

OCTOBER 2009

CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 9am-9:30am Guided Meditation Breakfast	7	8 5:30pm Fuad from Ryder Farm On Organic Gardening	9	10
11	12	13 9am-9:30am Guided Meditation 7:00pm Cooking Class	14 4:30pma to 5:30pm Oriental Facial Diagnosis With Dre	15 5:30pm-630pm Sharon From Sophia Natural Health. Semi- nar on Brest Cancer	16	17 2pm-3pm Dre Dretzin on Holistic Dentistry
18	19	20 9am-9:30 Guided Meditation	21	22 5:30pm-6:30pm Joe Brandt Wild foods foraging	23	24 11am The Parameters of Authentic Power. Seminar By Angela Marie Riemma.
25	26	27 9am-9:30am Guided Meditation	28 4:30pma to 5:30pm Oriental Facial Diagnosis With Dre	29 5:30pm-6:30pm Raw Food Basics	30	31



Nature's Temptations

Questions? Ask: diego@naturestemptations.com

32 Prospect St
Ridgefield CT 06877
203.438.5443
www.naturestemptations.com

Guided Meditation Breakfast: 30 Minute guided meditation by Reiki Healer Francis Sisti — de-stress, and relax to begin your day. Enjoy a quite relaxing morning to center yourself and nourish your body with a whole food breakfast. Tuesdays & Thursdays. 9am-9:30am \$8.00 — Space limited, call to reserve your sanctuary.

Oriental Facial Diagnosis: Did you know the face reveals imbalances in the organs and emotions? Sign up for free individual readings with Dre Dretzin CHHC. (15 Minute Readings)

Dre Dretzin on Holistic Dentistry: Small seminar by Dre on Holistic Dentistry. Ask Dre for more info at Dre@naturestempations.com

Fuad From Ryder Farms: Small seminar on organic gardening.

Joe Brandt: Small seminar on wild foods foraging.

Raw Food Basics: Small seminar with Francis about raw food: what tools to use and how to prepare them.

The Parameters of Authentic Power: Seminar by Angela Marie Riemma

Fear or Love: What motivates our thoughts, feelings and actions

Power comes from **Who** you are, **not What** you have

Connecting to Authentic Power

The Seven questions that create the Authentic Power Paradigm

Saturday October 24 2009 11am-noon

Natures Temptation Ridgefield Ct

RSVP is required

Cooking Class: to be announced. For info e-mail Chef Liz at organicmeals@yahoo.com

Brest Cancer Seminar: **"Women's Health Issues: A Natural Approach to Breast Health, Hormone Balancing and Anti-Aging"**