

# winter 2010 - tuesday nights 6 week speaker series

sponsored by the **Center for Inspired Wisdom**  
and *The Green Tea House*

**@ The Green Tea House** ~ 415 Second Street East, Whitefish  
**7 pm - 9 pm** free will donations gratefully accepted

FOR MORE INFORMATION, 406.862.6573  
[www.inspiredwisdom.org](http://www.inspiredwisdom.org)



## Jan 26

### The 5 Elements Approach to Diet

*with Miriam Katz*

Imagine having an energetic relationship with all foods, with some resonating with your body's frequency and others not.

Imagine characterizing the nature of that relationship, and identifying the foods that specifically vitalize you.

The East Asian tradition known as "Chinese Five Elements" has been exploring this precise relationship for over 5,000 years,

Come learn which "element" is dominant in your body and discover the foods that vitalize and balance you.

#### *Miriam Katz*

*is a holistic nutritionist. She has been teaching cooking and guiding individuals on dietary choices for over 30 years. Miriam specializes in food allergies, and offers a perspective that combines both "traditional" and "alternative" approaches to nutrition.*



**CENTER  
FOR  
INSPIRED  
WISDOM**  
simple tools for deep transformation

The Center for Inspired Wisdom is dedicated to supporting all of us on the journey to the wisdom of our own authentic/True self, inviting deeper exploration through classes, workshops, and venues for dialogue and communication. [www.inspiredwisdom.org](http://www.inspiredwisdom.org)

The Center is the educational outreach branch of the Jwalaan Muktiikā School for Illumination (JMSI), a 501 (c) (3) non-profit educational organization, providing information for assisting each of us in opening to the wisdom of our True Self through the JMSI Wisdom School and the JMSI Research Center. For more information: tel. 406.862.6573. [www.jwalaanmuktika.org](http://www.jwalaanmuktika.org)