

Come Experience a Yummy Yoga Practice and Learn about Nutrition

with Gina Puccinelli and Jody Emerson Quintana

Saturday, March 23, 2019, 3:00-5:30 p.m.

Everyone is Welcome!

Yoga Center of Carmel



In this workshop we will weave a discussion of nutrition into a well rounded yoga practice with pranayama, asana and meditation. In today's world theories about nutrition abound. It can be confusing to determine what and how we should eat. Just as we must listen to our bodies in a yoga class to prevent injury, so must we listen to our body's many cues to find the foods and eating behaviors that work best *for us*.

Facilitators: Gina Puccinelli, certified Yoga Instructor and Massage Therapist, and Jody Emerson Quintana, Certified Yoga Instructor, Nutrition Consultant and Massage Practitioner.

- How can your yoga practice help your digestion?
- Is it worth the extra cost of "organic" food?
- What is Ayurveda?
- Why eat local food in season?
- What is problematic about gluten? sugar?

When: March 23, 2019.

Time: 3:00-5:30 p.m.

Where: Yoga Center of Carmel

Sunset Center; Cottage 18
on Tenth Ave. near San
Carlos St.

Tuition: Early Reg \$40.00, at door \$45.00

To register, e-mail Kathleen yogacarmel@aol.com