



support healing, activate hope, promote thriving
 PO Box 221417
 Sacramento, CA 95822

**The Cancer-Fighting Kitchen
 and Healing Yoga**

September 12, 2009
 9 a.m. to 3:30 p.m.

Foothill Community Center
 5510 Diablo Dr.
 Sacramento, CA 95842

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 eternity, pregnant with infinite possibility. BK Bose

Approved for 6 CE credits for RN, MFT, LCSW

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

Optional 6 CE credits for RN, MFT, LCSW

Nonprofit Org.
 US Postage PAID
 Permit #109
 Santa Cruz, CA

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



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 Niropa 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.

Niropa 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.niropa.org

The Cancer-Fighting Kitchen and Healing Yoga

This will be a day of nourishing our bodies and souls.

SCHEDULE FOR THE DAY

8:00 a.m.	Registration opens
9:00 a.m.	Cooking demo
10:30 a.m.	Break
10:45 a.m.	Healing Yoga
12:00 p.m.	Nutritious Delicious Lunch
1:00 p.m.	Nutrition info and Q & A
2:30 p.m.	Relaxation and Meditation
3:30 p.m.	End of program

WHO SHOULD ATTEND

- Anyone wanting to promote healing of mind, body, and/or spirit
- Women and men touched by cancer or any life-altering illness
- Healthcare providers
- People supporting friends or family coping with cancer or other illness

WORKSHOP OBJECTIVES

- Demonstrate, with audience participation, how to use flavor carriers to create healthy food that tastes great and is good for you
- Show how to use herbs and spices to boost the immune system
- Increase participants' confidence in their cooking abilities so they will better be able to nourish themselves and their families
- Practice techniques for self-nurturance, relaxation and stress resilience
- Experience how Yoga movement helps with increased flexibility, strength and balance
- Demonstrate how Yoga enhances your sense of joy, health and well-being

WORKSHOP INFORMATION

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 ACCOMODATIONS:

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.

Holiday Inn Sacramento North East
5321 Date Ave.
Sacramento, CA 95841
916-338-5800

CANCELLATIONS:

If cancellations are received in writing prior to September 9, a refund (less a \$15 processing fee) will be made. **No refunds after September 9th.**

FOR FURTHER INFORMATION:

800-423-9882 or www.healingjourneys.org

Cancer-Fighting Kitchen and Healing Yoga

Foothill Community Center
September 12, 2009 – 9:00 a.m. to 3:30 p.m.

REGISTRATION

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (____) _____ Cell/Work: (____) _____

Email: _____ FAX: _____

WORKSHOP FEE* (including a nutritious lunch!)

Early Registration: \$99 if received by August 14, 2009

Registration: \$125 if received by September 8, 2009

Late Registration or Walk-in: \$150

\$10 additional fee for 6 Continuing Education Credits
approved for RN, MFT, and LCSW

License #: _____ Kind of License: _____

CANCELLATIONS

Cancellations 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:

Healing Journeys
Post Office Box 221417
Sacramento, CA 95822

916-391-0549 ☐ **Fax 916-391-1004**
info@healingjourneys.org ☐ **www.healingjourneys.org**