Healing Journeys

support healing, activate hope, promote thriving

presents

The Cancer-Fighting Kitchen
and Healing Yoga

Rebecca Katz, MS and Bidyut (BK) Bose, PhD

Saturday
September 12, 2009
9 a.m. to 3:30 p.m.
Foothill Community Center
5510 Diablo Dr.
Sacramento, CA 95842

Optional 6 CE credits for RN, MFT, LCSW

Healing Yoga has the power and the promise of a practice that gently nudges us to live each moment fully, as if it were an eternally pregnant with infinite possibility. BK Bose

My approach to health-supportive foods is that they must taste great—i.e., be flavor driven—in order to be nourishing and healing. Put another way, it’s the power of “yum” that reinforces the desire to eat well. Rebecca Katz

Rebecca Katz, MS is the author of The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond and One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. She consults, lectures and does culinary demonstrations for leading health-care institutions including UC San Francisco and Stanford Cancer Center. She is the Senior Chef at Commonweal Cancer Help Program in Bolinas, California. She holds a Masters of Science degree in Health and Nutrition Education and received her culinary training from the Natural Gourmet Institute for Health and Culinary Arts. Rebecca is re-defining the concept of health-supportive cuisine that’s proving deliciously irresistible to patients and professionals alike. Using equal parts warm kitchen-table wisdom and credible scientific knowledge, Rebecca has helped thousands of people improve their health as they battle chronic diseases such as cancer, diabetes, and obesity. She will provide the practical help with healthy eating that you have asked for. www.rebeccakatz.com

Bidyut (BK) Bose, PhD learned yoga and meditation as a child from his father, and later with monks in the Himalayas. He is the Founder and Executive Director of Niroga Institute, a non-profit Center for Integral Health, bringing mindfulness practices to those needing it most - vulnerable populations such as cancer survivors, seniors, people battling addiction, and at-risk youth. Niroga is actively engaged in collaborative research to study the effects of their Healing Yoga protocol on the immune system as well as on stress, anxiety, and depression. Bidyut earned a Ph.D. in Computer Science from UC Berkeley.

When BK Bose led us in Healing Yoga at our Sacramento conference in 2008, some participants said it was their first successful experience with Yoga. Many said they wanted an opportunity to practice with BK again and this workshop was born out of those requests. www.niroga.org
The Cancer-Fighting Kitchen and Healing Yoga
This will be a day of nourishing our bodies and souls.

**REGISTRATION FEE:**
Postmarked by:
- Aug. 14 - $99
- Sept. 8 - $125
- After Sept. 8 - $150

**PARTIAL SCHOLARSHIPS & WORK EXCHANGE:**
If you want to attend and are financially challenged, you can apply for a partial work exchange or partial scholarship. Complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you.

**LOCATION:**
Foothill Community Center
5510 Diablo Drive
Sacramento, CA 95842
Parking is free.

**DATE AND TIMES:**
Saturday, September 12, 2009, 9 a.m. to 3:30 p.m.

**LUNCH:**
A delicious, healthy lunch, using recipes from Rebecca’s books, will be provided.

**CONTINUING EDUCATION:**
Healing Journeys is approved by the CA Board of Registered Nursing, Provider No. CEP 10808 and by the CA Board of Behavioral Sciences, Provider No. PCE 953. There is an additional $10 processing fee for 6 CE credits.

**HOTEL ACCOMMODATIONS:**
A limited number of group rate rooms for $79 are available. Reservations must be made by September 4. Mention Healing Journeys for the group rate.

**CANCELLATIONS:**
If cancellations are received in writing or online by September 9 will receive a refund less a $15 administrative fee.

**PAYMENT**
Check Amount enclosed $ ___________________
MC/Visa Only ___________________ Exp. Date _____
Billing Address ____________________________
Signature ____________________________

Please make checks payable to:
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