



## The Green Bough Presents:

### *FEEDING THE BODY, NOURISHING THE SOUL; Creating Wholeness through Awareness and Nutrition*

**Sunday, September 28, 1:00-4:00pm**



The objective of this class is to explore the many roles that food plays in our lives and uncover the hidden triggers that may lead us towards poor choices and unconscious eating. When we are busy refusing to feel our emotions by entertaining ourselves with food, we not only neglect our physical body but also our soul. We “hang up the phone” so to speak on our inner guidance which requires stillness to be heard. Learn to awaken the wisdom of your body. Foods are prepared ahead; please pre-register. Cost: \$20.

### *INTUITIVE COOKING & FOOD PREPARATION FOR OPTIMAL HEALTH*

**Monday, October 13, 6:30-9:30pm**



This class will empower you with information about the different foods you eat and how to prepare them to maximize their benefit to you. Choose “super foods” with the greatest nutritional value (also the best-buy for your dollar), known by our ancient wisdom traditions whose benefits are supported by today’s scientific research. Demonstrations and food sampling will be included; pre-registration is suggested. Cost: \$20.

*These are companion classes offered with Wellness Facilitator,  
Rosa Gamarra-Thomson, M.A., C.H.T.  
You save \$5 when you register for both classes (\$35 / both).*

Rosa Gamarra-Thomson is a Peruvian born Healer & Holistic Practitioner and has been formally trained in various disciplines including Counseling, Natural Health and Nutrition. She is also a remarkable intuitive cook.