

Ahimsa Village
Saturday Night Sustainability Series Program

Eating for Energy

Jenefer Nadenicek

Saturday, April 23, 2011 at 7:00PM



Do you want to have more energy to jump-start your spring? Learn what foods give you superstar energy. Workshop includes trance dance and raw food demo and tasting.

Jenefer is a certified massage therapist, Reiki practitioner and yoga instructor. She recently completed her training to be a life coach/nutritional counselor. Her web site is <http://zen-body-yoga.com/>

Cost is \$12. RSVP to bob@ahimsavillage.org, 814-355-0850.
PREREGISTRATION REQUIRED BY APRIL 19. We need an accurate count of attendees for food.

LOCATION: Ahimsa Village Farmhouse, 4022 S. Eagle Valley Rd, Julian PA, 16844