

Ayurvedic Rasa Elixir:



- for chronic dryness of skin and GI tract
- nourishes all tissues from the root
- an especially good recovery-liquid after vigorous vinyasa or hot yoga
- rasa*, Skt: means plasma, juice, juiciness of life, emotion, taste, dance, essence
 - flesh of 1 very ripe mango, peach, or nectarine
 - 2 soaked dates
 - juice of one whole lime
 - ¼ tsp sea salt
- blend with 1L of water
- take at room temp, sipping throughout the day, up to 3x weekly

Recipe courtesy Matthew Remski of Renaissance Yoga and Ayurveda. Visit yocoto.org for more...

Yoga Community Toronto is member based organization designed to collectively serve and support our yoga community.

Membership Benefits include:

Full access to Yoga Festival Toronto every August, Discounts at affiliated studios, Fall Roundtable Discussion, Spring Lecture, Listing in YOCOTO online network, Monthly support group meetings for students, teachers, Annual Networking Party.

Yearly Membership: \$285 plus tax.

Yoga Festival Toronto, August 20-22nd

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