



## SACRED EATING The Art of Sacred Nourishment



This program will focus on “how we eat” versus what we eat. Through listening to the holy temple of the body one can identify “True Hunger” and how one’s body responds to different foods.

We will explore how the manner in which we eat affects all areas of our life. A guided gentle eating experience will be included to support experiencing food and the body in a sacred way.

**Presenter:** Michelle P. Carlino  
B.A. in Special Education and Communications; Certified  
in Christian, Hatha and Kripalo Yoga Instruction.

**Date:** Thursday, February 16, 2012

**Time:** 7:00 pm ~ 9:30 pm

**Place:** Upper Room Spiritual Center  
3455 W. Bangs Avenue, Building 2  
Neptune, NJ 07753  
(Behind Holy Innocents Church)

**Fee:** \$25 ~ \$35

**Registration with a \$10 deposit required by February 9<sup>th</sup>**  
**Sacred Eating: The Art of Sacred Nourishment**  
**Thursday, February 16, 2012**

**Name:** \_\_\_\_\_ **Amt. Encl:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**City/State/Zip** \_\_\_\_\_

**E-mail** \_\_\_\_\_

Please Mail to the  
Upper Room Spiritual Center  
3455 W. Bangs Avenue, Building 2, Neptune, NJ 07754  
732-922-0550 or e-mail: [office@theupper-room.org](mailto:office@theupper-room.org)