



Contemplative Nutrition with Anne

The Perfect Gift of Health! \$ 425

This 8 week interactive online class helps one to expand self awareness and healing through "Contemplative Nutrition." Whether it is weight loss, detoxification, depression, anxiety, curiosity, or disease, this journey inward is as much experiential as it is knowledge gathering. It is a course that teaches mindfulness allowing for manifestation.

Each week builds upon the next as students are asked to complete surveys and questions that reveal the current state of their health, physically, mentally and spiritually. We will begin to explore our relationship with food from an internal perspective as well as through the typical Western, Ayurvedic and Chinese perspectives. We then assess, acquire knowledge and prepare with intention, support and mindfulness to launch a life path of beauty, harmony and order. Included are weekly reading assignments on nutrition, energy and mindfulness and tools including diets, strategies, breath work, audio visualization, exercises and recipes to encourage contemplation of all that nurtures us.

You will be given a password and can access at your leisure with me and other students during the 8 week course.

RSVP anne@theanandacenter.com or 203-273-8364

**Ananda Yoga & Healing Arts Center
16 Forest Street, New Canaan
www.theanandacenter.com**



Stress 101

with Karen Burrows, PhD Clinical Nutrition

Tuesday, September 28, 5:45 - 7:15 p.m. Free.

All too soon, days spent in the sun by the water give way to a fresh focus on careers and school. In our modern, fast paced society, many are familiar with stress and the negative impact it can have on the body. These "stress effects" - elevated blood sugar, increased heart rate, digestive suppression, fat storage, and mood imbalances, are related to an adaptive response which results from specific biochemical mediators released into the bloodstream. This response is meant to be an acute, protective reaction, not chronic and longstanding. What happens for the majority of Americans who experience long term stress? Chronic diseases. Topics to be covered: * The Nature of Stress & its Mechanisms, * Addressing the Effects of Stress using Whole Food Nutrition, Herbal Supplementation, and Integrative techniques * Specific Protocols for Supporting and Balancing the Biochemical Effects on: Blood Sugar & Insulin, Immune System & Inflammation, The Cardiovascular System, The Psycho-Social.

RSVP anne@theanandacenter.com or 203-273-8364

**Ananda Yoga & Healing Arts Center
16 Forest Street, New Canaan
www.theanandacenter.com**