

Learn to taste and season your life.

**Sun. April, 6 2008
Santa Fe, NM
4pm - 6pm**

**FEE: \$50
Enrollment limited
to 10.**

Sarah Michelle Cutler, R.P.P.

Laughing Tree Space

505-216-219

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SPECIAL: Pre shopping trip:

Advanced Stress Management in the Grocery Store. 2-3:30 pm-\$20

▶ The Kitchen as Mirror: Stress Management in the Kitchen

A kitchen based workshop which goes beyond food to nourishment.

When was the last time you sat down to Sunday Dinner? With the rush, hustle, and hurry of modern life, we often fall back on food to nourish us, neglecting to taste our lives. As a result, we do not always eat well, and we are hungry, tired, stressed, and sick. The first in a series of Sunday afternoons, this Kitchen as Mirror Workshop will explore tastes and seasonings to effectively manage the stress of nourishing ourselves, though food, drink, and simple self-care techniques. Feeding ourselves fully in times of stress helps us to heal from:

- Addictions
- Anxiety Disorders
- Cancer
- Chronic Pain
- Depression
- Diabetes
- Digestive Disorders
- Fibromyalgia
- Headaches
- High Blood Pressure
- Obesity
- Relationship Problems
- Sleep Disorders
- and many other conditions.

Sarah Cutler, R.P.P., K.Y.T.A #5181 is a Registered Polarity Practitioner, Cranial-Sacral Therapist, Certified Kripalu Yoga Teacher, passionate painter of flavors in the kitchen, and a bicycling clown. A former Kitchen Coordinator for the Geshundheit! Institute in Hillsboro, WV, she brings an over ten-year adventure to her focus on Embodied Living

This workshop is part of a series on Advanced Stress Management. Upcoming workshops include:

- Mindfulness and Health: A Day Long Stress Management Retreat (3/22/08)
- Advanced Stress Management: An Introduction (4/23/08)
- Developing a Practice: Moving and Living Stress Management (Tues in April)

To register for any of these workshops, email Sarah: LaughingTreeSpace@msn.com.

