

Optimum Health Daily R&R Retreat Classes and Demonstrations

Presented by Shivanter Singh and Simeon Darwick

Take advantage of our fall discounts while reaching your optimum health. Join us for 2 days or more, anytime from October 3-9, to take advantage of this special series of Optimum Health R&R Retreat Classes and fun demonstrations. Register Today! Call 877.944.2002 or visit eOmega.org/rest

October 3, 2009

Eating Right - Lecture & Class 10 a.m.–11 a.m.
Juicing for Health and Wellness Demonstration 3 p.m. – 4 p.m.

October 4, 2009

Boost Your Energy Through Hydration – Lecture & Class 10 a.m.–11 a.m.
Shake it up-Stir it up Smoothies 3 p.m. – 4 p.m.
Learn how to make delicious smoothies without a blender!

October 5, 2009

Essential Fatty Acids – Lecture & Class 10 a.m.–11 a.m.
Easy to Make, Healthy Salad Dressings 3 p.m. – 4 p.m.

October 6, 2009

Breathing Right 10 a.m.–11 a.m.
Breathing exercises for incredible energy and vitality,
plus Prana-lecture and demonstration

Sprouting How to Grow Healthy Sprouts in Your Home 3 p.m. – 4 p.m.

October 7, 2009

Alkalizing Snacks –Lecture & Class 10 a.m.–11 a.m.
Learn to Make Healthy Snacks at Home 3 p.m. – 4 p.m.

October 8, 2009

Exercise for Healthy Living & Optimum Health 10 a.m.–11 a.m.
- Lecture & Class
Fermenting Foods and Why They're Good for You! 3 p.m. – 4 p.m.

October 9, 2009

Raw Diet-The Benefits and Drawbacks of a 'Raw' Diet 10 a.m.–11 a.m.
Learn How to Make Delicious 'Raw' Desserts 3 p.m. – 4 p.m.