



**African Holistic Health Chapter of NYC
Welcomes**

**Vegan Chef: Baaba Pa-ur
1-Day Beginner Vegetarian Food Prep Class
&
Whole Foods Lecture
Sunday, March 4, 2012
12p to 6pm
Cost \$140.00**

**Includes: Supplies, Student Apro, Vegan Cookbook &
DVD & Food to Take Home !!**

Discount to new and current Chapter Members !!!

COURSE DESCRIPTION

This course is for those who are transitioning towards healthier foods choices
Those who want to learn to prepare foods for your family which are delicious,
healthy, meat & dairy free !!

IF THIS SOUNDS LIKE YOU, JOIN THE COURSE TODAY!!

DISHES TO BE PREPARED BY ATTENDING CHEF STUDENTS:

**DAIRY-FREE SCRAMBLED EGGS
CARROT TUNA
SMOTHERED CURRY CHICKEN
NUT LOAF
BULGAR WHEAT
CHOCOLAT CHIP COOKIE DRINK
MASTERFUL KALE SALAD & CASSEROLE**

LECTURE WILL COVER

**Importance of Proper Breathing;
Importance of Proper Hydration (water);
Stretching Techniques;
When, Where & How to Shop;
Mandatory Kitchen Appliances;
Proper Mental & Spiritual States in Food
Prep;
Importance of Whole Foods;
Importance of Fasting;
Importance of Self-Pampering;
And much, much more !!**

**All Major Credit/Debit/ATM Cards, PayPal, Cer-
tified Checks, Money Orders & Cash Accepted.**

**Register online at:
www.africanholistic.weebly.com
then click on
2012 Vegan Food Prep & Soul Sweat Page
Or contact Sista Shai: 347-427-8668
Email: shaimesh@aol.com
VENUE:
**LIFE SPRING REJUVENATION CENTER
953 E. 225TH STREET
BRONX, NY 10456**
Directions by Train: Take #2 Train to E. 225th St.
Directions by car: www.mapquest.com
Directions by bus: www.hopstop.com**