



Yoga at the Ashram

presents

Foundation of Raw and Healthier Cooked Foods

with

The Cleansing Diva, Fiona Johnston
Sponsored by WholeFoods Market, Bellingham

Saturday, March 27th
12:00 - 2:00 PM

Join us as we delve into the world of raw and healthy cooked foods that will have your cells dancing and your spirit lifted. This introductory class is for those who know that eating a good portion of raw foods is essential for healthy living and who are looking to move away from a Standard American Diet (SAD).

Four dishes will be served that will tantalize your taste-buds, including a fabulous (and healthy!!) dessert.

Are you ready to feel the difference living and healthier cooked foods can bring to your body?

Price: \$35 pre-registered by March 20th



Fiona Johnston, *The Cleansing Diva*, is a successful entrepreneur. Having learned the benefits of alkalizing from a Tony Robbins seminar, she made it her mission to learn more to transform her health and the health of her family and friends. Today she's helping to transform the lives of conscious parents and families, men, women, athletes and those following spiritual, yogic and martial practices around the world by teaching various approaches to achieving ones Ultimate Health. This has given her the title of Health Styles Coach. The Cleansing Diva is Juiced by Life!



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