

Ayurvedic Wine-Replacing Brew:



- ideal for reducing alcohol intake
- warms circulation, relaxes nerves, and dilates the senses
- opens and strengthens the heart

- three parts hawthorne berries and cinnamon sticks to one part cloves
- crush together in a spice grinder

- brew 1tsp per C of boiled water
- let cool to room temp
- replaces wine (especially red) glass for glass
- the first cup might dissuade you from your first drink altogether...

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 the Toronto 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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