

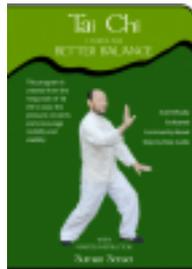


*The latest news from Tai Chi Yoga Center,
December 2014*

Holiday Special Sale

Our DVD's are on sale now for \$15 (usual price is \$25). Below is an example of what we have available in our [online store](#)*!!

*** Please choose your items and call Suman at 541-515-0462 to complete the purchase. Sale items are not processed through PayPal.**



Tai Chi: Moving For Better Balance DVD

This program is gentle exercise shown many scientific studies to improve balance, stamina, relaxation, strengthen muscles and blood circulation. The program aims at

helping you cope with daily activities, as well as improving your physical and mental health.

Video length: 42 min

\$15 for a limited time!

Add to Cart

"Tea Time, Tai Chi Demo and Social Time," Dec. 17

In our last Tai Chi class of the year tradition, we'll gather at 1055 River Road Annex House, Eugene, from 10:30 a.m. to noon on December 17. The tea is FREE, but please RSVP to sumanbarkhas1@gmail.com. Bring your favorite tea, cup and cookies to share with others. We will present short Tai Chi and Qigong demonstrations - sit back and enjoy. View a Tai Chi 24 routine in Florida by Suman at <https://www.youtube.com/watch?v=LJWgxe3QoA4>.

Quotations About Tea

- * Water is the mother of tea, a teapot its father, and fire the teacher. - Chinese Proverb
- * Tea is a divine herb.
- * Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves - slowly, evenly, without rushing toward the future. - Thich Nat Hahn

Today I'd like to sit and sip,
Forget about the world a bit,
Ignore the things I have to do,
And just enjoy a cup or two.

- Author Unknown

From Peony . . .

Good Health Begins in the Kitchen



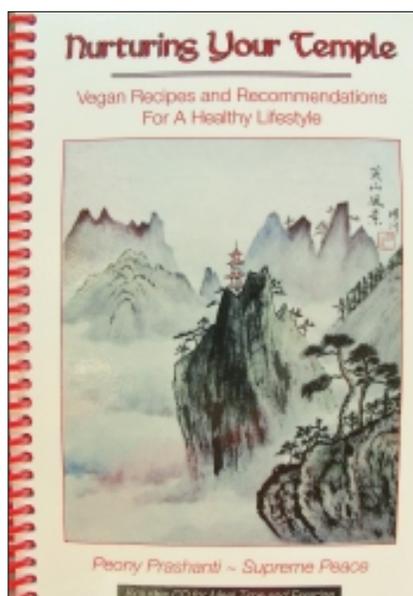
Be happy in the kitchen and sing. Practice tai chi. Eat well.

Hi Friends, I hope you had a nice Thanksgiving with family and friends. This year for our annual volunteer appreciation dinner we made sukiyaki. Next year, we'll have Teppan yaki. Hope to see you then.

I would like to take this time to share with you some restaurant guides that I thought you may enjoy dining at if you ever want to get a quick bite out in Eugene. But first, let me share with you some awesome dishes I made. (Scroll down to view Restaurant Guide.)

Check out my Youtube page to see some of my cooking styles for health. Peony Prashanti YouTube at <https://www.youtube.com/channel/UCir-VrqovPKi6Wa0A3lRWyg>

More winter dishes to come so please check me out from time to time, okay?



Some other yummy meals I created in my kitchen, check these out in my newly created cookbook, "Nurturing Your Temple," available on our other website, www.taichiyogacenter.com.

This awesome book contains many recipes for healing that are based on the yin yang theory. Balance is the key to healthy cooking as well as seasonal balance for our major organs to be happy. Within the book,

- * list of foods, herbs, spices for each season to choose from
- * cooking methods that are best for your body for that season
- * simple meridian movements that may help with tonifying your organ for each season to further your happiness!! Love your body, your Body Temple.

- * and a CD of PIANO music to put you in the mood of love while cooking, dining, yoga, tai chi, etc.



Rice Triangles



Tempeh Meal-to-go



Teriyaki Tofu



Peony's Special Gomashio. Gomashio is a balanced Asian condiment made of sesame seeds and high quality salt from Redmond, Utah. Carefully calculated in a ratio of salt:seed for the adult body. May be too strong for the little ones. Give Away this month until December 22 with a book purchase through www.taichiyogacenter.com and subscription to my YouTube channel.

Restaurant Guide.

I am often asked where I eat, when I do, which isn't often. Here are some of my choices from favorite to least.

1. **Govinda's Vegetarian Buffet.** Located on river Road in Eugene. All sattvik, meaning no onions, garlic, mushrooms, truly a diet for higher consciousness.
2. **New Day Bakery,** visible clean kitchen, super nice staff and wonderful bread and lots of seating
3. **Laughing Planet,** another fun place to eat, bring the kids, and you can ask them to leave out certain ingredients. If you are not happy with your meal, you can order something else without charge.
4. **Cafe Yumm** is the last choice, we order here without the Yumm sauce which is a bit overpowering drowning out the flavors of everything in your bowl or wrap. Just ask them to leave it out or try the sesame ginger dressing, wonderful for this time of the month. Visible kitchen and clean. Nice young staff and great cookies.

A % of my book sales are donated to End Hunger in Oregon each month, www.oregonhunger.org.

BE WELL AND MANY BLESSINGS OF LOVE AND LIGHT TO YOU AND YOUR LOVED ONES.

Peony Prashanti