

# FEBRUARY 2009

## CALENDAR OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>12am to 1:30pm</b> Happy Healthy Heart 15 Ways to Prevent Heart Disease	2	3 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	4	5 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	6	7
8	9	10 <b>7:45am to 8:30am</b> Guided Meditation <b>7pm to 9pm</b> Valentine Cooking Class	11	12 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	13	14
15	16	17 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	18 <b>4:30pm to 6pm</b> Oriental Facial Diagno- sis With Dre	19 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	20	21
22 <b>11:30am to 2:45pm</b> Raw Experience (Intro to Raw Food, Deli Op- tions and MOVIE)	23	24 <b>7:45am to 8:30am</b> Guided Meditation Breakfast	25	26 <b>7:45am to 8:30am</b> Guided Meditation <b>11am to 2pm</b> 20 Minute Facial Larenim Makeup	27	28
1	2	3	4	5	6	7



**Nature's Temptations**

Questions? Ask: [diego@naturestemptations.com](mailto:diego@naturestemptations.com)

32 Prospect St  
Ridgefield CT 06877  
203.438.5443  
[www.naturestemptations.com](http://www.naturestemptations.com)

Happy Healthy Heart: 15 ways to prevent heart disease — 90 minute lecture — Dre Dretzin CHHC will present a holistic review of 15 ways to prevent heart disease . FREE EVENT

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. 7:45am to 8:30am Tuesdays and Thursdays. \$8.00 — Space limited, call to reserve your sanctuary.

Valentine's Day Cooking Class: Make a romantic dinner at home this valentines day — Come and learn how to prepare a four course dinner with romance in mind. Space limited call to register (203.438.5443) \$60.00 Per Person / non-refundable.

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)

Raw Experience: Chef Liz and Francis Sisti will introduce the raw food section of the deli lunching the week of Feb 22nd. We will also be showing the “Simple Raw” food movie. OPEN FREE TO ALL

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