

PHENOMENAL WOMEN

ORDINARY WOMEN DOING extraordinary THINGS

BY: KERI BRIDGWATER

{ From a jet-set photographer and a yoga therapist based in Southern California; to an organic gardener in British Columbia and estate sale maven with an eye for vintage in Chicago – meet these four inspirational women who are at the top of their game. }



{ ANNA SNEDDON }

Eat to Thrive

The kaleidoscopic array of fruits, vegetables, herbs and flowers that flourish in Anna Sneddon's organic garden also feature regularly on her *Eat To Thrive* Instagram account. Nestled along British Columbia's Sunshine Coast the magical 40-acre property has been in her family for generations — her grandparents bought the land over 80 years ago. "The farm is actually five minutes up the road from the house I grew up in so this place is very special to me," she explains. Since starting the garden five years ago it has produced everything from watermelons to sunflowers. "My mother is the real green thumb and helps me a lot, but I also learned from some local farmers too," she continues, "I can grow excellent tomatoes, spinach, beets, beans, peas, and zucchinis. I also have a few baby fruit trees (cherries, plums, apples), and a row of 18 blueberry bushes". While the outside garden rests during winter, Anna grows hardy plants like kale, beets, carrots, and cilantro in her cold frame greenhouse. After an undiagnosed medical issue led to her adopting a vegan, plant-based lifestyle, on July 5, 2012 *Eat To Thrive* was born. "In order to be successful I needed to write down everything I ate," she shares, "but I realized it would be easier to take a photo of all my meals and that's how it began". The result not only helped Anna eat more mindfully, it became a creative way to incorporate her crops into every meal. Now 100k followers are inspired daily by her pictures of raw veggie tacos, papaya bowls, spring rolls and rainbow salads. While local restaurants have expressed an interest in buying Anna's produce for now she is content gifting her homemade harvest boxes instead. "I think I will look into that next summer," she says, "but for now it's more rewarding to see the smile on a friend's face when I give them a big box full of veggies".

Follow Anna on Instagram:
@eat_to_thrive



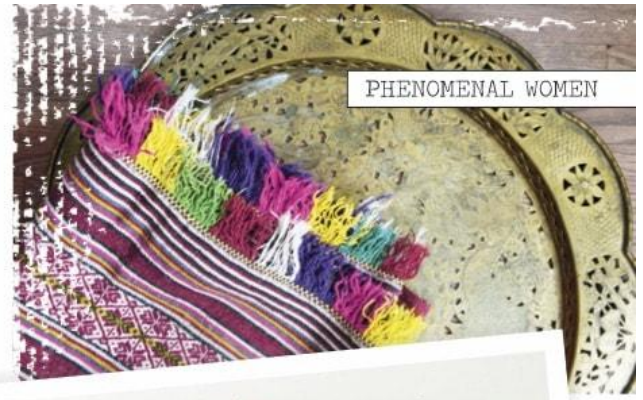
Images by: Anna



• { MAGDALENA LUSZCZ } •
Red Poppy Vintage

Hand tooled leather handbags, embroidered Mexican dresses and Dashiki print caftans from the 60s and 70s are just some of the treasures to be discovered within Magdalena Luszcz' Etsy store, *Red Poppy Vintage*. Its name takes inspiration from the national flower of her home country Poland, where poppies grow wild during the summer. "Their shape is organic and looks very free," she explains, "this is the type of vintage I wanted to sell – effortless, colorful and bold pieces for the free-spirited, well traveled woman." Before moving to America in her teens Magda grew up in Kraków and counts summers traveling across Europe with her parents (they bought denim, textiles and gold to resell back in Poland) as the foundation of her entrepreneurial spirit. Combining a love of travel with her fashion sensibilities Magda's Etsy boutique debuted in 2010 with a mix of vintage pieces plus items she'd picked up in South East Asia and South America. "It was in Guatemala that I fell in love with textiles. I'm especially drawn to garments - the meticulous handiwork, color and texture – and how they tell life stories." She now stocks up on twice-yearly buying trips and counts Pushkar, India and Essaouira, Morocco as two of her favorite destinations. Back home in Chicago she never passes a thrift store without stopping - top lunchtime finds include a 19th Century hand embroidered velvet Ottoman jacket, and a rare 1974 Omersa and Co. golden lion leather footstool commissioned by an Arabian prince. "I search for pieces that are interesting and unusual; timeless and collectable. Every garment I sell I would wear myself," she concludes, "I care deeply that my clients are happy with their purchase and want to return for more".

Follow Magda on Instagram:
 @redpoppyvintage
 and Etsy: RedPoppyVintageShop



"This is the type of vintage I wanted to sell - effortless, colorful and bold pieces for the free-spirited, well traveled woman."



Images by: Magda



PHENOMENAL WOMEN



Images by Taryn

• { T A R Y N K E N T } •

L o v e b i r d s L A

With a laid back style that knits effortless with edgy, Southern California based photographer Taryn Kent is a cool-girls cool-girl. With a job inspired by travel and the promise of adventure her work takes her around the world shooting fashion look-books and editorials in exotic locales like Bali and Thailand. Her most recent collaboration with indie fashion favorite Cleobella just took place in Cappadocia, Turkey. "I grew up watching my dad take photos and realized at a young age I had to have a camera attached to me at all times to document my life," she explains, "since then my love for travel and people has helped me turn my passion into a career." Jet-setting aside, Taryn counts road trips with her fiancé Eric and two pups in their 83' Toyota New Horizon camper as some of her happiest moments. "My path has taken me to some very interesting places and enabled me to work with some amazingly creative people," she shares, "but nothing beats the freedom we have on the road". Back home a project with the Los Angeles-based company *LoveBirds LA* keeps her busy between shoots. Together with company's founder Kim Proacam, she collaborates on her LBLA+TaK range of colorful one-of-a-kind camera straps made using vintage fabrics from Peru and the Philippines. Whether she's exploring a foreign country, watching one of her favorite bands, or enjoying a beach day with friends, Taryn's mantra is simple: Live a positive life and good things will be just around the corner. "Photography is always pushing me to see new places and work with new people - I love capturing moments and finding the beauty of life through my lens".



Follow Taryn on Instagram:
@taryn_kent // @lovebirdsla

• { S H A W N E E T H O R N T O N } •
H A R D Y

F i f t e e n S h a d e s o f G r e e n

For author, educational specialist and yoga therapist Shawnee Thornton Hardy self-love and healing the body through yoga allows for a greater connection to the spirit and one's purpose in life. Shawnee's background is working with special needs children and adults but after struggling with personal health issues she began her own personal yoga practice. "I learned that the body stores many traumas and memories from the past," she continues, "yoga allowed me to better connect to myself and became the beginning of my healing journey." Keen to share how yoga as a modality can help with injuries, health conditions, depression and more, over the past three years her studies have been focused intensely on Therapeutic Yoga. Shawnee explains, "By incorporating the practice of yoga throughout the day I teach people how to cope with difficult emotions, reduce anxiety and live calmer, more peaceful lives". Especially tailored towards children her book *Asanas for Autism and Special Needs* is filled with yoga and breathing strategies that help support language and communication, body awareness and social skills through fun activities and innovative visual tools. "The most rewarding aspect of my work is seeing both children and adults become empowered and motivated to take control of their own health and well-being". Shawnee says, "It's beyond fulfilling to see others free themselves of pain and suffering and live their lives with their truest purpose and intention in their hearts".



Follow Shawnee on Instagram:
@fifteenshadesofgreen

Images by:
Tim Hardy

