

Healthy Summertime Meals

Creating simple, fun, yummy meals your family will love

Take home recipes & enjoy lunch!!

July 17 9AM-1PM Gourmet Raw Foods. Super quick, tasty delicacies

July 31 9AM-1PM Cooked Vegetarian dishes. Learn simple steps to prepare great meals. Recipes that are versatile & tasty

August 14 9AM-1PM Creative Juicing & learn how to safely detox your body. Learn about Super foods to add to your juices for extraordinary nutrition



Sign up for 1 Class \$50, 2 classes \$90, 3 Classes \$ 120

Where: Yoga Passion, 32 West Street, Beverly Farms, Ma

Contact Grace 603-651-9642 graceventura1@gmail.com