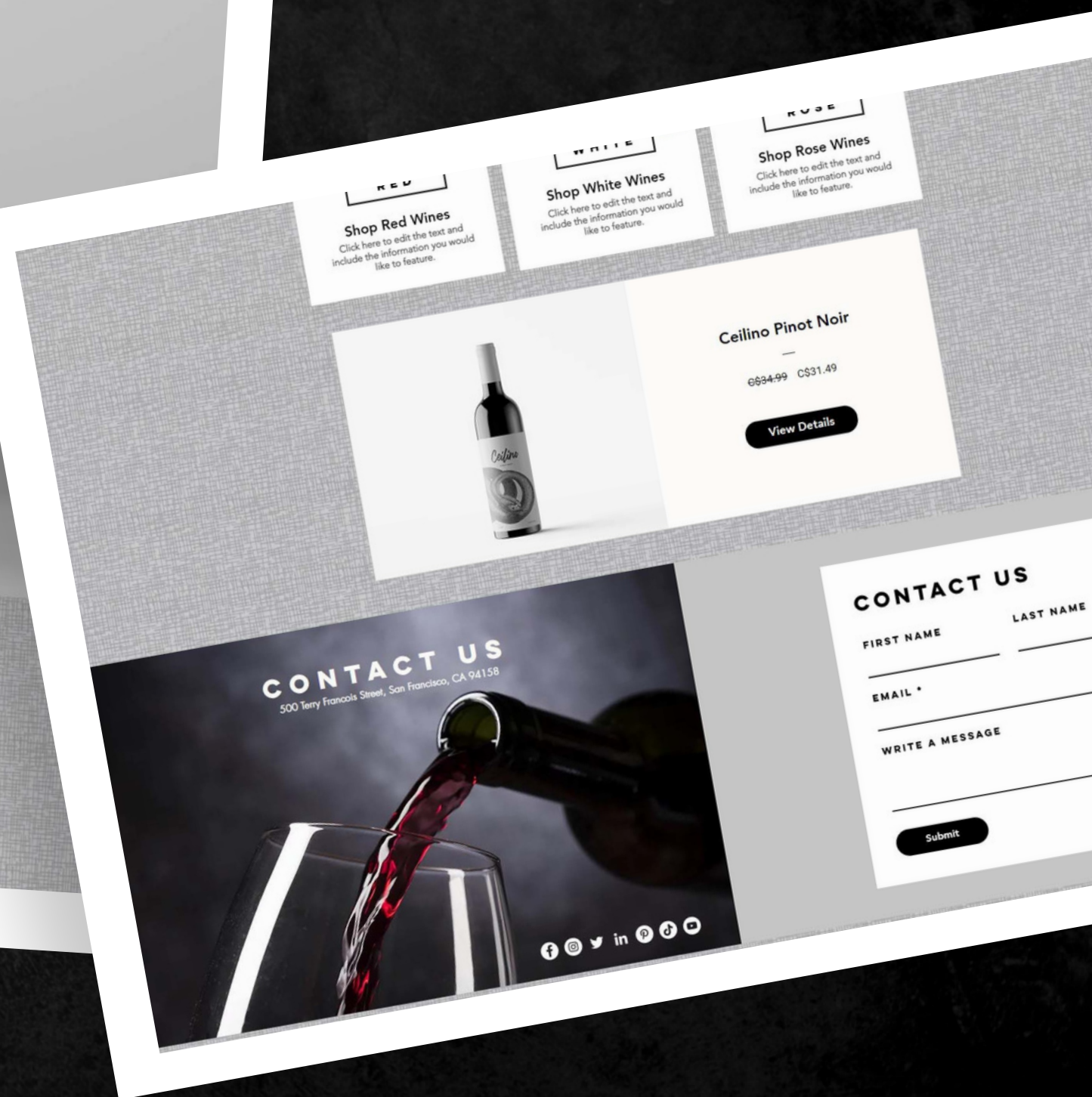
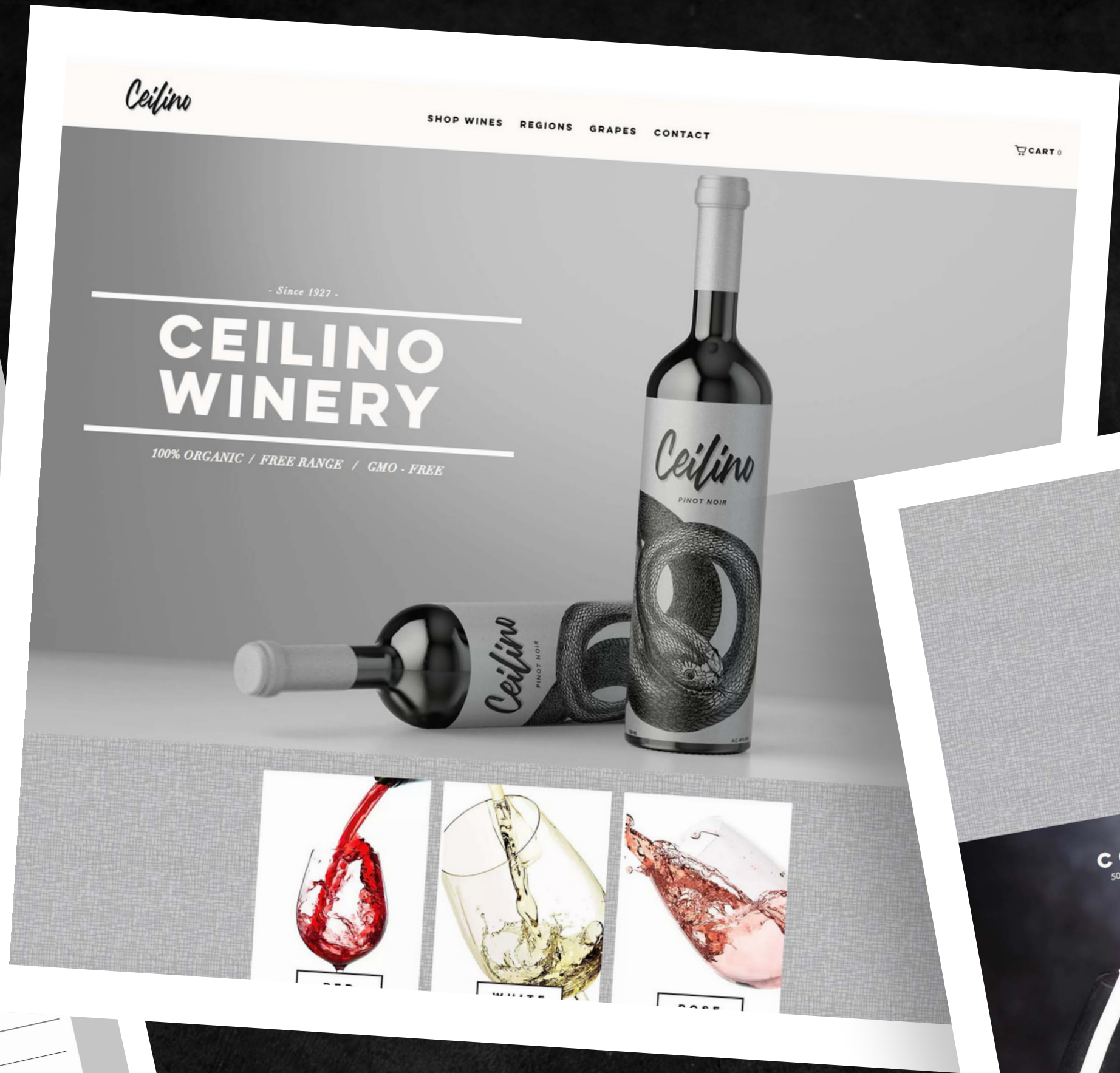
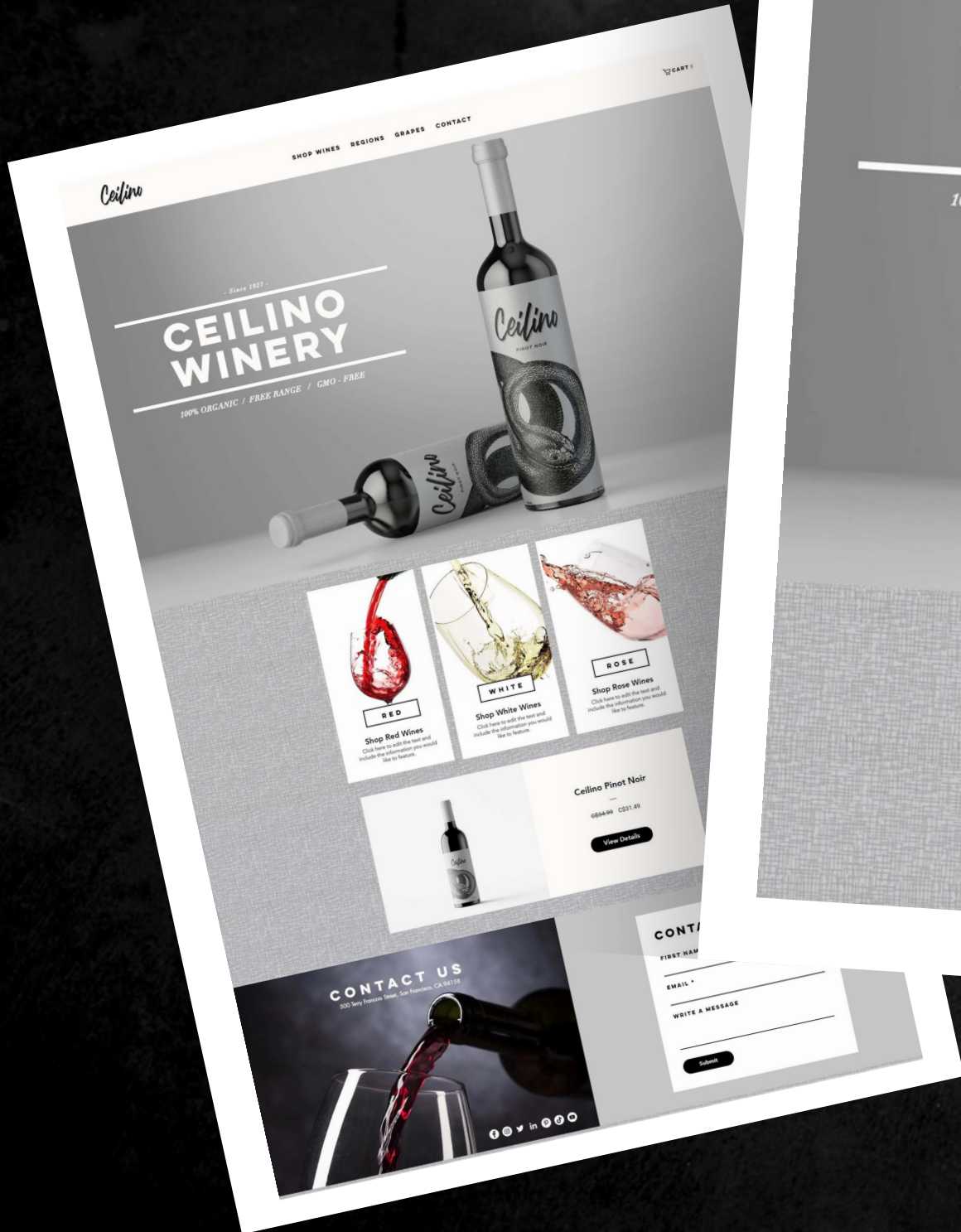


mackenzie
atkinson





Distinctly different.



You acknowledge that there is a government warning concerning the health effects of consuming alcoholic beverages:
Government warning: (1) According to the Surgeon General, women should not drink alcoholic beverages during pregnancy
because of the risk of birth defects. (2) Consumption of alcoholic beverages impairs your ability to drive a car or operate
machinery, and may cause health problems. Drink responsibly.

Ceilino



FOR FURNITURE THAT GIVES ANY HOME
THAT FAMILIAR HOME FEELING.

Caravan
FURNITURE

2

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CARAVAN HISTORY

The company began with its founder, Robert McCoire - a man with a passion for all things woodworking. At a young age McCoire picked up woodworking, carving spoons and forks with wood found outside. This skill developed into his craft now at Caravan, where all furniture is hand crafted and designed by McCoire and the Caravan company family.

WARRANTY POLICY

Caravan's Warranty Policy honours you and the craft. Due to the sizing and delicacy of the product, caution is distributed to consumers that states, while we do our best to ensure the safety and quality of your product upon delivery - the treatment of the package once sent from our warehouse is not within our control. Due to this, we fully honour any replacements or refunds (Some exceptions apply. Please contact Caravan for additional information.) that occur due to damage in transit. User damage voids any potential warranty and misuse or abuse of Caravan products is unacceptable.

ABOUT CARAVAN

Caravan is a high end furniture and home decor retail company. Caravan currently holds 25 dedicated staff members. Each with their own unique craft, talent, vision and design. Each offer their insight and their craft onto each product that is put out. All items created by Caravan are guaranteed to be made by hand by our passionate staff. Caravan offers a variety of products,

ranging from standard furniture pieces to various knick-knacks and home decor. Caravan prides themselves in their diverse furniture creations. No matter the aesthetic, whether it be: modern, farmhouse, industrial, etc., Caravan aims to have products that target a variety of demographics to allow the perfect home.

3



Specializing in high end furniture and home decor.



Caravan
FURNITURE
2021 CATALOGUE



Stunning industrial sidetable. Gold etileum accents. Pressure treated wood. Wheels on the bottom of the feet to allow for ease of transportation.

\$230.00



This table functions as both an office desk or a work desk. Drawers are accessorized with keyholes.

\$199.99



This table functions as both an office desk or a work desk. Drawers are accessorized with keyholes.

\$150.00



This unique pattern atop this living room table was carefully



Spruce treated wood, circular side table. Thick metal. Industrial



Powder Room table made from a dark cherry treated wood. Gold



Double leather seats. Known for their comfort and sleek style. Form fitting. Gorgeous, industrial wooden legs. Price for individual item.

\$99.99



Double yellow dining chairs. Made from pine wood, treated and carefully stained and carved. Price for individual item.

\$59.99



Double suede blue chairs with a thick oak treated wood arm rests and legs. Price for individual item.

\$99.99



Rustic love seat. Please note that the additional decor pillows



A beautiful beige faux leather love seat. Sturdy floor grips allow this



Clean, stunning white faux leather love seat. This love seat, with its





ONE DROP IS ENOUGH.







LET'S TALK: THE FUTURE OF MODERN DANCE

Dance floors tend to be sweaty places for a reason. All of those shimmys and shakes burn energy like you wouldn't believe—and come with many other surprising health benefits, too. When you cut a rug, you can expend more than 300 calories every half-hour, according to a report from the University of Brighton in the UK. That meets or exceeds the amount of energy you burn during an easy run or swim, the report shows. Even relatively lame forms of dance burn about the same number of

calories as cycling. Dancing demands a lot of energy output because it involves "movement in all directions," says Nick Smeaton, a principal lecturer at the University of Brighton and coauthor of that report. While running, swimming and other popular forms of physical activity use rhythm and momentum to keep you moving, "there is a lot of accelerating and decelerating in dancing, which the body is less able to do in an energy efficient way," Smeaton says.

If running is like driving on a freeway, dancing is more like motorizing through a busy city, he says. All of that starting, stopping and changing directions burns a ton of fuel even though you're not covering a lot of ground.

Of course, the amount of energy you expend has a lot to do with how hard you're pushing yourself. A gentle two-step isn't going to measure up to an intense, hilly run. But torching calories isn't the only upside to dancing. Just as trail running and hiking better engage your lower-body joints and muscles than straight-ahead, level-ground locomotion,

DANCE, DANCE, DANCE.

the up-and-down and side-to-side movements of dance may likewise activate and train many of your body's little support muscles and tendons. Like other forms of cardio exercise, dancing also seems to have mood and mind benefits. A 2007 study found that hip hop dancing improved energy, buoyed mood and lowered stress in ways similar to aerobic exercise.



A more recent study, published earlier this year in *Frontiers in Aging Neuroscience*, linked dancing to improved "white matter" integrity in the brains of older adults. Your brain's white matter can be thought of as its connective tissue. That tissue tends to break down gradually as we age, which leads to a loss of processing speed and the thinking and memory problems that arise later in life, says Agnieszka Burzynska, an assistant professor of neuroscience at Colorado State University and that study's first author. Burzynska and her colleagues looked at engaged in regular walking, stretching or dancing programs. White matter integrity declined among the walkers and stretchers, but improved among those who danced three days a week for six months. "We saw this benefit in one area of the brain, not everywhere, and our findings are preliminary," she says. But the early results

are promising.

The psychological benefits are also impressive. For decades, some therapists have prescribed dancing as an effective therapy for those who suffer from social anxiety or fear of public speaking. The idea: If you can loosen up enough to boogie in front of strangers, you're a lot less likely to feel self-conscious when hanging out or speaking in front of an audience. Research dating back to the 1980s supports the idea that dancing can curb anxiety.

Dancing also seems to encourage social bonding and what psychologists call "self-other merging." Like chatting with a stranger and finding out you both attended the same school or grew up in the same neighborhood, moving and grooving in rhythm with others lights up brain pathways that blur the barriers your mind erects between yourself and a stranger, and so helps you feel a sense of connection and sameness, suggests a study from the University of Oxford.

"And those who were seen dancing were thought to be insane by those who could not hear the music."

— Friedrich Nietzsche





HOME

ABOUT

THINGS TO DO

DESTINATIONS

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PLANNING A TRIP?



The wait is finally over! Newfoundland and Labrador has officially reopened for Canadian travellers. We've got wide open spaces, plenty of fresh ocean air, and some of the friendliest people you'll ever meet. We're more than ready to welcome you.

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GALLERY



MacBook Pro



PLANNING A TRIP?



The wait is finally over! Newfoundland and Labrador has officially reopened for Canadian travellers. We've got wide open spaces, plenty of fresh ocean air, and some of the friendliest people you'll ever meet. We're more than ready to welcome you.

ITINERARIES



Out here, there are times when you might want to get lost in this land, but to help you find your way, we have crafted these customizable travel itineraries.

GALLERY

