

# NOURISHING YOUR BODY AND SPIRIT

## תזונה לגוף ולנפש



### HALÉ SOFIA SCHATZ

AUTHOR AND  
NOURISHMENT EDUCATOR

HOSTED BY  
SASHA &  
BENYAMIN  
LICHTENSTEIN

SERVING  
VEGETARIAN

IN WATERTOWN

A professional ceramic artist, Sasha Bergmann Lichtenstein teaches at JCDS and Gann Academy. Her pottery can be seen at Kolbo and elsewhere; guests will enjoy eating off of her beautiful hand-crafted dishes. Sasha is the author of *The Yummy Without Cookbook*, a guide to gluten-free and dairy-free eating. Benyamin B. Lichtenstein is a professor of entrepreneurship and management at UMass Boston. He has developed a theory of organizational emergence based on complexity science, which he's now applying toward increasing sustainability in business and society. Their children, Moriah and Simeon, are happy to attend JCDS.

HALÉ SOFIA SCHATZ HAS BEEN INSPIRING PEOPLE to nourish their bodies and spirits for more than 35 years. As an international author, nourishment educator, and consultant, her pioneering work with food, health, and healing offers a joyous and supportive approach to the intimate questions about how we feed ourselves. She combines her extensive knowledge of internal cleansing, food combining for digestion, herbs, and vital foods with a strong intuitive approach to help people embody spirit. Her work ([www.heartofnourishment.com](http://www.heartofnourishment.com)) provides a practical, supportive approach to deeper issues of nourishment, well-being, and consciousness.

Halé is the author of *If the Buddha Came to Dinner: How to Nourish Your Body to Awaken Your Spirit* and *The Nourishment Cleanse Workbook*. Her private practice is in the Boston area and she also teaches regular programs in Istanbul, as well as programs in Australia and Thailand.