



## Amona Buechler

Owner, Lake Side Café and founder of IMU

Amona Buechler enjoyed a golden childhood with lots of traveling and school in Germany. After 10 years of carpentry work all over Germany, she then went to Italy for professional Feldenkrais training, and has now been in Chicago for 10 years. While in Chicago, she started a wellness sales company, *Bestmassage.com*. Later the Lake Side Café and the Inner Metamorphosis University (IMU) manifested as a way of sharing her lifestyle—vegetarian organic food, meditation and celebration—with the public. ([lake-side-cafe.com](http://lake-side-cafe.com), [lifesurfing.org](http://lifesurfing.org))

» **How I relax at the end of the day...**

Meditation at the IMU and then dinner at Lake Side Café with friends. On warm summer nights I love to walk through the neighborhood.

» **Where I go to connect with nature...**

In the parks along Lake Michigan every day. I go for walks, biking, swimming and jogging. The fresh air on my face is one of the best things.

» **Best place to grab a meal...**

Lake Side Café of course. I also like the Sea Ranch in Evanston (great Soups), the Union, Campagnola, Ethiopian Diamond and Thai Spice.

» **Why I love Chicago...**

Lake Michigan combined with the city life is great.

» **Something everyone in Chicago should do...**

Have a drink at the top of the John Hancock building, swim in the lake, or ride along the lake and enjoy our skyline, hang out downtown and visit Millennium Park.

» **The most peaceful place in the city...**

The Lake Shore (gotta find the hidden spots), our meditation room and early mornings in the streets, especially Sundays.

» **How I stay healthy...**

I don't let myself become a couch potato, I stay curious, explore and don't settle into a routine. I also meditate, eat organic, spend time with good friends and basically just enjoy life.

» **I'm most passionate about...**

Movement, creating, meditation and silence, nature.

» **If I could change one thing about Chicago...**

I'd create a roof top garden culture everywhere, so we could all spend time on the rooftops on warm summer nights.