

Come, Eat Like a Yogi!

Yoga, Meditation & Saatvik Lunch



Join us for a unique Mind-Body Wellness package deal. Yoga, Guided Relaxing Meditation and brief introduction to Ayurvedic and Yogic principle based "Saatvik" lunch (pure vegetarian, energizing and detox meal). Experience and recognize the 6 tastes that help keep your physiology in perfect balance!

Eat a Yogi's favourite lunch, Khichadi: rice, moong daal, vegetables & seasonings; Sweet n sour Chutney: tomatoes, dates & raisins and a rice pudding desert. All freshly cooked in Purnima's kitchen!



Nourish the Body and Purify the Mind

When: June 3rd, 2018

Where: Wellness Workshop HQ, Unit 8, Radium Plaza

Time: 11 am to 2 pm

Cost: \$45 (early bird \$35 pay by May 31st 2018)

Facilitator: Purnima

Call/text: (778) 316 - 6371

Email: purnima@wellnessworkshophq.com