

# cooking & nutrition classes

## Detox and Cleanse

The body is a brilliant machine and needs regular cleaning and maintenance to operate at its best. Come learn about the how, why and when to cleanse with breathe's owner and registered dietitian, Cyndi Weis. breathe's 3-Day Juice Cleanse will be explained and a sampling of fresh juices will be on hand for you to try.

**7:45 - 8:45 PM**

**Tuesday:** June 9th

**11:00 - Noon**

**Tuesday:** July 20th

**Cost:** \$20; \$15 for Living Yoga Members

## 3-Day Juice Cleanse

An ongoing offer of a 3-day cleanse of organic vegetable juices and fruit smoothies made to your specification. Individual menu, pick up times and dates of cleanse should be discussed in advance at the juice bar. Detox and Cleanse Workshop is recommended if you are doing the cleanse for the first time.

**Cost:** \$90

## An Evening with Dan Martello *Chef/Owner of Good Luck*

Enjoy an evening with one of the area's most environmentally conscious Chefs and let him introduce you to the abundance of local spring produce our area has to offer. Chef Martello will focus on the purchasing and preparation of seasonal, local ingredients as well as share and prepare some of his favorites.

Prior to opening Good Luck, Dan was the Executive Chef of The New York Wine and Culinary Center where he worked closely with local artisanal purveyors. He now shares his passion through *Good Luck* and...lucky for you, he is here to share with the breathe community as well.

*Included in the cost is: a hands on demonstration, breathe recipe cards, a directory of local markets where you can work directly with local farmers whose products are featured at breathe, and a delicious tasting of all prepared items.*

**6:00 PM**

**Monday:** June 15th

**Cost:** \$65

## It's a date...with Fish, Seafood and Sammy Taylor

Come enjoy a three (3) course menu of sustainably farmed fish and seafood with local restaurant operator Sam Taylor.

Sam is a local Chef, caterer and Hospitality & Service Consultant. He will share with you everything from the basics of preparing fish and seafood to full menu item assembly and finishing. Bring your kitchen clothes — this will be a completely hands on demonstration.

*Included in the cost is the hands on demonstration, breathe recipe cards, a three (3) course tasting of all prepared items. Sam will also be recommending organic wines to enjoy, and maybe a sample or two!*

**6:00 PM**

**Sunday:** June 21st

**Cost:** \$75

## Making Sense Out of Supplements: What You Really Need to Know

The sale of supplements in the United States is a multi-billion dollar industry. What do you really need to know to spend your money wisely and receive the greatest health benefit. Join Cyndi Weis, breathe's owner and registered dietitian, to gain a user-friendly understanding of the latest research on supplements.

**10:30 - 11:30 AM**

**Monday:** June 22nd

**Cost:** \$20; \$15 for Living Yoga Members

## Vegetarian Eating for the Season *with Molly Ranney MS, RD, CDE*

Join our staff dietitian and longtime vegetarian, Molly Ranney, for some fun in the kitchen. Prepare and enjoy a full vegetarian menu of locally sourced ingredients while learning some easy ways to enjoy the abundance that the season has to offer.

*Included in the cost is the hands on demonstration, breathe recipe cards and a full tasting of all prepared items. A fun way to do lunch!*

**Noon**

**Thursday:** July 9th

**Cost:** \$30

## 40 Days to Personal Revolution

One of breathe's most popular programs. Offered twice a year, this six-week program provides flexible structure to help you establish regular habits with yoga, meditation and healthy nutrition. Weekly nutrition classes taught by breathe's registered dietitians Molly Ranney and Cyndi Weis. Details at [www.breatheyoga.com](http://www.breatheyoga.com)

**Session:** July 13 - August 21st