

## March newsletter from: "Trust in the Process"

Well we have made it to March and our Canadian weather is starting to change. Yippy! I have to admit I am a summer lover so my skin is really feeling the change. Our bodies are changing with the seasonal changes of our weather. We are coming into a natural time for cleansing! All the correct foods are available at this time of year. So that must be a hint to book your colonic sessions soon.

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 - Gluten Free Cuisine

**When:** Thu, March 3, 7pm – 9pm

**Where:** Lotus Centre 519-642-2378 RSVP

**Description:** Gluten is a life altering issue today! Even if you don't have to avoid Gluten you can explore why cleaning up your diet can have great benefits. Gluten free foods can be very exciting and delicious. Learn how to make crackers and flat breads, Crazy Cashew spread, Grilled Vegetable sandwich explosion, Turkish Spinach Salad and Ruby Beet Salad. And for dessert - a no-bake Big Apple Pie. This menu is not only gluten free but so good everyone will ask for more.

### 2 Partner Yoga with a Thai Twist

**When:** Sun, March 6, 10am – 1pm

**Where:** Lotus Centre 519-642-2378 RSVP

**Description:** Partner yoga is perfect for anyone, novice or seasoned practitioner. It's for anyone interested in increasing fitness, releasing tension and just having a fun time with friends. We will be blending Thai Massage with Partner Yoga to show you mutually beneficial postures, conscious breathing, trust and communication. This workshop is the perfect time to get your boyfriend, spouse, parent or best friend to try yoga.

### 3 Cooking Class - Ayurvedic Balance to the Rescue

**When:** Thu, March 17, 7pm – 9pm

**Where:** Lotus Centre 519-642-2378 RSVP

**Description:** Heal and balance your Dosha with the right herbs and spices! Understand your Dosha and how to balance it by using the stuff in your own kitchen. Food, spices, and herbs can balance or put out of balance your constitution. Learn easy and delicious recipes and how to change them to suit your Dosha. Recipes will be simple so time can be spent on the herbal and spice information. All recipes are vegan and gluten free.

### 4 Veggie Potluck

**When:** Thu, April 2nd, 6:30pm – 7:30pm

**Where:** Lotus Centre RSVP to [trustintheprocess@yahoo.com](mailto:trustintheprocess@yahoo.com)

Come and share your new recipes with new people! This is an exciting way to foster holistic community and food consciousness. All food should be vegan - no egg, dairy or animal products. Raw recipes are welcome!

**Please bring your own plate and utensils as this is an environmentally friendly event.**

Hosted by the Lotus Centre and Suzanne Frenette ([www.trustintheprocess.com](http://www.trustintheprocess.com)) *The Veggie Potluck will be held just before the Kirtan with Brenda McMorrow*

## *Recipe for Asian Spring Greens*

<https://docs.google.com/document/d/12Wnik4nijZ1WgGtyDkl8k9pxWehBhj03UA5J1O46lDo/edit?hl=en&authkey=CJWhk5IE#>

*March Special* – Spring is coming and Colonics are on the priority list ..... book before the end of March and get a free bottle of Blue Green algae travel bottle (while quantities last)

### **Suzanne Frenette** A.N.N. and ADP

Board certified Digestive & Colon Therapy

Nutrition Coaching, Thai Massage

[Trust in the Process](http://www.trustintheprocess.com)