



Yoga For Foodies

WITH DAVID ROMANELLI AND JONATHON SAWYER

Wednesday, February 17th – 6pm

\$65- includes après-yoga dinner at The Greenhouse Tavern

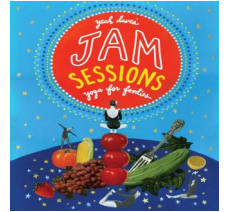
Join The Greenhouse Tavern's Jonathon Sawyer, and Yoga + Chocolate co-founder David Romanelli for an evening of sensational yoga and the finest cuisine in Cleveland!

Why not stretch your mind and body before indulging in a feast?

The evening will begin with David's class, touching upon the senses and messages that arise from the earth and nourish us at every level of being. As you enjoy a post-yoga splendor, Chef Sawyer will provide a three course meal rooted in simplicity, sustainability, and farm to table. This will be the ultimate evening for anyone who dreams of their body and soul to be enriched, enlightened, and as one!

Make your reservations soon, space for this will fill up soon!

Call 216-443-0511 for your reservation.



JONATHON SAWYER :

Chef Sawyer's commitment to the use of local ingredients, sustainable food, and eco-friendly building practices inspired him to open The Greenhouse Tavern located in the East Fourth Entertainment District of Downtown Cleveland. Sawyer also collaborated with

the Green Restaurant Association to become the first certified green restaurant in the state of Ohio. The Greenhouse Tavern offers French inspired dishes using local and sustainable ingredients all created with the belief that the proximity of farm to table directly correlate to it's quality. To learn more, visit the website: www.thegreenhousetavern.com



DAVID ROMANELLI :

Since 2004, David has been traveling the world sharing his Yoga + Chocolate and Yoga + Wine experiences. Those who prefer their yoga coated in chocolate, seasoned with humor, and lavished with Marley have enjoyed his workshops and debut book *Yeah Dave's Guide to Living the Moment: Getting to Ecstasy through Wine, Chocolate, and Your iPod Playlist*. David has

been featured in *O Magazine*, *Newsweek*, and *The New York Times* and last year his book reached #1 on the Amazon.com Self-Help Bestseller List. David is co-founder of At One Yoga in Scottsdale, AZ. Check out his website:

www.yeahdave.com.