

MARCH 2009

CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 12am to 1:30pm Curing Diabetes / Book Review + Lecture With Dre	2	3 8:15am-9am Guided Meditation Breakfast	4 12:30am to 1pm Yoga Talks with Ella	5 8:15am-9am Guided Meditation Breakfast	6	7
8	9	10 8:15am-9am Guided Meditation 5pm to 6pm Why Eat Raw? with AJ	11 12:30am to 1pm Yoga Talks with Ella	12 8:15am-9am Guided Meditation Breakfast	13	14
15	16	17 8:15am-9am Guided Meditation Breakfast	18 12:30am to 1pm Yoga Talks with Ella 4:30pm to 6pm Oriental Facial Diagnosis With Dre	19 8:15am-9am Guided Meditation Breakfast	20 7:30pm to 9:30pm <u>Celebrate Spring:</u> Friday Night Community Dinner	21
22	23	24 8:15am-9am Guided Meditation 7pm to 9pm Top 3 Proteins Cooking Class	25 12:30am to 1pm Yoga Talks with Ella	26 8:15am-9am Guided Meditation 11am to 2pm 20 Minute Facial Larenim Makeup	27	28
29	30	31 8:15am-9am Guided Meditation 3:30pm to 4:15pm Kick off to juice lecture	1	2	3	4



Nature's Temptations

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Curing Diabetes: Lecture on the cure for Diabetes and the newly released book by Dr. Gabriel Cousens presents a breakthrough approach: reverse type II diabetes through practical changes in nutrition and well-being in 21 days. Presented by Dre CHHC.

Guided Meditation Breakfast: 20 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. 8:15am-9am. \$8.00 — Space limited, call to reserve your sanctuary.

Why Eat Raw? AJ Wentworth, certified Live Food Instructor, loves healing and satisfying people with the wonderful taste and beauty of whole foods. Come and enjoy his lecture on why eat raw? Learn the importance of this healthy lifestyle and taste the benefits! Raw food will be served.

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)

Friday Night Community Dinner: Our first dinner! Come enjoy an evening out, bring your wine and enjoy a 4 course family style dinner. Reservations required. \$40 Per Person — Live Music — Dinner starts at 7:30pm.

Cooking Class, Top 3 Proteins: Explore the vegan life with tofu, seitan, and tempeh. This class will explore the benefits of adding these proteins to our diets. Recipes will include appetizer, salad, main course, and dessert. Chef Liz Gagnon is professionally trained in vegan cooking. \$50 Per Person, call to reserve your space!

Larenim Mineral Make-up: Book your 20 minute make over with Nina. Learn the benefits of using mineral makeup — Larenim Mineral Make up is great for sensitive skin. It has the right minerals that refresh and rejuvenate the skin. Call for your free 20 minute appointment.

Kick off to juice lecture: Lecture by Francis Sisti discussing in depth, the importance of fresh raw juices.

Free Yoga Talks with Ella Lockett:

Every Wednesday in March 12:30-1pm (babies welcome!)

Yoga is not just stretches and poses, it is a whole system which focuses on vitality and inner peace. Learn some of the core yogic philosophies, which will settle your nervous system and help you access a deeper strength within. This is a fun relaxed way to learn more about yoga with out having to put on your stretchy pants! So grab a sandwich or a tea, have a seat, and experience the wisdom of the ages with Ella!

Ella is a certified Ashtanga and JivaMukti Yoga Instructor, and has been teaching for over 7 years in both California and NY. She has taught members of the San Francisco Ballet and Stomp. Ella practices vedantic meditation and incorporates a deep understanding of the whole yoga system into each of her powerful vinyasa flow classes and private sessions.