

Connect with Your Soul

with
**Kundalini Yoga
and Soul Food!**



**Sun, Aug. 28, 2011
6pm-9pm**

Soulful vegan dinner (Love Wraps (TM), chilled mint tea, and the best vegan mac n' cheeze in town!) courtesy of Lola Jones' Kitchen

When you feel good, are living in the moment, and are creating the life you want, you're in sacred space. Time dissipates and you feel recharged. Sacred space is a metaphor for the soul. The technology of Kundalini Yoga offers a way to create sacred space.

Join us for an evening of deep cleansing, meditation, and relaxation. We will top the night off with Slow eating as one of the best meditations on this Earth. Soul food is made with time, love, and the tasty nutrients to support your complex spirit-mind-body-system. Together we will bless our food and each other with conscious community eating.

2 hours of yoga. Dinner served at 8pm.

The class will be led by certified Kundalini Yoga teacher, Liza Sat Akal Camba. More info: <http://lizacambayogini.wordpress.com> and <http://lolajoneskitchen.wordpress.com>

Location

**The Eagle's Nest
2101 Estes Road, LA
90041 (Eagle Rock)**

Questions?

**626-869-6422
visionaryforpeace@
gmail.com**

Bring..

**Your mat and dress warm -
this will be an outdoors event**

**Cost: \$30
for yoga and
a full meal!**