

Sattvic cooking

WITH
ANNIE
PACE



YOGIC COOKING CLASS

WITH TRADITIONAL ASHTANGA YOGA TEACHER

ANNIE PACE

As a lineage holder with over 30 years experience in traditional Yogic Sciences, Annie is offering a rare opportunity to study and experience the ancient secrets of food. Join us in this ongoing teaching of Sattvic cooking, and discover how to create delicious dishes that heal the mind and body in a sacred way.

\$50 per class. • Space is limited! • Please call (719) 580-7775 with questions or to register.

Where: Shakti Sharanam* Crestone, CO

When: Saturday, Oct. 23

3:00 – 8:00 PM

*For more information visit
www.shaktisharanam.com