



Meet Kathie Notarfonzo owner of Inner Peace Floats, LLC...

1. Describe Your Business:

Inner Peace Floats was formed through the desire to give people another option in their toolbox for health and healing. Inner Peace Floats, LLC is a comfortable space where people can duck out of the craziness of their everyday life, recharge and enjoy quiet. They currently have two private float rooms where you shower and enter your float space. 1,000 lbs. of pharmaceutical grade Epsom salt dissolved in only 10 inches of water. The water and air temperature are only 94 degrees – roughly the same temperature as your body. You lay back and essentially just “float!” With no stress on your joints and muscles, this gives your body a chance to relax. The Epsom salt is what keeps you “afloat” and is good for aches and pains, AND if you choose to

turn the soft lighting provided in each room off, you’ll get to experience the benefits of sensory deprivation. Imagine a full 60 or 90-minutes where you’re not being bombarded by external stimuli! Your session ends with soft music playing letting you know it’s time to come back to your physical self, shower, and go back out into the “real” world a better person!

Inner Peace Floats, LLC has two wonderful massage therapists that work out of their space, and also offer Integrated Energy Therapy, essential oils, holistic health coaching for weight loss, as well as occasionally serving simple, nourishing, vegan options out of their commercial kitchen.

Kathie recently purchased the building that Inner Peace Floats is settled in and plans to make the upstairs a space for health related classes and events in addition to being an Airbnb and retreat space.

2. Tell us your story:

In addition to working for New York State Parks for the past 33 years, Kathie has been part of the Exercise Enterprise family in Watkins Glen, NY for 31 years. Kathie teaches and manages classes at Exercise Enterprise and has always been passionate about health and wellness. Kathie mentioned that she struggles with weight, “I’ve surpassed my Group Fitness Instructor certification and obtained my Personal Training certification recently along with Yoga, Spinning, TRX, Tai Chi, and recently obtained her Holistic Health Coaching Master’s Certification and will be working on a weight-loss program that includes various body work as well as all of the healing modalities that I believe in.” When Kathie learned of and experienced floatation therapy for the very first time, she just knew that Schuyler County, NY needed this in the area as it can help such a broader spectrum of clients that she would never get to come into the gym setting. Kathie’s goal is to retire from her career with Parks and make herself available to work within our community and help others through Yoga, Floatation Therapy, and various other group fitness and healing opportunities.

3. What has helped you succeed and gain experience?

There has been no one thing that has helped Kathie or her family succeed, rather a cumulative number of things and of people that have taken time out of their day to talk to her when she was conjuring up this idea. “Everyone had something to offer that helped me turn my dream into a reality and get me on the path to gaining what I needed to get started. Even if it was just the challenge of them thinking that this isn’t a good idea! The biggest thing I’m learning is to trust my intuition and to take things one step at a time. When you look at the big picture it is very scary, seemingly impossible, and oh so easy to just make excuses and not do it. So taking off small bites and consistently moving forward was the best way for me to be successful and gain experience along the way.” It was Kathie’s mission right from the beginning to never make it stressful, just trudge ahead a little at a time – realizing that she didn’t know everything and that, that was ok.

4. What inspires you?

Making a difference inspires Kathie, daily and it’s what keeps her driven. To have that one person leave feeling just a little bit better is worth its weight in gold to Kathie. What she does isn’t for everyone and she respects that, but having that one person say that what Kathie did made a difference for them – whether it’s physical or emotional, whether it’s a quote, a workout, Yoga, an oil, or a float – or even just a space she provided for them – that’s what she’s signed up for. Making a difference.

5. What keeps you up at night? What are your challenges?

Kathie stated, “There’s always that self-doubt, if you’re good enough or wondering if you’re going to continue to grow as a business,” “but all in all I tend to put my focus on gratitude. Gratitude and appreciation for all I have and especially truly enjoying having the opportunity to grow this business with my children, groom and coach them, and provide them with skills and experiences that will last a lifetime...long after I’m gone.”

6. What is your favorite local activity?

Of course, Kathie is partial to our beautiful local NYS Park and the natural beauty it offers, but she also loves spending time at the head of Seneca Lake watching sunsets. At least once each year Kathie and her husband camp locally and play tourists in our own town. It’s a beautiful place we live and Kathie doesn’t take it for granted!

7. What else should we need to know about you?

Kathie organizes the annual Turkey Trot! Be sure to join them the morning of Thanksgiving Day, this year kicks off the Fifth Annual Turkey Trot and will start promptly at 9:00 a.m. at Landon’s Pub where they begin their morning being thankful and with movement! It’s one of the most laid back 5k’s you’ve ever experienced! You don’t have to run....you can walk. Dogs are welcome and encouraged, as everyone likes to see them! Entry fee to participate is canned goods/non-perishable foods to fill our local food pantry. This is by far one of Kathie’s proudest moments when the group FILLS the food pantry’s van with goods for our local people that are hungry!