

Woman, Food, and Yoga: A Mini Retreat



***Katherine Austin
and Kate Smith
come together to share
their expertise, experience,
and devotion to yoga.***

Katherine Austin, R.Y.T. and founder of Karma Yoga, Inc., is a dedicated student of Ashtanga and Vinyasa Yoga as well as a workshop presenter. She guides her students with a unique blend of strength, detail and compassion drawn from her own personal practice.



Kate K. Smith, MA, R.Y.T., is a licensed psychotherapist in private practice. She holds a Master's Degree in clinical and humanistic psychology, and is certified in Clinical Hypnotherapy. Kate completed her RYT certification with Katherine Austin in 2008 to further her devotion and dedication to her yoga practice, and integrate yoga and yogic philosophy in her work with clients. A culinary graduate of the New York Restaurant School, she is a chef and the author of a spiritual cookbook, *Recipes for the Journey, A Cookbook and Guide to Good Health in Recovery.*

Our four week mini retreat will focus on the effect yoga has on creating a healthy relationship with your body and food. Each class will have a fifty minute yoga practice, followed by discussion with visual aids, meditation, guided imagery, experiential exercises, and tools for self exploration and discovery.

Week One: What is Hunger, Really?

Week Two: The Practice of Mindful Awareness.

Week Three: Meditation and Food

Week Four: The Spiritual Journey to Peace with Food



Oct 3, 10, 17, 24 1:30 - 3:00 pm \$108

Karma Yoga

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