

February newsletter from: "Trust in the Process"

Well the day has finally arrived! We at the Lotus Centre have opened our teaching kitchen. It's hard to believe, John has been very busy since the summer hammering and making lots of discreet messes around the centre. Our yoga classes have had to tolerate some great background ban saw sounds along with their downward dogs. Now all is quiet at the centre and we are now busy filling up the space with Ayurvedic cooking, Raw food classes, Fermenting foods, Transitioning to Vegan and Gluten Free too. So check the schedule at the following link:

<http://thelotuscentre.vpweb.ca/Nutrition---Cooking-Classes.html>

Monthly events and a health recipe ... Also if you make to the bottom of the newsletter you will find a monthly special on my services:

1 Cooking Class - Self Healing through Kichadis!

When Thu, February 3, 7pm – 9pm

Where Lotus Centre 519-642-2378 RSVP

Description Kichadis are at the core of Ayurvedic nutritional healing. They are simple stews that are suitable for everyone. Kichadis take on endless variations depending on the herbs, spices and vegetables used. They are the primary food in Pancha Karma and Ayurvedic cleansing therapy. Learn how easy these easy one pot wonders are to prepare. You will learn to design a healing stew for your constitution and create your own healing recipe. Great Vegan/Gluten Free recipes

2 Cooking Class - Winter Vegan/Gluten Free

When Sun, February 13, 11am – 12pm

Where Practice Loft <http://practiceloft.ca/home/contact> RSVP

Description Gluten is a life altering issue today! Even if you don't have to avoid Gluten explore why cleaning up your diet can have great benefit. Gluten free foods can be very exciting and delicious. Suzanne will show you how to weave living and cooked foods to tickle your Winter Comfort-food cravings. Raw Traditional style Humus as a starter then, Sprouted Majudarra (Lebanese Lentils and Rice), Roasted Vegetables you won't stop talking about with a Sprout domination Salad. Then while you are enjoying your wonderful meal, Suzanne will be putting in the oven some Coconut Date Cookies. Nothing like warm cookies from the oven, to warm that winter chill.

Contact the Practice Loft 519-204-2608

3 Cooking Class - Spice Advise - Make Food with Flair!!

When Thu, February 17, 7pm – 9pm

Where Lotus Centre 519-642-2378 RSVP

Description Learn to use spices to change good to amazing. Spices are used to season our food and delight our palates. They are obtained from the seeds, fruit, flowers, roots or bark of plants. Spices should be used to enhance rather than mask the flavor of food. Come and learn about spices and how to use them to add the tastes of your favorite countries. Recipes will be simple so time can be spent on the herbal and spice information. Vegan and Gluten Free recipes.

4 Qi Gong Class

When Tuesday mornings @ 8:30

(Let me know if we move the class time to 9:30 would that make it easier to attend this class)

Where Lotus Centre 519-642-2378

Description: <http://thelotuscentre.vpweb.ca/Suzanne-Frenette---Qi-Gong.html>

Recipe for Cuban Black Beans

<https://docs.google.com/document/d/1V7qJLrkxvIngeOJ0sv5losFQJYNkcfXDaixHq-xCA/edit?hl=en&authkey=CNrbnMUP>

February's Special: "Free Bottle of Milk Thistle" (to help your liver detox) with the booking of a colonic series ... you need to mention this newsletter to get the offer

Call the Lotus Centre to book your appointment today 519-642-2378

When Diet Changes, Everything Changes

Suzanne Frenette

Holistic Nutrition Consultant, Digestive and Colon Therapy,

Thai Yoga Massage