

Yoga Immersion

September 29th - October 1st

Menu

Friday, September 29th

Dinner

Chicken or Tofu Skewers
Peppers and Onions
Cauliflower Rice
Roasted Asparagus

Saturday, September 30th

Breakfast

Yogurt Bar
Fresh Fruit
Coffee and Tea

Dinner

Spaghetti Squash or Pesto Pasta with Red Sauce
Roasted Broccoli
Garlic Bread

Sunday, October 1st

Breakfast

Quiche
Fresh Fruit
Coffee and Tea