeds after expenses from the month of October. Thank you to everyone in Canton & surrounding communities who helped make this possible!

Pictured left to right: Blanche Johnson, accepting for the Humane Society, Wendy, Helping Hands Resale Shoppe store manager, Merril Hayes & Sharon Lafary, accepting for Cuba Senior Center, and Serenity Wallick, accepting for Lewistown Backpack Program.



[Helping Hands Website](#)

Shop Local & Win! Selfie Contest...

Shop local and you could win big in Canton Area Chamber of Commerce Selfies Contest! Details below on how to participate! Selfies contest runs from November 28 through December 31, 2020. Winners will be selected on January 3rd, live on the Chamber Facebook Page.



SHOP LOCAL & WIN!

SELFIE CONTEST

Help small businesses by shopping local this holiday season

SHOP SMALL - WIN BIG

While out shopping locally, take a selfie of you with your purchase in front of the local business and do your best to include the business sign

Tag the Canton Area Chamber of Commerce Facebook and use [#shopcanton](https://www.facebook.com/CACC61520)
[www.Facebook/CACC61520](https://www.facebook.com/CACC61520)

Then LIKE  B&A Kosanovich Family McDonald's

You will be entered for a chance to win \$100 in Chamber Checks to local businesses AND a chance to win prizes from the Canton McDonald's

*Selfies contest runs from November 28 through December 31, 2020
Winners will be selected on January 3rd ~ Live on the Chamber FB page*

A Message from the Spoon River Partnership for Economic Development (SRPED)...



Executive Director Cole McDaniel

Downtown Revitalization is a key economic development issue in many rural communities. There are 5 key principles that need to be understood when formulating a successful revitalization strategy.

- Develop a Vision and Plan for Downtown
- Identify and Build Upon Local Assets
- Build a Strong Public-Private Partnership
- Enhance the Downtown's Sense of Place
- Determine the Downtown Market

The strategies listed above along with the Four-Point Main Street Approach can make strategic planning

for rural downtowns effective and lead to true results. The Four-Point Main Street

Approach is:

- Organization
- Design
- Promotion
- Economic Restructuring

No two rural downtowns are identical. Each possesses a different set of assets and issues that depend on a wide range of variables and, thus, require a different set of specific downtown development policies and practices. The guiding principles provided above help to form the fundamental foundation that any rural downtown can use to foster the success of its downtown development efforts.



SRPED is dedicated to serving as a catalyst for economic and community development. Our mission is to create community partnerships, business opportunities, and implement programs and projects that foster growth and development.

[SRPED Website](#)



President: Dana Smith
Angela Drach, Carol Kohler, Eric Duffield, Erika Davis,
Jason Coulter, and Kevin Stephenson.

Staff Members: Cole McDaniel and Amanda Woodruff

Canton Main Street is committed to the revitalization and preservation of Canton's historic downtown by promoting a positive community image, fostering downtown business growth and development, and encouraging ongoing efforts to improve the heart of our community.

Canton Main Street
209 E. Chestnut St.
Canton, IL 61520
(309)647-2677 Ext: 1



This email was sent to {{ contact.EMAIL }}
You received this email because you are registered with Canton Main Street

[Unsubscribe here](#)

Sent by
 sendinblue

