



## Monthly News & Updates

### Straighten Up!

Marty Betts will continue the Posture Series this month with **"I Stand Corrected"**, focusing on the correct form for basic yoga poses to get the most out of your practice. Workshop is free with membership or class package.

**Wednesday, March 8, 1:00 - 2:00 P.M.**

[Sign up here to reserve your spot](#)

### Special Event Osteoporosis - Breaking Down Bone Health

Join us as we welcome guest nutritionist Kari Grumeretz, M.S., Human Nutrition and Functional Medicine. Kari will highlight factors that contribute to bone loss and offer guidelines on how to create a diet that support bone health.

**Thursday, March 16, 1:30 P.M.**

[Register online](#)

### Calling all Movie Buffs!

Interested in a sneak peek of the upcoming Ann Arbor Film Festival? Leslie Raymond, Executive Director, will be at Imagine on Wednesday, March 15th from 4:30-5:30 for a Q & A. Leslie will also share clips for the upcoming festival happening March 21 - March 26. There will be a giveaway for free guests passes when you sign up for the newsletter.

Join us for the entertaining happy hour event.

Sign up sheet at the front desk.

### A CSA Opportunity for the Imagine Community



[Click here for full details on the CSA and ordering options](#)



# Recap from Laurie and the Kitchen Pharmacy Workshop



Thank you to everyone who attended the Kitchen Pharmacy class on 3/1.

It was so nourishing to share lunch and community with you...the awesome community that is Imagine Yoga and Fitness truly makes it a special place to be

And thank you for letting me share what I love and know is so valuable with you!

For those of you who couldn't attend, I have included a simple herbal remedy to make that will help clear congestion as we move thru the next 2 wet months of late Winter into /early Spring. I hope to see you next time!

**Turmeric mixture** - to relieve cough/cold congestion.

1/2 tsp turmeric powder + 1/2 tsp ground cinnamon  
Mix this with 1 TBL raw honey (a local honey is best) until it looks / forms a sticky paste

Take several times a day to relieve throat, sinus congestion.

Can lick this paste off a spoon - follow with a swig of warm water.

Can dissolve 1 tsp of the above in 3-4 oz of warm water - drink several times a day



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