

# Mind+Body+Kitchen



**By Life Off The Yoga Mat**



**Join Jill Rodriguez, Integrative Nutrition Health Coach, E-RYT certified Vinyasa and Yin Yoga Instructor for this 3-Part Wellness Series.**

**JUNE 15th - 2:00pm**

**Mind Over Any Matter (Part One)**

**30 Minutes to re-learn how to be more productive, more creative and more energized throughout your days and nights. What to do, what to eat, when to reach for a cup of coffee & when to take a nap.**

**JUNE 22nd - 2:00pm**

**No Mat Required: Yoga Anywhere (Part Two)**

**30 minutes of yoga you can do anywhere, from the airport to the home office. No mat required for this standing, no contact flow. Find balance, flexibility and strength anytime you need it.**

**JUNE 29th - 2:00pm**

**In The Kitchen: (Part Three)**

**Immune Boosting Foods On The Go 30 minutes to gain confidence in the kitchen with your food choices that will fill you, fuel you and keep you healthy and energized all day long.**

**You must register 2 days prior to the workshops at [secaucuslibrary.org](https://secaucuslibrary.org) with your email to receive the ZOOM link invitation**