

FOOD FOR LIFE: FUNDAMENTALS OF RAW & LIVING FOODS

WITH JIN LIAN-HUA

Food is fundamental. Yoga philosophy teaches that appropriate **ahara** (food) & **vihara** (lifestyle) create optimal health of body, mind & spirit. How and what to eat is highly subjective and should accommodate our individual constitution, blood type, medical anthropology, age & present health conditions. There is no "universal" diet that works for all, given the uniqueness of each human being. What heals one, may bring disease to another over time.

This workshop explores the theory behind eating enzymatically-live and raw foods to create optimal health. We will demystify myriad ways of eating so you trust your instincts and honor your body's specific nutritional needs beyond what books or nutritional theories tell you. Learn the ins and outs of eating intuitively and how best to incorporate living and raw foods to best effect for yourself.

We will cover the paleolithic diet (the "protein key") touch upon the benefits of raw fats and fermented foods, and address how these foods affect organ function, hormones, aging, tissue regeneration, long-term health and longevity. Come away with an essential framework for eating "live" in a way that helps you thrive. Learn to use food as medicine and express your fullest human potential!



Saturday 7.23 | 1:30 - 4:00pm

\$25 Advance | \$30 at the door

Lotus 7 Yoga & Pilates | www.lotus7yoga.com | 949.888.4503
29941 Aventura, Ste. F | Rancho Santa Margarita, CA 92688



Jin Lian-Hua (Carry Kim) is a yoga therapist, registered Yin Yoga teacher and lineage-holder of Agape Yoga (Tibetan and Primordial Yoga from Lama Norbu and Dakini Yuan Miao). She is a certified Shiatsu therapist, passionate advocate of Ayurveda and therapeutic nutrition educator. Trained since 2003 by her continuing mentor, naturopath & nutritionist, Dr. Vincent Medici, she teaches individuals to eat for optimal health by integrating living and raw foods, Macrobiotics and aspects of Ayurveda. She has privately trained hundreds of clients to transform their way of eating and facilitate healing from life-threatening disease and chronic, degenerative conditions. Twenty years of catering experience and extensive world travels have cultivated her palate and passion for "food" as a sacred, Zen-inspired, healing art. Her goal is to teach others to thrive, use food as medicine, live sustainably and leave this Earth better than we found it.