

# Food 'n Thought

## HTCC Brunch Seminar Series

**The Thought:** **Yoga and a Healthy Lifestyle —  
*A Workshop on Wholesome Fitness***



Learn about how yogic principles can help you to be healthier, happier and more energetic. This workshop will provide information on how to use the mind and emotions to help energize you, as well as simple exercises for you to try. In addition, there will be information on healthy eating and foods known as SuperFoods. There will be some samples provided and recipes that you can try preparing at home.

**The Speaker:** **Kate Walker**

Kate has a Masters Degree in Social Work, and over 35 years of experience in meditation, stress management, and yoga.

**The Rendezvous:** **Shanthi Mandir, 10:00 a.m. - 1:00 p.m., September 16, 2006  
*(Includes informal brunch discussions from 12:00—1:00 p.m.)***

**The Food:** **Roti, Chole, Alu-Palak, Dahi-Vada**



Roti: Unleavened Indian flat bread made from wheat flour  
Chole: Chickpeas in a spicy gravy  
Alu-Palak: Spinach and potato side dish  
Dahi Vada: Doughnut shaped fried lentil fritters in a cool yogurt sauce  
Chai: Indian style tea

*The main menu items are North Indian specialties. Fresh fruit and juice will also be served.*

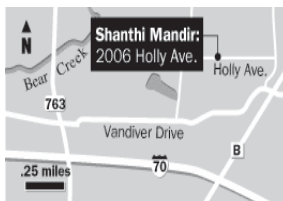
**The Cost:** **Advance registration:** \$10 for HTCC Members and \$12 (Non-members)  
**At the door:** \$13 for HTCC Members and \$15 (Non-members)



***Space is limited to 50 registrants on a first-come first-served basis***

**Please complete the form below and make your check payable to HTCC.  
Send the form and payment for Advance Registration by September 14, 2006 to:  
Nandhu Radhakrishnan, 3906 Mamba Drive, Columbia 65202 (Phone: 823-8252)  
*Registration for the event is complete only after the payment is received***

**Directions:** Take Exit 127 on Interstate 70, Head north on Rangeline Street, Right at first traffic light on Vandiver Drive, Left on Parker Street, Right on Holly Avenue, Shanthi Mandir sign will be visible on the right.



### SHANTHI MANDIR

Hindu Temple and Community Center of Mid-Missouri (HTCC)

2006 Holly Avenue, Columbia, MO 65202-2043

Tel: (573) 814-1286, Web: <http://shanthimandir.missouri.org>

I/We would like to register for "Yoga and a Healthy Lifestyle — A Workshop on Wholesome Fitness". My/Our name(s) are provided alongside: \_\_\_\_\_

A check for \$ \_\_\_\_\_ made payable to HTCC is attached. \_\_\_\_\_

**Advance registration:** \$10 for HTCC Members and \$12 (Non-members)

**At the door:** \$13 for HTCC Members and \$15 (Non-members)

Return the completed form along with your check **by September 14, 2006 to: Nandhu Radhakrishnan, 3906 Mamba Drive, Columbia 65202. Full refund for cancellations before 5 p.m., September 14, 2006 will be available. Call 823-8252 for cancellations. No refunds will be available for later cancellations**