

# HOLISTIC WELLNESS OFFERINGS 2021

**Wellness Courses**—join the growing community in search of following their unique path. We are all individuals who desire honor, love, and understanding. Find methods to support your lifestyle and path while finding happiness and health. *Click the blue text to register!*

*As the curator of Pandora's Products, I've offered organic skincare since 2009. I earned my Masters in Holistic Wellness in 2011 and have taught healing & nutrition since 2013.*

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|------------------------|---|---|------------------------------|------|---|
| <b>Herbal Basics</b>   | Discover 6 herbs for relaxation and the importance of incorporating herbs into your daily routine   | <b>February 23</b><br><b>6-7:30</b>                                       | <a href="#">Orono RSU</a>    | \$15 | <ul style="list-style-type: none"> <li>➤ <b>Only offering of this class</b></li> <li>➤ Interactive Zoom Meeting</li> <li>➤ Recipes, Q&amp;A</li> </ul>  |
| <b>Mindfulness 101</b> | Take back the power to avoid all the negativity on the news, social media, and advertising distractions. Avoid feeling overwhelmed and become a beacon of hope without a lot of work. We'll discuss gaining control of your life with ease and will practice a simple 5-minute meditation.  | <b>April 6</b><br><b>6-7:30</b>   | <a href="#">Hampden RSU</a>  | \$15 | This isn't your normal discussion on Mindfulness. Living in the West requires a unique approach to our Practice.  |
|                        |   | <b>May 4</b><br><b>6-7:30</b>   | <a href="#">Sullivan RSU</a> | \$15 |   |
| <b>Ayurveda 101</b>    | Ayurveda is "the science of life" that honors us as the individuals we are. Forget counting calories, avoiding 90% of Nature's crops, and Yo-Yo dieting. We'll discover balance in food, exercise, and senses.<br><u>Week 1-</u> Learn your dosha, what that means & how seasons affect your traits.<br><u>Week 2-</u> Understand how to balance mind, body, spirit. We'll focus on our senses, an overlooked aspect of Wellness.<br><u>Week 3-</u> Learn how to eat, exercise & adjust your workspace for your dosha. We'll also discuss your ideal daily routine. | <b>Feb 24,</b><br><b>March 3,</b><br><b>March 10</b><br><br><b>6-7:30</b> | <a href="#">Sullivan RSU</a> | \$35 | <p><b>Must have 4 registered for class to run.</b> <i>Even if you can't make all 3 weeks, you will receive 1-on-1 email access and all recordings and handouts of the classes.</i></p> <ul style="list-style-type: none"> <li>➤ <b>Only live offering of this class</b></li> <li>➤ 50% less than the regular online course</li> </ul> |

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Plant-based Cooking Demos—create simple, seasonal and healthy meals. *Click the blue text to register!*

*As the proprietor of Pandora's Lunchbox, I've provided local juice bars and coffee shops with plant-powered snacks and grab-n-go foods since 2005. I've also offered personalized plant-powered meals since 2007. I earned my Masters in Holistic Wellness in 2011 and have taught healing & nutrition since 2013.*

|                                  |  |                                  |                               |      |   |
|----------------------------------|--|----------------------------------|-------------------------------|------|---|
| I'll "Cashew" Later Cooking Demo | This menu is 100% plant-based and is gluten and soy-free:<br><br>➤ <b>Cashew Sour Crème</b> - never run out of this!<br>➤ <b>Cashew Rawcotta</b> - the easiest and most addictive replacement for ricotta!<br>➤ <b>Cashew Ranch dressing</b> - whole-food, natural, delicious dip & dressing!  | <b>March 9</b><br><b>6-7:30</b>  | <a href="#">Orono RSU</a>     | \$15 | ➤ Interactive online Zoom workshop ( <i>you'll prepare recipes while I guide you</i> )<br>➤ Q&A<br>➤ Recipes and suggestions<br>➤ Ingredients provided beforehand, so you can make it as we go along.   |
|                                  |  | <b>April 13</b><br><b>6-7:30</b> | <a href="#">Sullivan RSU</a>  | \$15 |   |
| Healthy Dessert Swaps            | This menu is 100% plant-based and is soy-free:<br><br>➤ <b>Avocado Mousse with variations:</b> Chocolate & Key Lime<br>➤ <b>Banana Ice Cream:</b> Never let bananas go to waste again!<br>➤ <b>Black Bean Brownies:</b> No one knows the secret protein in these no-oil brownies!  | <b>March 17</b><br><b>6-7:30</b> | <a href="#">Sullivan RSU</a>  | \$15 | ➤ Interactive online Zoom workshop ( <i>you'll prepare recipes while I guide you</i> )<br>➤ Q&A<br>➤ Recipes and suggestions<br>➤ Ingredients provided beforehand, so you can make it as we go along.   |
|                                  |  | <b>April 14</b><br><b>6:30-8</b> | Middle Country Public Library | FREE |   |
| Putting it all together          | This menu is 100% plant-based and is gluten and soy-free:<br><br>➤ <b>Cashew Crème/Pesto</b> - you'll love the versatility!<br>➤ <b>Pandorable Patty</b> - Possibly the best veggie burger there is, with only a handful of ingredients!<br>➤ <b>Bean pasta w/zucchini ribbons</b> - Zucchini ribbons and take your health to a new level! | <b>April 28</b><br><b>6-7:30</b> | <a href="#">Sullivan RSU</a>  | \$15 | ➤ <b>Only offering of this class</b><br>➤ Interactive online Zoom workshop ( <i>you'll prepare recipes while I guide you</i> )<br>➤ Q&A<br>➤ Recipes and suggestions<br>➤ Ingredients provided beforehand, so you can make it as we go along. |

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|---|--|----------------------------------|--|------|---|
| <b>Easy Plant-Based Cheeze Demo 101</b> | All cheezes use ingredients you can find at your local grocery store. This menu is 100% plant-based and is gluten, soy, and dairy-free. <ul style="list-style-type: none"> <li>➤ <b>Cashew Cheezy Sauce</b></li> <li>➤ <b>Walnut Parmesan</b></li> <li>➤ <b>Flavored Yogurt Cheeze</b></li> <li>➤ <b>Artichoke-Spinach Dip</b></li> </ul>  | <b>March 23</b><br><b>6-7:30</b> | <a href="#">Hampden</a><br><a href="#">RSU</a>   | \$12 | <ul style="list-style-type: none"> <li>➤ Interactive Zoom workshop (<i>you'll prepare recipes while I guide you</i>)</li> <li>➤ Q&amp;A</li> <li>➤ Recipes and suggestions</li> <li>➤ Ingredients provided beforehand, so you can make it as we go along.</li> </ul>  |
|   |  | <b>March 25</b><br><b>6:30-8</b> | <a href="#">Middle</a><br><a href="#">Country</a><br><a href="#">Public</a><br><a href="#">Library</a> | FREE | <i>Possibly shorter, as this class is not interactive</i> <ul style="list-style-type: none"> <li>➤ Q&amp;A</li> <li>➤ Recipes and suggestions</li> </ul>  |
| <b>Easy Plant-Based Cheeze Demo 201</b> | All cheezes use ingredients you can find at your local grocery store or local natural food market. While these cheezes are simple to make, they require 12-24 hours culturing—they're worth the wait! 100% plant-based, gluten- and dairy-free. <ul style="list-style-type: none"> <li>➤ <b>Cashew Soft Gruyere</b></li> <li>➤ <b>Cashew Cream Cheeze</b></li> <li>➤ <b>Tofu Cheeze</b></li> <li>➤ <b>Smoked Muenster (it melts!)</b></li> </ul> | <b>April 27</b><br><b>6-7:30</b> | <a href="#">Orono RSU</a>  | \$15 | <ul style="list-style-type: none"> <li>➤ <b>Only offering of this class</b></li> <li>➤ Interactive online Zoom workshop (<i>you'll prepare recipes while I guide you</i>)</li> <li>➤ Q&amp;A</li> <li>➤ Recipes and suggestions</li> <li>➤ Ingredients provided beforehand, so you can make it as we go along.</li> </ul> |
| <b>Nuevo HipPea Cooking Demo</b>        | This menu is 100% plant-based and is soy-, dairy-, gluten-free. <ul style="list-style-type: none"> <li>➤ <b>Chickapea Salad-</b> an alternative to salads in delis &amp; bagel shops</li> <li>➤ <b>Clean Start Kale Salad-</b> you may love kale by the end!</li> <li>➤ <b>Chia Pudding-</b> high-fiber, Omega-3 bowls with variations.</li> </ul>   | <b>April 20</b><br><b>6-7:30</b> | <a href="#">Hampden</a><br><a href="#">RSU</a>   | \$12 | <ul style="list-style-type: none"> <li>➤ <b>Only offering of this class</b></li> <li>➤ Interactive online Zoom workshop (<i>you prepare recipes while I guide you</i>)</li> <li>➤ Q&amp;A</li> <li>➤ Recipes and suggestions</li> <li>➤ Ingredients provided beforehand.</li> </ul>                                       |
| <b>Spring Cleaning Cooking Demo</b>     | Add lighter veggies to your plate while still enjoying the comforting mouth-feel of cashews. 100% plant-based and is soy/dairy -free. <ul style="list-style-type: none"> <li>➤ <b>Yummy Rolls-</b> squash filled w/my cashew ricotta</li> <li>➤ <b>Garden Rotini-</b> pasta, sauce, veggies, cashew ricotta</li> <li>➤ <b>Baby Greens w/Creme Sauce-</b> so simple you'll want it every week!</li> </ul>   | <b>March 30</b><br><b>6-7:30</b> | <a href="#">Orono RSU</a>  | \$15 | <ul style="list-style-type: none"> <li>➤ Interactive online Zoom workshop (<i>you'll prepare recipes while I guide you</i>)</li> <li>➤ Q&amp;A</li> <li>➤ Recipes and suggestions</li> <li>➤ Ingredients provided beforehand, so you can make it as we go along.</li> </ul>   |
|   |  | <b>April 7</b><br><b>6-7:30</b>  | <a href="#">Sullivan</a><br><a href="#">RSU</a>  | \$15 |   |