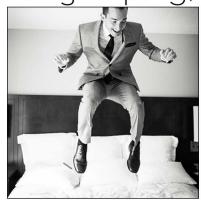




toe-tingling, grin-inducing, bed-jumping,







elevator-hopping, sunset-watching, bike-riding,







bow-tie tying, pinky-swearing, glass-breaking,







bear-hugging, bridge-climbing, amazing!







PHOTOGRAPHY

To you & your Love...

Cupid shot his arrow once again, and the hopeless romantics at Be U Weddings couldn't resist falling in love with the latest wedding trends. With bells ringing, we bring you our 2nd annual bridal guide, a fashion-forward handbook full of inspiration to make your wedding planning adventure a sweet, blissful breeze. We find love in all we see, hear, smell, touch, and taste. Lucky for us, we have partnered up with Chicago's fabulous tastemakers and vendors who share our unique passions. As you are whisked off into a world of wedding inspiration—enjoy a dash of old (some vintage décor), learn something new, borrow a recipe or two, and dazzle over trending blue. We hope that this guide will inspire a wedding that is Uniquely 'U'. Happy Wedding Planning!

xoxo,
Be 1/ Gals





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- GUIDES -





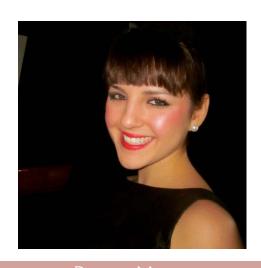
- SACHA KRASNEY -President and Creative Founder

Grace Kelly and Prince Rainer III, to get a glimpse of her iconic wedding dress and to experience the company of such powerful guests from all stretches of the world. It was not only the wedding of the year, but perhaps the wedding of the century.



-THE BE U GALS -

If you could attend one fab Ulous wedding in history, {whose would it be?}



- RACHEL MOORE -Creative Director and Designer

If I could attend one wedding in history, it would be the peaceful love celebration of John Lennon and Yoko Ono . I love that both John and Yoko rocked white in an untraditional fashion (knee highs and a floppy hat, yes please!). "All You Need Is Love" ~John Lennon.



- Abby Foster -Weddings Editor & Copy Editor

As a royal follower {perhaps Middleton stalker} I of course choose the wedding of Charles and Diana.

- Cassandra Thibodeau -Managing Editor

Today it would be that of Marilyn Monroe to Joe DiMaggio, does it get more surreal then Hollywood royalty and a pro-athlete? Now ask me tomorrow and I may have floated somewhere over the rainbow with Judy Garland and Vincente Minnelli or across the pond to a wedding or two or three of the royals. Picking one wedding simply won't do. There's rock royalty with Mick Jagger and Bianca Jagger or American royalty with the Kennedy's. I would choose a wedding a day if allowed and even then it may not be enough!!!

Blogs we heart {Be Inspired}

Boutique Bites

A food and fashion blog by Chicago luxury caterer, Elaina Vazquez of Boutique Bites, which specializes in stylish food and sophisticated presentation, delivering a five-star dining experience to weddings.

The CHIcago Life Blog

Founded by Amelia Canham Eaton and Samantha Voss, The CHIcago Life Blog is a Lifestyle blog focusing on their favorite fashion, food, decor & life in CHICago.

Drunk on Shoes

A fashion and lifestyle blog founded by Shai Chung, a shoe-addicted gal living in Chicago and appreciating all things beautiful.

The Every Girl

The life map for everygirls everywhere founded by Alaina Kaczmarski and Danielle Moss.

Glossed & Found

Glossed & Found, is an on-line video magazine, that gives you the inside scoop straight from the leaders and experts in the beauty, fashion and lifestyle industries. Stacey Koerner-Roney, founder of Beauty on Call and Haute PR, teams up with former Modern Luxury Magazines Style Editor and Rue La La Art Director D. Graham Kostic who plays Host and Creative Director.

Miss Renaissance

A blog by Eva Daiberl, a German-born Chicagobased Photographer, Pastry Chef and self proclaimed Style & Design Addict. Follow Eva as she travels and experiences the World through its different cuisines.

One Part Plant

Jessica Murnane's guide to clean food & a happy head. On the site, you'll find new recipes, fun how-tos, and real-life advice. Your body {and tastebuds} will thank you for checking this one out.

RebeccaNIZIOL.com

Rebecca Niziol is a life coach who empowers women to live the authentic life of her dreams, by rediscovering who she is and redefining her purpose.

Unicorn Stylings

A fashion, style and decor blog from a newly planted LA gal/style maven, Amanda Latifi.

always be u









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Planning Calendar

- Courtesy of Michelle Durpetti Events -

Wondering about all the things you'll need to do and when? No wedding worries, our month-by-month planning calendar covers all of your wedding to-dos to make your planning a blissful breeze!

ONE YEAR	10 MONTHS
 Inquire about potential locations for ceremony, reception and honeymoon Determine the numbers of guests you plan to invite Determine the style/theme of the wedding Identify wedding date options Identify potential vendors Set and review your budget and determine who will help contribute to the fund Start perusing dresses online and flipping through magazines to get a sense of the style of dress you prefer before visiting bridal boutiques Put together a wedding binder for all documents If you are marrying out of your resident country, determine the documentation requirements (can sometimes take a year or longer) 	Research save the date styles and place order Set up wedding dress appointments Take engagements photos Host (or attend) your engagement party 8-9 MONTHS Select and book vendors (sign contracts and put down deposits) Select and order wedding dress, veil, and accessories Select and order formal wear for groom and groomsment of Select and order formal wear for bridal party; discuss with mothers so that they may begin looking for their dresses of Select and book honeymoon location (arrange for passports, vaccinations, birth certificates, and visas if necessary)
Create a wedding website	6 MONTHS
 Develop theme/vision/color scheme Conduct site inspections Select and finalize your date (woohoo!) Book ceremony and reception venues Determine officiant and make an appointment to learn about the pre-marital requirements Contact and schedule consultations with potential vendors (wedding planner, musicians, photographers, videographers, stationers, bakers, florists, caterers) Select wedding party members (attendants, bridesmaids, 	 Mail save the dates Develop draft of day-of timelineand payment schedule Reserve block of hotel rooms for out-of-town guests and wedding night location for bride and groom Select wedding bands, insure them, and order engraving Confirm bridesmaids have ordered their dresses Select transportation for ceremony and reception Reserve any rental equipment (tables, chairs, tent, etc.) Schedule cake tastings, select baker and place your order Select and order stationery (invitations, envelopes, thank

you cards, menus, escort cards, etc.)

Plan rehearsal dinner

groomsmen, ushers, readers)

Finalize guest list

4 MONTHS	4 WEEKS
Select ceremony and reception music Determine new living arrangements (if necessary) Create a map of directions to ceremony and reception Purchase wedding and honeymoon insurance (personal preference) Give the final guest list to your calligrapher or stationer to address envelopes Schedule the rehearsal and rehearsal dinner Pick out wedding favors 3 MONTHS	Finalize layout of ceremony and reception site Determine security plan Confirm all vendors 3 WEEKS Contact guests who did not RSVP Finalize program Finalize video presentation or photo montage for reception or rehearsal dinner Enjoy your bachelorette and bachelor parties
 Address wedding invitations (consider a professional calligrapher or printer) Review floral arrangements and finalize order Purchase bridal party gifts Begin beauty/spa regimen Select beauty consultant and experiment with make-up and hairstyles Schedule hair, make-up, and mani/pedi appointments Begin preparing ceremony program 	2 WEEKS Send a shot list to photographer and videographer (a list of must-have photos) Finalize confirmed guest list Finalize seating arrangements Create escort cards and table numbers Finalize hotel block and wedding night accommodations Begin confirming all vendor load-in/load-out times
2 MONTHS Finalize legalities Apply for and obtain marriage license Obtain name change forms Mail invitations	Finalize day-of timeline and schedule Arrange for gown cleaning and pressing and bouquet preservation for after the wedding Finalize vows
Schedule final dress fitting for bride and bridesmaids Confirm honeymoon details Arrange bridesmaids' luncheon or brunch Select final bridal accessories (purse, shoes, jewelry, etc. Appoint guestbook attendant and gift attendant Create reception seating diagram Mail thank you notes for all bridal shower gifts Complete paper documents for changing your name	Send master timeline & day-of schedule to vendors Drop off wedding rings to be cleaned & pick up Give final guest count to reception venue/caterer Remind the men to pick up formal wear and shoes Prepare tip envelopes and arrange for the wedding planner/best man to distribute them at the wedding reception Drop off any items with your wedding planner RELAX



Maypole Studios Photography

VENDORS

Ceremony + Reception Venue: The Ivy Room | Floral Designer: Jesse Deckard at Event Creative Wedding Planner: Kara Superfine of Bliss Weddings and Events | Caterer: Entertaining Company DJ/Band: Ken Arlen of Front of House | Bride's Dress: Anne Barge | Officiant: Rabbi Lowenstein Cake: Sarah's Bakery | Hair Stylist: Brenda Bonomo | Makeup Artist: Beauty on Call

the romance of an enchanted garden...



Lindsay and Philip's love story has all of the makings of a modern day fairytale. Their chance meeting at a jewelry store happened when Lindsay was shopping for jewelry and Philip was returning some items for a movie he had been working on. They saw each other and that was it. Their breathtaking wedding at The Ivy Room embodied exactly what Lindsay wanted—to be surrounded by nature and to capture the romance of an enchanted garden. And she looked every bit the part of a princess in her exquisite lace Anne Barge gown and earrings she'd unknowingly purchased that fateful day that were the same ones Philip had returned—a lovely reminder that fairy tales really do exist.





Jacobson Jac

THE EVERY GIRL

The Everygirl is an online resource helping shape creative, career-driven women. The content on our site, which covers everything from finance and career to health and fashion, is all relatable and attainable to everygirls everywhere. Alaina and Danielle share their must-have party essentials.

A girl should be two things: classy and fabulous.

— Coco Chanel



{Gold Rimmed Stemless Glassware}

-The West Elm





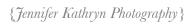
{Slate Boards}

-Crate & Barrel



{Boulangerie Jar}

-Anthropologie



{Diamond Print Napkins}

-STONE TEXTILE STUDIO



LEMON ZEST



{1, 4: In His Image Film & Photo | 2, 5, 6: Gina Cristine Photography | 3: Menning Photographic}



DAZZLING BLUE



{1: Belkis Cruz Photography | 2, 4: Sublett Studios | 3: Fuller Photography}



GLITTER GLAM



 $\{1, 3: \mathcal{J}_{EANINE} \ Thurston\ Photography \mid 2:\ Dieter\ Chaney\ Studios \mid 4,5,6:\ Gray\ Photography\ Photographic \}$



Blushing Pink



 $\{1: Erin Leigh Studio Photography & Design | 2, 3: POPography | 4: Elizabeth feanPhotography \}$



EARTHY ELEMENTS



 $\{1,2,5 : M$ iki Vargas Photography | 3: Gina Cristine Photography | 4, 6: Erin Johnson Photography $\}$





Cage + Aquarium Photography

VENDORS

Venue: Salvage One | DJ & Ceremony Music: Cage and Aquarium | Catering: Occasions Chicago Cake/Desserts: Bittersweet | Dress: David's Bridal | Handmade Bouquet: The Bride's Father Escort Cards: DIY by Bride & Family | Shoes: Made by Bride | Veil: David's Bridal Suits & Ties: Vera Wang from Mens Warehouse

Something old, something new, and something with homemade.



Something old, something new, and something with homemade. This enchanting couple had everything a wedding day needs. Surrounded by their nearest and dearest at Salvage One, where an "old" artifact or two lends to decor charm, the smitten couple exchanged "I do's". The day was filled with loving DIY details, from the brides bouquet {crafted by dear ole dad} to the bridal shoes {carefully constructed by the bride herself}. Everyone lent a hand to make a day dreams are made of.

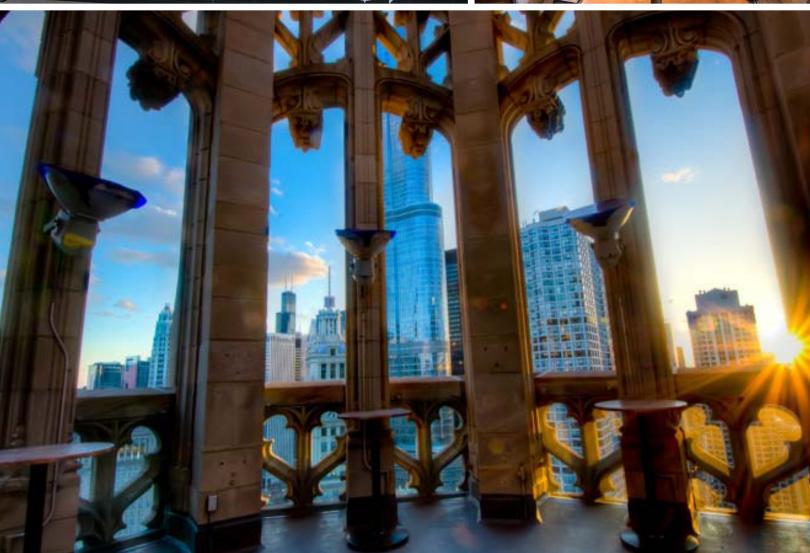












Howells & Hood

Located in the base of the Chicago's iconic Tribune Tower, Howells and Hood celebrates the buildings architects, John Howell and Raymond Hood. The atmosphere is among the most energetic and vibrant along the Magnificent Mile, making it an ideal downtown wedding venue. Howells & Hood's Executive Chef Scott Walton and Bottleneck's Corporate Executive Chef Paul Katz have designed a menu that offers globally-inspired cuisine that is unique, refined and approachable.

-ABBY FOSTER







RM CHAMPAGNE SALON

The nationally-revered nightlife visionaries of Element Collective created this luxurious, accessibly elegant wine and Champagne salon. The lavish 1,500-square-foot space off Green St. is discreetly tucked-away at the foot of a secluded cobblestone alley in the West Loop/Fulton Market neighborhood, making it Chicago's hidden Parisian gem.headpieces, veils, Benjamin Adams and wedding shoes including the Angela Nuran line of comfortable wedding shoes, this Parisian inspired boutique is a must stop for brides looking for unique wedding accessories and gifts, all with a French twist! -ABBY FOSTER Bridal Guide | 35





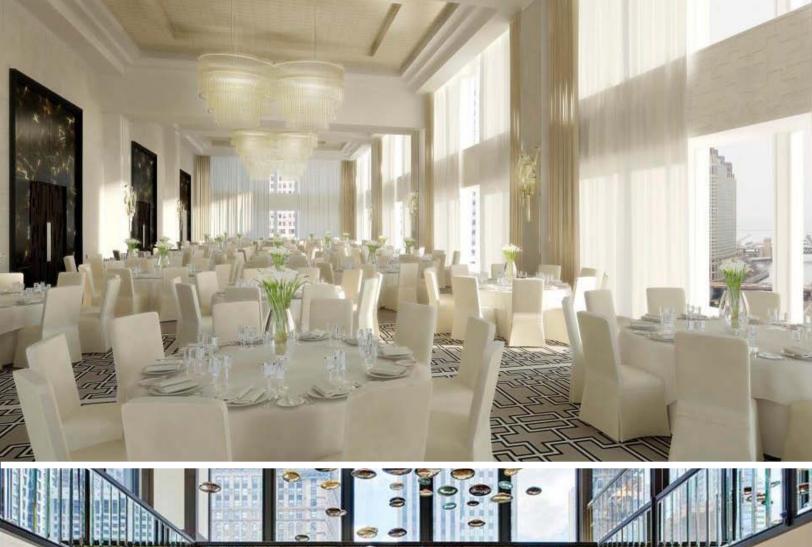




VENUE ONE

Managed by Event Creative, Venue One is a stunning new space designed by event professionals and located in the heart of Chicago's progressive West Loop. Featuring breathtaking views of Chicago's skyline, the venue houses over 20,000 square feet of multi-level, open event space. Their all-inclusive design package makes it easy to manage your budget while playing host. -ABBY FOSTER







THE LANGHAM CHICAGO

Fashioned after a luxurious London hotel, The Langham brings British elegance and hospitality to one of the Chicago skyline's most prominent landmark buildings. Combining the midcentury formalism of Mies van der Rohe's architecture with the timeless storybook romance that is Langham's tradition makes it a perfect wedding destination. The hotel features a variety of extraordinarily adaptable wedding event spaces for large and intimate gatherings alike.







Café Brauer

Classic Prairie-style architecture and breathtaking views of the city's skyline make Café Brauer an idyllic wedding venue. Nestled in the heart of Lincoln Park Zoo, the Great Hall of Café Brauer features lush surrounding landscapes in an energetic urban environment, making it a unique backdrop for unforgettable wedding photos and memories.

-ABBY FOSTER

bride-to-be amelia eaton

co-founder + creative director of — The CHICAGO Life Blog —



My fiance Peter and I are currently in the process of planning a classic Chicago winter wedding, taking place this December. We loved the idea of a wedding around the holidays, as it instantly reminds us of time with friends and family, and it's also one of our favorite times of year in the city. We can't wait for our guests, most of whom are from Michigan where we were both born and raised, to see Michigan Avenue flooded with horse drawn carriages and twinkle lights. While we love the feeling of the holidays, don't plan on spotting any Christmas trees or red poinsettas at our wedding! Rather, we plan on evoking the festivity and spirit of the season through metallics, sparkle, and snow-inspired details. Much of the design inspiration came from our venue, The Murphy Auditorium, known for its classic architecture and exquisite details. When it comes to fashion, I turned to Valentino for a timeless bridal silhouette, while the men will wear traditional tuxedos, and the bridesmaids will look stunning in classic long dresses. It was important to me that the girls not wear "bridesmaids dresses" but rather beautiful dresses off the rack at Nordstrom that they would actually enjoy owning and feel confident in.

Peter + Amelia



{St. James Chapel at Quigley}

Be 11 Brides

SACHA KRASNEY



Be U Brides specializes in custom, luxury wedding invitations designed perfectly to reflect your personal style and wedding day. Their expert team of designers, lead by Owner Sacha

Krasney, work one-on-one with couples to create personalized wedding stationery from hundreds of papers, printing options, and embellishments. Be U Brides is known for their one-of-a-kind designs and praised for using the highest quality materials.

You are unique and your invitations should be just as uniquely U. As the first introduction your guests will have to your wedding day you'll want to paint a perfect picture in small print. No small fete! Lucky for you I have been picking the creative mind of Be U Brides owner {our very own founder/creative director}, Sacha Krasney for all the do's and don'ts of invitation design. With more than a decade of experience in the stationery business, it is the design maven's capable hands I leave you in to curate wedding dreams.

-Cassandra Thibodeau

Mayo Be U with a Custom Introduction for your Wedding



{Q} When should the invitation process begin?

A You should send out your invitations 6-8 weeks before your wedding. Start designing your custom invitation suite with Be U Brides at least 3-4 months before you would like to send them out. The reason being; it is a custom process that is very personal and representing of you and the introduction to your wedding. It's something you'll have forever. You don't want to rush it.

{Q} How do you go about taking a couples vision and bring it to life?

A I am not going to tell all our secrets... but, before you come into the U Empire, we like to get to know U. We find out who you are, what your style is and what your dream wedding looks like. Then you come in for your initial consultation where we we begin to create your vision.

{Q} What are some of your favorite invitation trends?

A There are so many things I love! What I love most these days is a simple invitation with a touch of glam. For example, using a very soft cotton or bamboo paper, with a one color letterpress or thermography, a combination of two fonts like a script and a serif font and a pop of contrast or glam. Like a dark envelope with white calligraphy and a one-of-a-kind handmade liner inside.

Trends in fine stationery are cotton, bamboo or embossed papers, gold engraving with gold foil edges. Trends in social stationery are contrast and contrasting patterns, huge! Like Flowers and stripes or Black and White. Sparkles and other embellishments.

The trend I am most excited to implement? Technology trends: We can add a chip inside your invitation, that your guests are able to scan with an android phone which will take them right to your wedding website, or if you would like to share your wedding playlist or photos with your guests after the wedding, the chip can be added to your "Thank you" cards. Secret messages how cool?

Call me invitationally challenged but what details should one be included?

A Be U Brides will provide samples of wording for you. But it helps when writing out your invitation wording to make sure you already know 100% of the details. Like Where, When, Who, Why, What and How!

{Q} I've seen so much beautiful calligraphy littering Pinterest, can you recommend someone?

 $\left\{A\right\}$ Yes! Us, we offer calligraphy services.

Alright my invitations are in the mail, in what other ways can we incorporate our design into the wedding?

A You will most likely need- Ceremony Programs, Place Cards, Menu's, Table #'s and Signage.







Not only can your wedding make a big impact on your lives but have you begun to considering the impact your one day of bliss will have on the world? I recently sat down to chat with Carlene Smith, owner and event planner at Naturally Yours Events to get all the details on creating your big day with minimal effects on Mother Nature. Naturally Yours Events has made a name creating memorable events using and supporting local and eco friendly businesses, recycling, using public transportation, car sharing programs, and sustainable foods, melding "green" touches into your day seamlessly.

-Cassandra Thibodeau







{Q} Why is hosting a green wedding so important?

A There is so much waste at a wedding! Leftover food often gets thrown out, guests only eat half a slice of cake, favors and fancy multi-fold invites get thrown away, and people buy clothing they will only wear once. Even the flowers get sent to the garbage heap! Reduce, Reuse, and Recycle are not common words to use when talking about wedding plans. Shifting the way you plan your wedding to include green elements can reduce carbon dioxide emissions, reduce chemical poisoning for flower farmers, support the local community, and save unneeded trash from filling up the landfill.

What is one thing a couple can do to leave less of an imprint on the world during their wedding?

A One of the easiest things to do is reduce the size of the wedding. A smaller wedding will have a smaller impact.

{ Q} For those that want to be sure their wedding is indeed "green", what steps can they take to ensure an environmentally friendly day?

A I said it once, I'll say it again-- Reduce, Reuse, Recycle! First steps would be to reduce the guest list and/or find a venue that doesn't require a ton of decorations, has energy efficient lighting, and is preferably set in a central location for guests. Choose a caterer that will work with local vendors and provide a menu that incorporates foods that are in season. Go for a plated dinner to minimize food waste!

When sending invites, choose a paper that is recyclable or compostable- better yet- plantable! Reduce the number of layers and encourage guests to find additional information and/or RSVP on the wedding website. Ask vendors, like photographers and DJs if they use energy efficient equipment and recycle or reuse their batteries. Find decorations that can be reused, recycled, or enjoyed again. If incorporating flowers, make sure to ask your florist to use local and seasonal blooms wherever possible. Also see if your florist will donate the flowers afterward to a non-profit to be enjoyed for many more days after the wedding.

Finally, choose clothing that you and your wedding party can or will wear again, or maybe buy a lightly used gown or repurposed dress instead of buying new. There are great ways to recycle all the items you don't need after the wedding day at our annual event called The Great Wedding Recyclery.

What tips do you have for a couple when they begin the planning process?

All things start out with a good plan and clear vision. Before contacting vendors, have an idea of what you want the wedding day to feel like or what is the most important elements to you. Work on a realistic budget and be flexible with your wants in order to achieve those details that are highest on the list. For example, if photography is #1 on the list but the photographer you love is a little more than what you wanted to spend, try cutting out the hotel drop-off bags or forgo the favors. Your wedding doesn't have to incorporate every item on The Knot's "must have checklist", just the ones that matter most to your day.

Bridal Guide | 51







Naturally Yours Events

VENDORS

Photography: Maypole Studios | Ceremony + Reception Venue: 63rd Street Beach House | Cinematography: Shangri-La Wedding Films | Floral Designer: Fleur Du Jour | Catering: Jewell Catering | Cake, Pies + Cupcakes: Sweet Mandy B's | DJ: Style Matters | Ceremony Music: Parkwest Strings | Calligraphy: Esther's Calligraphy | Officiant: Rabbi Evan Moffic | Invitations: Tweedle Press | Makeup: Nika Vaughan, Makeup Artists | Hair Stylist: Debra Petrielli | Shoes: Vera Wang | Bride's Dress: Monique Lhuillier | Jewelry: Erickson Beamon | Groom's Suit: Zenga | Groomsmen Suits: Zara | Tie: The Tie Bar | Flower Girl's Dress: US Angels

a luxurious lakefront retreat with an enchanting vintage twist.











Who says you can't have a beach chic wedding in Chicago? This couple's beachside soirèe, beautifully captured by Maypole Studios, takes the cake! Naturally Yours Events brilliantly transformed the 63rd Street Beach House into a luxurious lakefront retreat with an enchanting vintage twist. Friends and family scoured estate sales in search of glassware and silver for the tables and vintage handkerchiefs printed for the programs, while the bride cleverly created Save the Dates and envelopes for their invitations from old postcards from the 63rd Street Beach House from the 1930s she'd found online. The overall effect was mesmerizing.

-ABBY FOSTER



























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be the description of the descri

Rebecca Niziol

We all know that girl, the one that instantly brightens the room not only with her infectious smile but also with her warm outlook on life. Who better to give you guidance on staying calm and cool, all while maintaining the #bethebestU figure to walk down the aisle? Rebecca Nizol is that girl and continually encourages us #BeUGals to try ways to find inner peace and body harmony. It is her background as a life coach, Yoga teacher {find Nizol striking a pose at Exhale Spa, Yoga Loft, and TruHarmony}, retired dancer, writer, event planning guru and all around cool chick that keeps us turning to Nizol for her #bethebestU wisdom.

-Cassandra Thibodeau







Q+A with
- Cassandra and Rebecca -

What tips would you give for staying grounded and calm in this chaotic action packed time in a brides life? {The less bridezilla's unleashed on the world the better}

A When you are planning a wedding the key to staying grounded and calm is taking time for you. No, tasting cupcakes with your hubby to be, or dress shopping with friends does not count. Take 5 minutes every day totally for you. A wedding can start to consume you, so it's important to refuel yourself with some alone time. When you can go indulge in that class or activity you love: yoga, a massage, a long walk, tea and a book, wine in the bath. It's also important to spend some quality time connecting with your partner, sans wedding. When every moment is spent looking at invitations and planning seating charts you can start to lose some of the passion and playfulness that was there in earlier days. Taking time away from all the planning to be active together or snuggle up close is exactly what you need to stress less working up to the big day.

Are there any new classes our brides should check out for their #bethebestu figure?

A I always say it doesn't matter what you do to stay fit and healthy, as long as you love it. So you need to figure out what your favorite way to get moving is. When you love your workouts, it's a non-negotiable that you're getting there every week. As a yoga teacher I'm a big supporter of getting on a yoga mat, because it's more than a workout. Your body will tone and sweat, as well as relax and relieve muscle tension. Your mind will get a much needed break from work and wedding planning. And your energy will be restored through longer breaths and meditative resting. Right now I'm obsessed with Stand Up Paddle Board Yoga (for warmer months) and Kundalini Yoga for adventurous types looking for a more spiritual practice.



We know you have found a passion in Yoga. Do you have favorite moves even when you're short on time?

{Meditation}

I know this sounds weird, but my mind and body are the most in shape when I take 10-15 minutes every morning to meditate.

Deepak Chopra has great guided meditation you can buy, and I have a free Stress Melting Meditation you can download when you sign up on my site.

{Pigeon Pose}

Lie in this hip opener for at least one minute on each side, and feel the calm wash over your entire body. If your hips are tight place a block or pillow underneath the hip of your bent leg. Slow your breath down and allow those tight muscles around the pelvis to lengthen.

Be the Best U.

Not Bridezilla.

{Boat Pose}

In two minutes your core will feel like a rock if you do this exercise.

- MINUTE I -

Come into high boat pose (knees bent in towards your chest, arms extended out for more challenge or grab the backs of your legs to make it easier). On your inhale lower down until your feet are 6-12 inches from the ground and your shoulder blades (but not your head and neck) touch the mat, this is low boat pose. As you exhale start by pulling your belly button way in, and lift yourself back up to high boat pose feeling the core lock down and in.

- MINUTE 2 -

Stay in low boat doing breath of fire (explosive exhales out through the nose as you pump the belly in). If your neck starts to tense, lower your head to the mat but keep the legs lifted. If your low back aches, take your hands underneath you to support your back.

*It's important to lie on your back breathing deeply for at least one minute after doing this to allow your body to rest and recover. {Q} In your words what is the importance of a healthy mind and body?

A Is there anything more important than having a healthy body and mind? Your job, your relationship, your family, and your happiness depend upon it. You get one body and one brain in this lifetime, so it's up to you to love and nurture them. If you really want to glow on your special day, you've got take care of what's on the inside. Fill your body with healthy fuel, your heart with acceptance and gratitude, and your mind with powerful positive thoughts.

As I look to perfect my boat pose I wonder, how do you continue to hang on to your inner peace in this hectic time of planning? Have you found a new workout you think #BeUBrides should try out. We always love hearing from you, send me your #bethebestU suggestions at Cassandra@beuweddings.com. And remember, just breathe the hard part is over you have find your one and only!

-Cassandra Thibodeau

one part Dant

Jessica Murnane



Designer and plant-vangelist Jessica Murnane hasn't always been the happyhealthy her. Not too long ago, she wasn't feeling so hot. At that time, her doctors gave her two

options – crazy surgery (a hysterectomy) or even crazier drugs. But then a good friend swooped in with a third – a plant-based diet. A lover of all things cheese-filled and sugary sweet, Jessica was reluctant to try this "wacky" new diet. But desperate for another option, she gave it a whirl. And two months later she was pain-free, a little lighter, and lots (and lots) happier.

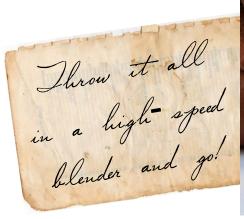
Since then she's been learning as much as she can about how good food can change people's lives. In 2012, she received a certification in plant-based nutrition. In 2013, she launched One Part Plant, a website and restaurant program dedicated to clean food & a happy head. She knows firsthand that change isn't always easy, especially when it comes to what's on your plate. But she's also seen how that kind of change can make some pretty awesome things happen. This Fall she launches, her new wellness buddy system, a 4 or 6-week program designed to restock your fridge and your mind with all things good. Because sometimes you need a little help getting your sparkle on. It's a perfect solution for brides and grooms that are looking for a healthy and inspiring action plan to feel their best (on their big day... and after).

- ONE PART PLANT



{Creamy Green Dream}

*I love this little shake. It always gives me the burst of energy I need. If you are new to drinking your greens, the frozen banana masks the "green" and makes it easy-peasy to drink. I like to pour this into a little ball jar to take with me on the go.





{NO BAKE FLAX ENERGY BITES}

*My good friend Miss Renaissance created this recipe for a brunch we hosted together. And these nuggets were the hit of the party. These are packed with fiber and protein, but still give you that little bit of sweet you crave.

Combine all ingredients in a medium-sized bowl and stir well. Scoop bite-sized portions and roll into balls. Lightly coat with extra coconut flakes to keep from getting too sticky. Keep in an airtight container for up to 1 week.



Ingredients:

1 frozen banana (peel before you freeze) 2 big handfuls of spinach or kale 1 cup almond milk

Ingredients:

1/4 cup flax seed meal
1/4 cup unsweetened
coconut
1/3 cup dark chocolate
bits
(look for dairy-free kind)
1/4 cup unsweetened
natural almond butter
3 tablespoons real
maple syrup

{Baba Ganoush Open-Faced Sandwich}

*If you don't have time to make your own baba, buy store-bought. Look for it next to the hummus. Look for ones that include tahini - it is one of the best sources of calcium for your body.

Ingredients:

3 medium eggplants or

1 huge one and two little ones (that's what I did)

1/2 lemon juiced

1/2 cup tahini

1 clove garlic (more if you like it super garlicky)

Dash of cayenne pepper

Celtic salt to taste

Parsley to garnish

Preheat your oven to 350. Take a fork and poke the eggplant a few times (like you would a baked potato). Turn on your gas burner and place the eggplant directly on top of the flame. Turn the eggplant to make sure each side gets charred evenly (this gives it the smoky flavor). Place your charred eggplants in the oven on a parchment-lined cookie sheet for 20-40 minutes until they are completely soft. Remove from the oven and let cool. Cut open the eggplants and scoop out the insides.

Blend your eggplant, lemon juice, salt, garlic, tahini, and cayenne until smooth. Garnish with parsley and more cayenne.

Take a heaping spoonful and spread it onto a piece of sprouted or rice bread. Top with your favorite herbs and veggies - any combination of tomatoes, cucumbers, radishes, peppers, and parsley work great here. You can also just use it as a dip.





Northside Brass provides elegant WEDDING MUSIC.

We offer solo trumpet, brass trio, brass quintet, jazz trio, and a jazz quartet.

We offer a wide range of music from classical to jazz that is perfect for a wedding ceremony or reception.





Please contact Ryan Hobbs to plan your event today!

630.715.2720 | RYAN@NORTHSIDEBRASS.COM

its all in the A2

CATHERINE DEANE AT BHLDN

It begins with a simple vintage textile, perhaps forgotten by the original owner. In the hands of Catherine Deane, bridal magic is soon to be created. A nomadic lifestyle luckily has laid ground for some of the most exquisite designs. {Think Ireland, South Africa, London, and Hong Kong; my passport's single stamp is crying in envy} It is Deane's ability to breathe new life into classic

silhouettes that have brides world-wide scrambling for her gowns and one that sent us into the magical wonderland of BHLDN. Be U Weddings and Miss Renaissance joined the staff of BHLDN {some of whom were our beautiful brides for the day} for an inspiration shoot by Maypole Studios Photography to capture the wonders that are Catherine Deane.

-Cassandra Thibodeau













Luella Gown, Bejweled Bolero, Aigrette Clutch





Catherine Deane's gowns are very romantic and nostalgic but are brought to life in a way that's workable for today's woman. She custom creates her laces and embellishments, and she creates ergonomically enhanced designs. Brides fall for her thoughtful designs and sharp attention to detail and fit.

Sakura Halo, Curvature Earrings, Rose Garden Cape

in the Dark

THE LEFT BANK JEWELRY & BRIDAL FINERY

A French-Inspired Photo Shoot -

Art Director & Stylist: Rachel Moore of Be U Weddings Stylist: Shannon Brehm
Sweet Macaroons and Styling: Miss Rennaisance, Eva Daiberl
Props & Decor: Pilsen Vintage & Thrift
exquisitely captured by Ocken Photography

i Paris is always a good idea...















The Left Bank Jewelry & Bridal Finery Featuring the Midwest's largest collection of bridal jewelry, headpieces, veils, Benjamin Adams and wedding shoes including the Angela Nuran line of comfortable wedding shoes, this Parisian inspired boutique is a must stop for brides looking for unique wedding accessories and gifts, all with a French twist!











{Chicago Collection –El Train}



{A gift card for a lamp from White Attic}

From V

While no two wedding couples are the alike, how many identical wedding registries have you perused over the years. The same Kitchen Aid mixer, monogrammed towels, and water goblets seem to be adorning every soon-to-bewed registry list. How many couples have even cracked open that ice cream maker {especially with such local greats as Black Dog Gelato, Scooter's Frozen Custard and Margie's Candies}. As you vow never to be that cookie cutter registry couple, let us introduce you to a registry that will help make your gift requests uniquely you.

Poladora, is a flexible wedding gift registry. It allows Chicago couples the convenience of shopping local from more then 30+ stores. Owner, Stephanie Pirishis knows all too well the frustration that can encompass hunting down items that are as distinctive as your love. The registry site was started shortly after her own registration trials and tribulations. Now she shares with us the gifts that make this registry command attention.

-Cassandra Thibodeau





When it comes to registering gone are the days of the traditional but there are still tried and true rules to make this a painless process for you and your guests:

> MAKE THE REGISTRY ABOUT YOU; THIS IS NOT YOUR MOTHER'S REGISTRY SO DON'T GO WITH WHAT PEOPLE TRADITIONALLY THINK YOU NEED TO REGISTER FOR, USE IT AS REFLECTION OF THE COUPLE YOU ARE AND THE LIFE YOU PLAN TO CREATE

You can never go wrong with some basics: you may tire OF TOO MANY FASHION ITEMS BASICS YOU WILL ALWAYS USE!



{ Wine Glasses: Corinth Red Wine }



{Key Furniture: Idea Bench}

Registry Checklist COURTESY OF POLADORA

{Dinnerware} {F	formal	Casual}
Dinner plates	8-12	8-12
Charger (Optional)	8-12	
Salad/Dessert plates	8-12	8-12
Soup/Cereal/Pasta bowls	8-12	8-12
Mugs		6
Cups & saucers	8-12	6
$\{Glassware\}$		
Water	8-12	8-12
■ White wine	8-12	8-12
Red wine	8-12	8-12
Champagne	8-12	
Juice glass		8-12
lced beverage (Optional)	8-12	8-12
{Flatware}		
☐ Dinner fork	8-12	8-12
☐ Dinner knife	8-12	
Salad fork	8-12	8-12
Salad knife	8-12	
Soup spoon	8-12	8-12
Tea spoon		8-12
Steak knife		8-12
Butter spreader (Optional)	8-12	
Fish knife		8-12
{Barware}	Quantit	v }
Beer glass	8-12	,
Brandy glass (Optional)	6	
Cordial glass (Optional)	6	
High ball	8-12	
Old fashioned glass	8-12	
Martini glass (Optional)	8-12	
Margarita glass (Optional)	8-12	
Cocktail shaker (Optional)	1	
Decanter	2	
Wine coaster (Optional)	1-2	
Shot glasses (Optional)	6	
☐ Water pitcher	I	

Ice bucket

{Serving Pieces}	{Formal	Casual}
Serving platter	2-3	
Serving bowl	2-3	
Cake stand (Optional)		
Chip & dip bowl		
Square baker		
Rectanglular baker		
Cheese tray	1-2	
Salad bowl		
Gravy boat (Optional)		
Sugar and creamer		ľ
Tea pot (Optional)		
Butter dish (Optional)	, -1	
Salt & pepper shaker		
Gravy ladle		
Cake server		
Cake knife		
Sugar spoon		
Salad server		
Table spoon	, - 1	
☐ Table fork		
Pierced serving spoon	2	
Pasta tongs		
☐ Trays	2-3	
☐ Bread basket		

{Home Accents} {	Quantity}	
Vase (different sizes)	2-5	
Votive	12	
Frame (different sizes)	6	
Clock		
Mirror	1-2	
Lamp	as needed	
Table cloth	1-2	
Napkin	8-12	-
☐ Place mat	8-12	
☐ Napkin ring	8-12	
W		

$\{Furniture\}$	{Quantity}
Dinning table	
Dinning chairs	12
Coffee table	
Couch	1-2
Arm chair	1-2
Bed	
☐ Bedside table	2
Chest	
☐ Entertainment set	
Desk	
Desk chair	1
Kitchenware	
☐ Knife block set	
☐ Carving set	***
Steak knife set	8-12
Cookie sheet	1-2
Muffin pan	1-2
Cake pan	2-3
Pizza an (Optional)	
Kitchen scale	
Mixing bowls	3
☐ Measuring cups	
Spatula	
Tongs	The state of the s
Whisk	
Wok (Optional)	
Dutch oven	
Colander	
Cutting board	3
Garlic press	
Pots & pans set	
Apron (Optional)	2
Food processor	
Coffee maker	

{Bedroom & Bathroom}	{Quantity}
Pillow cases	6
Fitted sheet & flat sheet	4
Comforter cover	2
Comforter	2
Bed skirt	
Pillows	2-4
Bath towels	6
Wash cloths	6
Hand towels	6
Bath rug	
(Enhancental)	
$\{Experimental\}$ Cooking classes \square Yoga cla	2022
Cooking classes	
Dance classes Spa trea	et l'elles
{Food & Wine}	
{Food & Wine} Wine delivery	
Wine delivery	
Wine delivery	
Wine delivery Gourmet food delivery	
Wine delivery Gourmet food delivery {New Home}	and address)
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Wine delivery Gourmet food delivery {New Home} Quarterly flower delivery Stationery cards (with new name Address stamps {Contributions to Bridal I Cooking classes Yoga classes Girls' day out Contributions *Family Contrib	Events } y and friends may want to ute to activities leading up
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Wine delivery Gourmet food delivery {New Home} Quarterly flower delivery Stationery cards (with new name Address stamps {Contributions to Bridal Cooking classes Yoga classes Yoga classes Girls' day out contrib Photo shoot to the Spa treatments {Bride-Specific Gifts} Wedding jewelry Wedding shoes	Events } y and friends may want to ute to activities leading up big day! { Wedding-Specific Go Engagement photo shoot Wedding photography
Wine delivery Gourmet food delivery {New Home} Quarterly flower delivery Stationery cards (with new name Address stamps {Contributions to Bridal} Cooking classes Yoga classes Yoga classes Girls' day out Photo shoot Spa treatments {Bride-Specific Gifts} Wedding jewelry	Events } y and friends may want to ute to activities leading up big day! { Wedding-Specific Grace Engagement photo shoot

Field & Field

Heidi Joynt



Field & Florist is a Chicago-based flower farmer and florist. We offer unique floral arrangement and styling for weddings, special events, and weekly deliveries. Sourcing from our own farm as well as others within the area,

we ensure that the flowers we arrange for you are uniquely stunning.

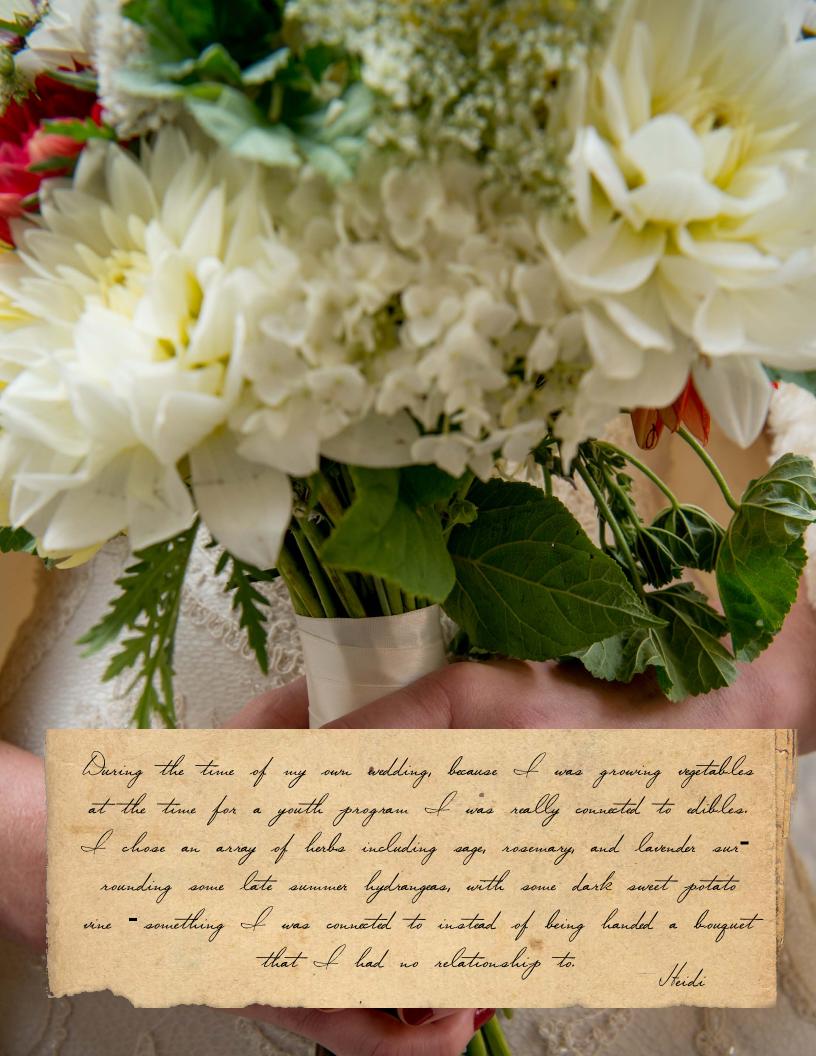
When choosing your bouquet and wedding flowers, I encourage couples to visit local botanic gardens and look at gardens growing around them to see what is available seasonally instead of choosing based on Pinterest. What types of flowers do you

feel connected to? Do you have special memories of flowers that were in your yard or on your street growing up? This is a chance to have your flowers tell a story and reflect something about you and be a meaningful statement on your special day.

I encourage couples to think about what is growing in their area locally. Not only will their flowers arrive looking their best and last longer, but also carry a smaller carbon footprint. Nearly 80% of flowers purchased in America are grown in and shipped from other regions of the world. There are thousands of flower farmers all around America eager to sell their products locally and can be found through www.slowflowers.com, a new site launching this fall 2013 by author Debra Prinzing. Ask your florist where the flowers are coming from and ask for locally or domestically grown!

- HEIDI JOYNT













Seasonal Reccomendations.

{Winter}

Domestically grown Garden Roses, Privet Berries, and Eucalyptus nuts.

Winter in the Midwest doesn't offer many blooms, but lots of interesting greenery, pods and twigs can be used in interesting ways. To supplement these, ask your florist for domestically grown flowers. Florists can work directly with growers from California, Texas, and other warm climes for the freshest flowers, as well as texture like Privet Berries and Eucalyptus nuts.

{Summer}

Dahlias, Clematis, Scabiosa

Summer offers so many different flowers, and these are among my favorite. I chose dahlias for their incredible range of color, texture, and architecture. Clematis offer another focal point but are less heavy and can drape to add shape and style. Scabiosa offer an airiness and whimsy that comes in interesting colors like raspberry, and dark maroon-ish black.

{Spring}

Peonies, Lilacs, and Hellehores.

Peonies are best this time of year and along with lilacs are lush and fragrant.. Hellebores, also known as the "Lenten Rose" are among the first blooms in colder climates and offer interesting and subtle colors that are elegant in spring bouquets.

$\{Fall\}$

Ornamental kale, Amaranth, feathery grasses

The textures and deep colors of fall are what is best about this season. Ornamental kale is one of the last flowers that withstand frost and come in long stemmed rose shapes in whites or deep pinks. Amaranth, grasses and other textures add depth to your bouquet off-setting your focal flowers.



Moroccan wedding inspiration

FASHION WEDDING PHOTO SHOOT BY SIEGEL THURSTON PHOTOGRAPHY

Photographer: Siegel Thurston Photography | Event Venue: Whispering Meadows at Lazy H Ranch | Hair Stylist + Wardrobe Stylist: Thorne Artistry | Favors + Gifts: The Gifted Horse | Floral Designer: Petals and Lace | Invitations: O Design | Dress Designer: D'Marie Couture | Equipment Rentals: Pow Wow Vintage Rentals | Jewelry: Sandra Nicole Designs | Bakery: Sweet Revenge

is Be Bright. Be Bold.



















Food Trucks "something new" are the latest and one of the hottest trend in weddings. Having a food truck cater your big day is a great way to give to local business {extra fresh & tasty!}, save on your budget, and give guests a unique dining experience. Whether you choose to go sweet {Cupcakes for Courage}, savory {Husky Hog BBQ}, or opt for late-night munchies {Big Star on wheels}, food trucks are a creative way to showcase your personal style as a couple. We hope you find our tasty shoot with Ocken Photography to be mouthwatering treat. #BeInspired

-RACHEL MOORE

There is no sincerer love than the love of food Seorge Bernard Shaw



{Consider the Season} A food truck may seem perfect for you summer soiree, but it could also result in your guests baking under a sizzling summer sun. Fall or Spring may be more ideal for your delectable surprise.

{ Consider the Location }

Food Trucks are perfect for a backyard wedding, a fete in the park, or any location without a Kitchen, but find out how much actual space the truck will need and if it will need any electrical connection. Some trucks may only be available on private properties.

{ Consider the Ratio }

You'll want to be sure you don't have any hungry guests. The general ratio of truck per person should be roughly 1:75. Every truck will have varying quotes, so be sure to get an exact quote from who you would like to you hire.

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Art Director & Stylist: Rachel Moore of Be U Weddings | Stylist: Shannon Brehm Photography: Ocken Photography | Catering: Big Star Catering Hair and Make Up: Maya P. Alluring Artistry | Floral: Field & Florist Bridal Gown: Claire Pettibone | Men's Attire: Wilfred Newman View our video shoot by KBH Media here.

hearty boys

Steve & Dan

The Hearty Boys; Dan Smith and Steve McDonagh are trend setting Chicago caterers and the perfect team to school #BeUGals on whiskey's time in the catering sun. The busy authors of Talk with Your Mouth Full, original winners of Search For The Next Food Network Star and hosts of Party Line With the Hearty Boys sat down to give you brides-to-be top notch tips on bringing your bar and food together in seamless union.

-Cassandra Thibodeau





- Cassandra and Hearty Boys -

{Q}Who is the Hearty Boys couple?

A I answer this question a lot when people ask if we get 'Bridezillas'. We don't get Bridezillas because people only need google us or visit our website to see who we are and what we're about. The difficult tightly wound couples go to a silver tray/tuxedoes company. We get the urban couples who want great food and an emphasis on a fun party. Our food, bar and staff all are tailored toward that couple...I love my brides & grooms (and grooms & grooms and brides & brides).

{ Q} It seems that whiskey is everywhere these days. Why should couples consider Whiskey for their big day?

A I focus heavily on bringing the restaurant/bar experience to the catered event. I don't want the bar to seem an afterthought or a "bar light" option. Since your guests are drinking whiskey frequently when they're out I like to feature a classic cocktail that includes it. This is also great because it introduces non-whiskey drinkers to the spirit in a non-threatening way. Meaning, they don't have to do the math when they get to the bar and figure out how best to enjoy the whiskey. I've already made it easy for them. I guess the other reason couples should feature whiskey is simpler and put in 3 words: "you'll look cool".

{ Q} In your opinion, what are the best whiskey cocktails?

A As we head past summer I'm sad to say goodbye to one of my catering staples this year; the Basil Julep. This is a simple and fresh twist on the Julep that I feature at our restaurant, HEARTY, and that also appears in my cocktail book "The New Old Bar."

2 ounces Bourbon

1 1/2 ounce Velvet Falernum*

4 ounce fresh Lime Juice

2 leaves fresh Basil

In a sturdy glass or cocktail shaker, use a muddling tool or end of a wooden spoon to crush and mix basil and lime juice. Add bourbon, falernum and ice; shake well. Strain into double old fashioned glass with ice. Garnish with a sprig of basil.

Yield: 1 cocktail

*Falernum is subtly flavored sugar syrup with a sweet and spicy character of vanilla, almond, allspice, clove, ginger. A quick internet search will yield recipes if you're feeling adventurous, but that same search may just point out where to find it online

What kind of food pairs well with whiskey? What would Hearty Boys whip up in the kitchen for the whiskey loving couple?

A Ooooh; smoke, barbecue, crunch, tomato, vanilla... I LOOOOVE our Root Beer Pulled Pork with whiskey. We will be doing our Duck Bacon Crostini, Mini Pulled Pork Sandwich on Pretzel Rolls, Gorgonzola Cheesecake Bite with Vanilla Pear Compote, Forest Mushroom Cannoli and Hearty Boys Kix Mix bar snack.

Looking to get a dose of Hearty before the big day?

Stop in to their Michelin recommended Lakeview restaurant, HEARTY, which received 3 stars from the Chicago Tribune and has received high praise for its "inspired and deft twists on iconic dishes". Not sure about you but I plan to pony up to the bar ASAP to indulge in some whiskey wonderful pairings!

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chicago wedding Allet

Donna Galvanauskas



Candy Buffets have been in the Top 10 Wedding Trends for over 6 years. I think it's safe to say that this sweet trend is not going away any time

soon. Chicago Wedding Candy Buffet designs custom Candy Buffets for all wedding related occasions including showers, engagement and bachelorette parties, rehearsal dinners, day after wedding brunch, and of course weddings. We love to play up the couples wedding colors by incorporating candy in the same color, going a shade or two lighter or darker,

and adding pops of metallics like gold and silver. We specifically designed this Candy Buffet for BeU Weddings to showcase this. We started with yellow candy and added punches of color by mixing it up with black, grey, white, silver, and gold. We are constantly searching for candies that are unique, whimsical, and taste great! We like to add custom confections like our gorgeous personalized fortune cookies, chocolate covered Double Stuf Oreos with coordinating hearts, and our hand painted peanut butter cups. We also create embellished tags and tie them with beautiful ribbons to add another dimension of color and texture. We build out each candy buffet six times to balance each layer so all of the colors are evenly distributed. It's truly a labor of sweet, sweet love.

-Donna Galvanauskas

; the only sweeter than candy is love





















elysia, root AROS



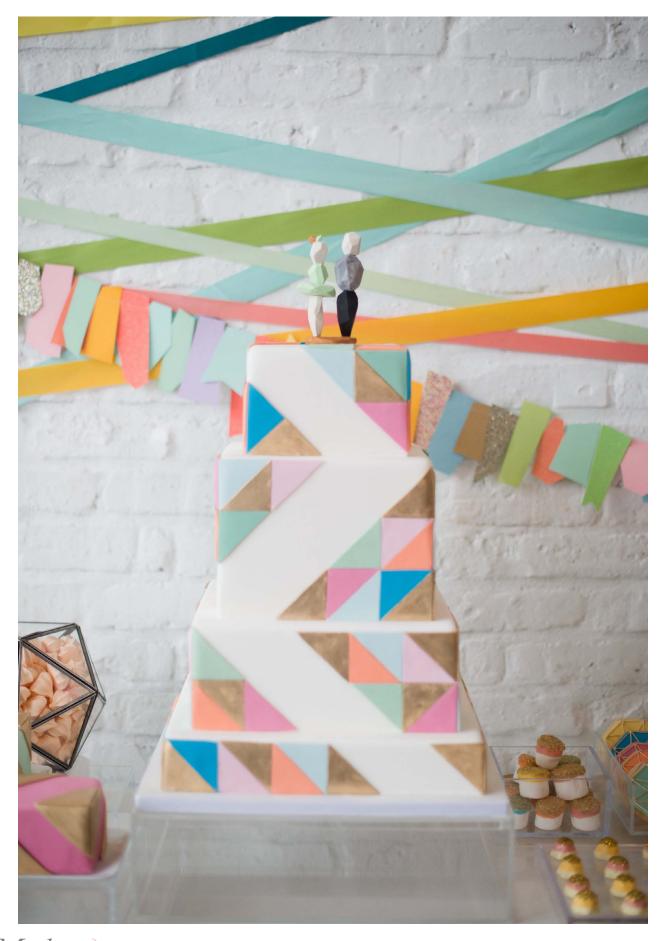
Elysia Root Cakes specializes in creating unique custom couture wedding and special event cakes. We are committed to exceptional taste and quality and believe that using the finest European chocolate and Italian buttercream, coupled with organic ingredients results in a scrumptious cake that tastes as good as it looks. We work closely with you to create a wedding cake that Always Couture, Always Custom, and Always Uniquely You!

-Elysia Root





{ Vintage } Vintage inspired purple and white cake with edible silver jewel medallion and vintage silver button accents. -Tunwa Yee of Edward Fox Photography



{Modern} Geometric designs and pastel colors accented with metallic gold inspired this modern square wedding cake look. Each triangle was hand-cut and applied in a fun geometric pattern that gave the cake a unique look depending on which angle you looked at the cake!



{Classic} A classic three tier white wedding cake with hand-crafted sugar flowers of garden and tea roses. The hand-painted water-color pink fondant ribbon accent was inspired by the invitation design. -Christy Tyler Photography

3 northside

RYAN HOBBS



Northside Brass provides elegant wedding music. We offer solo trumpet, brass trio, brass quintet, jazz trio, and a jazz quartet. We offer a wide range of music from classical to jazz that is perfect for a wedding ceremony or reception. Live music is a great way to enhance your wedding. Everybody gets flowers and good food, but not everybody has live music. It is a great way to make your wedding unique and memorable for your guests.

Northside Brass is great way to add live music without spending your entire budget. Unlike a full wedding band we offer smaller ensembles, which make your experience unique while still being manageable. We have years of experience and hold ourselves to the highest professional standards We are sure that you'll be happy with your investment.

-Ryan Hobbs, Owner, Northside Brass

I saw a man and he danced with his wife in Chicago Chicago, Chicago thats my home town...Frank Sinatra



At Northside Brass we provide live wedding music specializing in Ceremony and Cocktail music. We offer a few different ensembles:

For the Ceremony:

SOLO TRUMPET: Piano and/or Organ

 ${\bf Brass\,Trio:}\ {\bf Trumpet},\ {\bf French\ Horn},$

and Trombone

BRASS QUINTET: Two Trumpets, French Horn, Trombone, and Tuba

For Cocktail Hour:

JAZZ TRIO: Piano, Bass, and Drums

JAZZ QUARTET: Trumpet, Piano,

Bass, and Drums



ceremony

{Northside Brass Quintet Wedding Music}

Prelude
Gabrieli- Per Sonare No. 1-4
Buxtehude- Courante, Sarabanda, and Gigue
Handel- Largo from Xerxes
Die Bankelsangelieder
Delibes- Flower Duet from Lakme
Pachebel – Canon in D
Bach-Jesu, Joy of Mans Desiring
Processional
Handel- Air from the Watermusic
Clarke- Trumpet Voluntary
Purcell- Trumpet Tune
7.7
Hymn
Come, Redeemer of Our Race
Break Forth, O Heavenly Light
Now Thank we all Our God
Ceremony
Frank- Panis Angelicus
Bach- Air on the G String
Schubert- Ave Maria
Bach – Sheep May Safely Graze
Recessional
Mendelssohn- Wedding March
Mouret- Rondeau
Handel- La Rejouissance
Verdi- Triumphal March From Aida
Handel- Allegro Maestoso from Water Music
Postlude
Beethoven- Ode to Joy
Vivaldi- Spring: From the Four Seasons
Campra- Rigaudon
Charpentier- Te Deum



cocktail hour

{Northside Brass Jazz Quartet}

Set 1

All The Things You Are

Desafinado

Beautiful Love

Dream a Little Dream

Bewitched

Blue Bossa

Blue in Green

The Blue Room

Bluesette

Body and Soul

Can't Help Lovin Dat Man

Cotton Tail

Could it Be You

Don't Get Around Much

Take Five

Georgia On My Mind

Confirmation

For Sentimental Reasons

Girl From Ipanema

God Bless the Child

Here's that Rainy Day

How High the Moon

I Can't Get Started with You

I Can't Give You Anything but Love

I love Paris

Set 2

The Way You Look Tonight

Witchcraft

When I Fall in Love

World on a String

Fly Me to The Moon

In a Sentimental Mood

Lady is a Tramp

Under Skin

My Way

I Get a Kick

Satin Doll

My Funny Valentine

Come Fly

Night and Day

All of Me

Embraceable You

When You Wish Upon a Star

Solitude

Stella By Starlight

Sunny Side of the Street

A Man and a Woman

Set 3

Young at Heart

You're Nobody Till Somebody

Loves You

For All We Know

Autumn Leaves

Can't Take My Eyes Off You

Someday My Prince

Pick Yourself Up

Let a Song go out of my heart

Lullaby of Birdland

Chicago

A Foggy Day

Learnin the Blues

Nice N' Easy

Days of Wine and Roses

Lets Get Away from It All

Summer Wind

Time After Time

Nancy with a Laughing Face

One for my Baby

I Concentrate on You

It don't Mean a Thing



Cage and Aquarium is a premier event deejay, photography, and live music service in Chicago and New York. Our passion for the arts coupled with our unmatched industry professionalism makes us who we are, and we fully understand the important role we play in the success of your private, or public event. C and A services can set a vibe, change a mood, or define a moment. And most importantly, our staff is committed to partnering with you every step of the way to complete the overall vision you hold for your event.

{C+A RETRO MIXTAPE}

- I. Sex Machine James Brown
- 2. Give Up the Funk Parliament
- 3. Apache (Jump On It) Sugarhill Gang
- 4. You Make My Dreams Hall & Oates
- 5. Together Forever Rick Astley
- 6. Suit and Tie Justin Timberlake
- 7. No Diggity Blackstreet
- 8. Return of the Mack Mark Morrison
- 9. Raise Your Glass Pink
- 10.1 Love It Icona Pop

{PHOTOGRAPHER SHOT LIST}

Besides the obvious moments, details and posed pictures photographed throughout the day, there are always a few moments we see at a lot of weddings that make for great memories. They might not make your typical shot list, so be sure to add them!

The bride and her father just before they walk

down the aisle.

groom's life reacting to the ceremony.
Whatever the flower girls and ring bearers are doing to stay occupied during the ceremony.
The groom as he fiddles with his new wedding band.
Close-ups and candids of the couple throughout the day as they laugh together, hang out with their bridal party, greet guests together, etc.
Newly joined families enjoying each others' company (i.e. the mothers of the couple sharing a moment together).
The mother of the bride watching the bride/father dance.
One last shot of the bride and groom, in the midst of having a blast at the reception.
Or come up with your own!



"A galactic memory machine" seems a fitting description of The Traveling Photo Booth, brought to life by the inhabitants that step within. The finished photo strips capturing a moment in time, "living art" so to speak. The booths themselves preserve the charm and allure of yesteryear, injected with the state-of-theart technology that will leave your guests looking their best. Add-ons such as real-time enhancements, spectacular doubles, Super Tones®, onsite reprints and video previews will leave your guests clamoring to jump in. Be sure to ask manager De Blennis about the time he played ping pong in Adam Yauch's studio {yes, that Adam Yauch of the Beastie Boys. Now that you have the cool take-home locked down, move on to crossing more wedding to-do's off your list.

-Cassandra Thibodeau

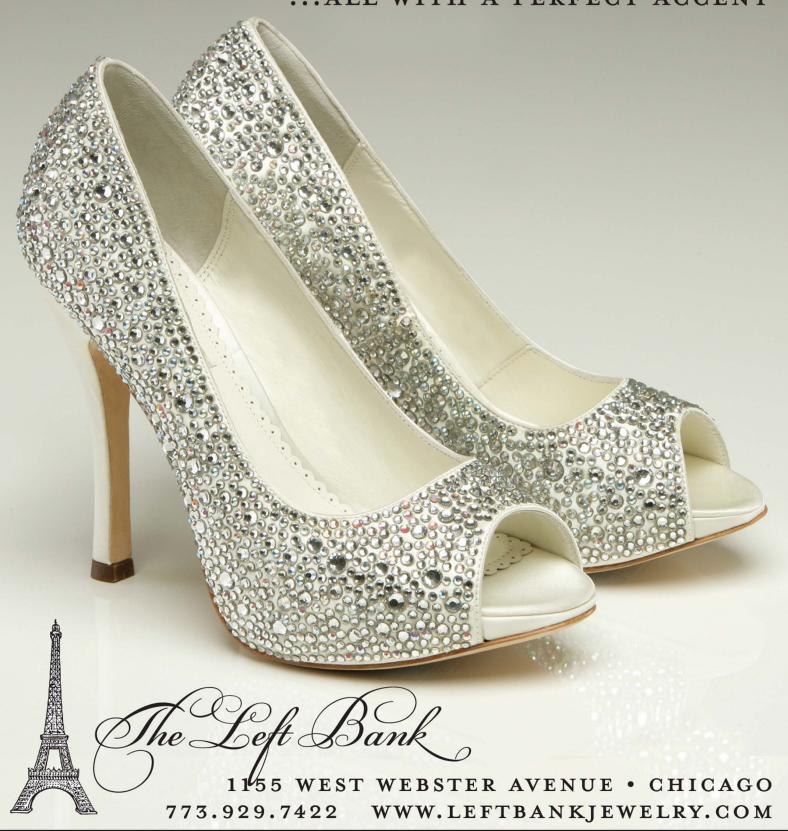
{Courtesy of The Traveling Photo Booth}





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Bridal Day

JACKIE JAMES



Months of infinite planning have gone into your picture perfect wedding day and then the unthinkable...a spill, a tear, a hair out of place. Life's uncertainty's can

sneak into the big picture at the wrong moment. Your picture perfect day tarnished, unless your packing a Mojuba bag. The line of luxury bags are filled to the brim with every little item needed to save the day, a magical bag of tricks.

After 20 years as a wedding and event planner, creator Jackie James has seen it all, and her experience inspired her to create Mojuba Wedding. Mojuba Bride and Mojuba Groom are bags filled with an abundance of thoughtfully chosen, chic, and must-have

items so that couples can look back on their special day and say with complete confidence that everything was "perfect." Jackie named the bags "Mojuba" in honor of her late brother-in-law who inspired her to start her own business. In her brother-in-law's South African culture, Mojuba is a prayer of praise and tribute and also a bag of magical items that bring joy and happiness.

Both Mojuba Bride and Groom bags are full of treasures to share with the wedding party, along with a thoughtful, unique gift for the bride or groom. They are beautifully presented in chic and dramatic boxes that can later be used to store keepsakes from the wedding day. Usually handcrafted and discovered during James's travels, the gift is distinct and ever-changing, reflecting the essence of Mojuba—of praise, tribute, and a beautiful journey beginning on the wedding day and continuing long thereafter.

-Cassandra Thibodeau







"Even after months of planning and countless hours considering every last detail, unplanned things happen on your wedding day. Maybe the best man was in a rush and has a nick from shaving, or the flower girl spilled on her dress and there's a stain. Perhaps the groom lost a button, or the maid-of-honor's hair won't stay put. Being prepared for those moments can turn a stressful wedding day into a magical one." ~ Jackie James



