

# Join Chef Rachel Main for: Feeding the Chakras

Sunday, June 22<sup>nd</sup> 1:30-4:30pm  
at the Home of Jo & Kris Young  
Ojai, CA  
\$65

Chakras are our energy centers. They are the openings for life energy to flow into and out of our bodies. Their function is to vitalize the physical body and to bring about the development of our self-consciousness. They are associated with our physical, mental and emotional interactions.

Join us for an afternoon of hands-on preparation of foods that will feed our bodies and souls. Rachel will guide you through preparing foods that support and harmonize each of the seven major charkas. While we cook, Rachel will discuss the different chakra/food relationships regarding color energies and organ support. Afterward, we'll sit down together to enjoy the fruits of our labors with a gourmet meal, organic wine, and joyful conversation.

## Menu

Avocado & Sea Vegetable Sushi with Pickled Plum

Miso-Maple Organic Chicken & Tofu  
with Bunashemeji Mushrooms, Garlic & Scallions

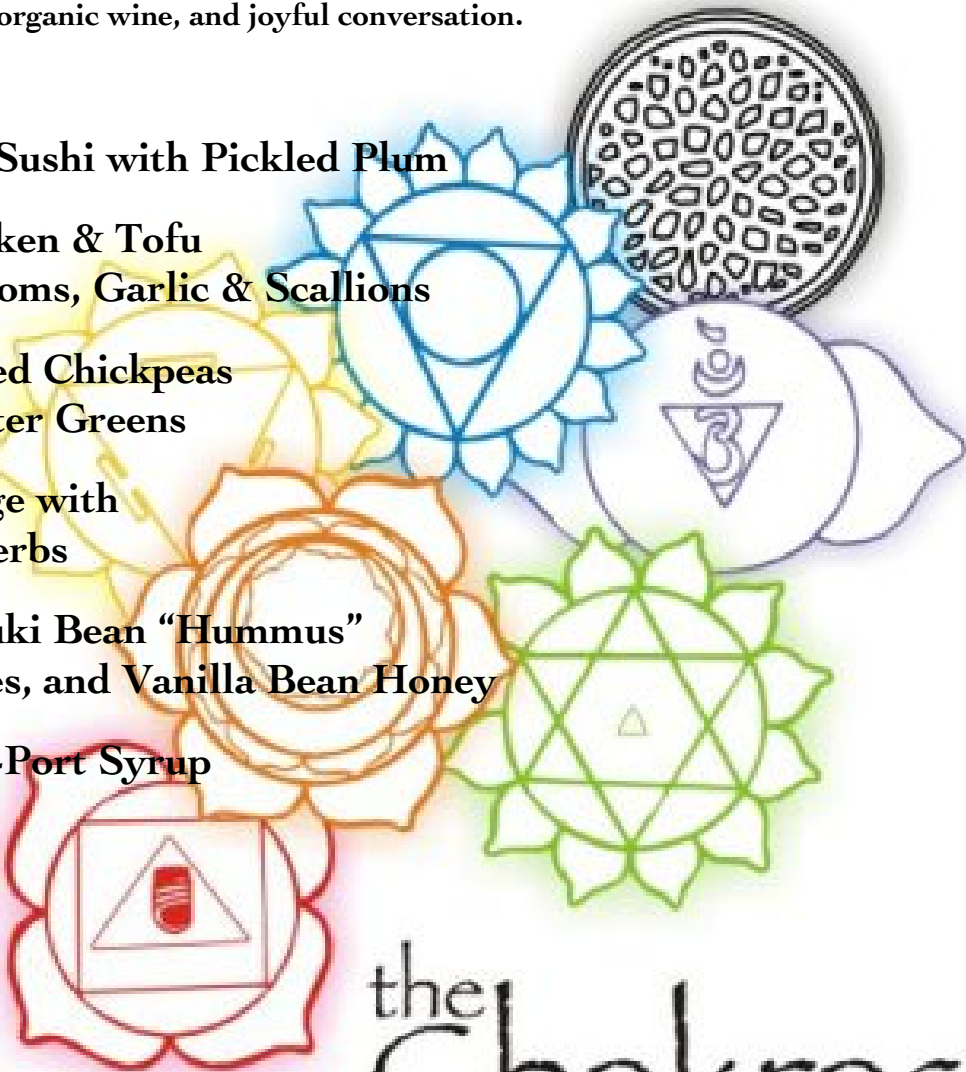
Toasted Quinoa & Sprouted Chickpeas  
with Fennel, Cumin & Bitter Greens

Shaved Broccoli & Cabbage with  
Poppy Seeds & Garden Herbs

Raw Almond & Sweet Aduki Bean "Hummus"  
with Coconut, Strawberries, and Vanilla Bean Honey

Dark Berries in Lavender-Port Syrup  
served with Jasmine Tea

Space is limited to 11 joyful souls.  
RSVP by Monday, June 16<sup>th</sup> to:  
Chef Rachel Main  
(805) 204-7720  
rachel@rachelmain.com  
www.rachelmain.com



the  
Chakras

