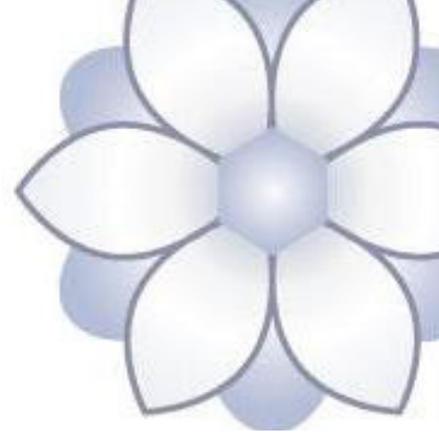


Amba Yoga Center Presents

The Joy of *Really* Good Food

Healthy Cooking & Eating for...

Beauty, Energy, Weight Loss & a More Vibrant Life



Saturday, April 13, 2019, 2 - 4 p.m.

Welcome to a Better Way of Eating & Being

JOIN NUTRITIONIST and creative, healthy-recipes-cook Olivia Napoli for an introductory workshop on how to empower yourself, power up, and stay fit with nutrient-rich foods, energy drinks and tasty treats.

IN THIS 2-HOUR SPRING WORKSHOP, you will get happily acquainted with foods for Beauty & Better Skin; foods that offer extra energy & boost vitality; the basics of juicing & detox; and healthy weight maintenance made easier, and tastier.

SOUND LIKE a lot for 2 hours? It is, but Olivia is a generous spirit. So she'll not only have you informed, she'll have you inspired -- taking the steps you have long wanted to take to move forward in good health, and get your chi -- and glow -- back.

(p.s. if you insist on MORE after this workshop, Olivia, now living locally, will be happy to work with you 1-on-1 for more in-depth, fully personalized guidance & inspiration)

Date: Saturday April 13, 2019

Time: 2 - 4 p.m.

Place: Amba Yoga Center of Smithtown

Fee: \$75 a person, in advance (\$80 at the door). Sign up with a friend, and get \$10 off! Class will be on a first-come basis, and will require a minimum of 6 people, with a maximum of 15 attendees.

We suggest you sign up soon!



About Olivia Napoli:

Growing up in the produce industry, Olivia knows food. Olivia's family owns a sustainable farm in Acton, MA that has been passed on from generation to generation since the early 1900s. She has a deep passion for the farm to table movement, sustainable agriculture, and a superfood, nutrient-dense diet. Olivia is also a talented culinarian, constantly experimenting to perfect healthy, delicious recipes for her clients, friends, and family. Olivia studied at the Institute for Integrative Nutrition in New York City and has been trained in more than one hundred dietary theories, as well as being a certified Reiki Master Healer. Learn more at: www.olivianapoli.com