

URBANYOGA

NUTRITION PROGRAM



URBANYOGAONLINE.COM
INFO@URBANYOGAONLINE.COM



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The Peoples Practice™

The People's Practice™ is an integration of Kemeti and Hatha with Tao healing arts. Ancient methods employing breath, sound and movement to still the mind and liberate the body. Connecting and flowing through this practice of mindful movement based on the foundations of geometric progression and remember your indigenous nature within.

The People's Practice™ develops attention to individual needs while encouraging the support of a holistic community.



NUTRITION PROGRAM

Eating a balanced diet is key to our health and well being. Food provides our bodies with nutrients and energy to live, grow, and function properly. There are many different ways of eating and if planned accordingly they can all provide you with the proper nutrients. UYF

offers nutrition and cooking seminars that will introduce you to different ways of eating such as raw, vegan, and vegetarian diets.

OUR FOOD IS OUR MEDICINE

THE PROGRAM

- Nutrition Classes
- Cooking Classes
- Vegan Community Share
- Information about vitamins, minerals and supplements
- Alternative ways of eating

BENEFITS

- Reduce the risk of some diseases, including heart disease, diabetes, stroke, some cancers, and osteoporosis
- Reduce high blood pressure
- Lower high cholesterol
- Improve your well-being
- Improve your ability to fight off illness
- Improve your ability to recover from illness or injury
- Increase your energy level