

# AWAKENING WEDNESDAYS

Wednesday,  
May 4th

Center for Spiritual Living - Boise  
10464 W Garverdale Ct.  
208.375.0751 office@cslboise.org

## BRAIN HEALTH FOR OPTIMUM BRAIN WELLNESS

7:00 pm

with guest speaker  
David Musnick, MD,  
Board Certified in Sports, Functional and  
Internal Medicine



Contact information [www.funmedidaho.com](http://www.funmedidaho.com)

Dr. Musnick will offer practical information on how to keep the brain sharp and healthy. Did you know it is hard to feel hope and positive emotions when the brain is inflamed? Learn how to heal brain cells that have changed or aged, and the resulting brain fog, memory problems, and poor focus that comes with this unwanted change. Dr. David Musnick teaches this in an entertaining and engaging style.



## KUNDALINI YOGA

with Amy Stadstad

5:30 pm - 6:15 pm  
\$10/person

Experience spiritual, mental, emotional and physical strength, greater mental clarity and inner peace through this awakening yoga practice & meditation.

All are welcome to join, from beginners to experienced. Please bring a mat & meditation pillow. Chairs will be provided for those unable to be on the floor.



## ONENESS FOOD & CATERING

6:30 pm  
\$20/person

The vegan/vegetarian meal lovingly prepared by Shadi Ismael will be served at 6:30 pm. It consists of a flour tortilla wrap of crispy ground chickpeas mixed with oneness spice, lettuce, green onions, white onions, tomato, pickled turnip, mint, lemon juice, and oneness tahini sauce, cut into 12 pieces. Served with hummus and pickles.

You must pre-order your meal by calling or texting

Shadi BY MAY 3rd at 208.794.0970.