

AMERICA'S GUIDE TO A HEALTHY MIND, BODY AND SPIRIT

NEWLIFE

MARCH
APRIL
2009

Y Y O G A



The
Road to
Spiritual
Success

The
Breath
of Life

Edible
Skin Care

Remembering
Our Sacredness

NEW YORK'S GUIDE TO YOGA AWARENESS

Some Of Our Guests Come To Heal. Some Come To Learn...



...Others Come Simply For The Food.

We really don't believe it matters what brings you here, because once you arrive, you'll realize that you're going to receive all of the above and more. You cannot be at classes going on all day long, you're sure to find the Cuisine will definitely be at the top of the list. Hippocrates experience a memorable one.

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Executive Chef Ken Blue prepares the pizza for a Friday night dinner.

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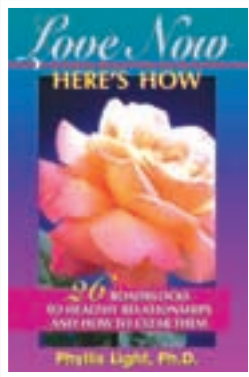
*“Living Safely & Spiritually
in a High Tech World”*

Friday – Kips Bay 7 PM

Saturday – Kips Bay 3 PM

*“Understanding Energy &
Your Power in Relationships”*

Sunday – Tribeca 3 PM



LOVE NOW, HERE'S HOW

by Phyllis Light, Ph.D.,

author of “Prince Charming Lives!

Finding the Love of Your Life”

- Like Louise Hay's "Heal Your Body" but in the area of relationships
- Free yourself from old negative subconscious patterns



- **Protects from EMFs and other damaging frequencies**
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