

The  
**MIRACLE**  
of  
**LIQUID NUTRITION**

Discover how to prepare healthy raw green smoothies that can help to cleanse your body temple and dramatically improve your health !

Join Kristine Comartin, Raw Food Chefesse, for an exciting afternoon workshop by the lake.

Kristine will discuss and demonstrate the following topics:

- Why Green ?
- How to achieve 'Digestive Wellness' via quality raw food nutrition and careful food combining
- How to continue enjoying eating raw, even as the colder season approaches

**Investment in your health: \$20 in advance or \$25 at the door**

**Date: Sunday October 24<sup>th</sup>, 2010, 1pm-4pm**

**Location: Namaste Yoga Centre at the lake  
7550 St. Clair Road,  
Stoney Point, ON**

Tickets available at Namaste Yoga Centre: 519-818-0661 OR via Kristine Comartin, RMT:  
519-817-5375



**Namaste YOGA CENTRE**  
7550 St Clair Rd., Stoney Point ON. 519-818-0661 [www.namasteyogacentre.com](http://www.namasteyogacentre.com)