

Foodies & Yogis



Calling all soul seeking, health conscious, cuisine curious peeps!

Most bodies & minds need assistance after a lifetime of, well, less-than-stellar choices.

Let herbs be the tool to help bridge your natural lifestyle from on to off the mat.

Open to **ANYONE** who is looking for simple, easy steps to beat stress, manage pain or anxiety, induce rest, relaxation and optimal health.

Applications of Healing Herbs & Spices

This awesome NEW series at Sanibel Community House starts with a 1hr skillfully designed & themed *Beginner friendly* yoga session led by Certified Yoga Therapist & lifelong Holistic Health educator Dr. Susan Pataky. (*Think personalized, accessible & super informative*). Immediately following will be a De-licious & Nutricious healthy meal prepared by resident Chef, Jared Harris. Each segment features a different healing herb/spice along with loads of info on the applications in the kitchen & medicinal usefulness for the body/mind systems.

Sat. Oct 21-Lavender, Lungs, & Life Force

Sun. Dec 17th-Basil & Back Care

Sun. Jan 7th 2018- Mint & Meridians

Fri. Feb.23- Indian Cuisine & Corpse Pose w/ Yoga Nidra

Sun. March 25th-Rosemary & Restorative Yoga

Sun. April 22-Chocolate & Chakras

May- Dandelion, Down Dog-Deep Cleanse

Anyone interested in a healthier body, clearer mind, a greener planet, & connect with community,

Join US... 4-5pm Yoga/5-6 Food

Pre-Register Please. ♥ Call Today! 239-472-2155. Event Price -\$49-(Food & Yoga)