

# **Yoga, Seasonal Harvest & Preparation**

## **with Community Meal at Stoney Acres Family Farm**

**Presented by**



**5 Koshas**  
yoga and wellness



**Saturday, September 19, 2015  
9:00 am - 12:30 pm, \$30/ person**

- Awaken your senses with outdoor yoga in the orchard – breathe and move, connecting to earth and sky amongst the abundant harvest
- Tour the farm and help harvest seasonal vegetables with Kat Becker, owner of Stoney Acres. Ask questions, learn about food and farming, take a bite out of a tomato or dig your hands in the dirt if you so desire!
- Prepare the bountiful harvest, learn cooking techniques and share recipe ideas
- Gather and relax for a community meal of the seasonal harvest, local cheese and wood fired goodness

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**"Yoga on the Farm (is) a peaceful experience. There is nothing better than to practice yoga outside, having the connection to the earth below and the sky above, and the added bonus of meeting local farmers who provide healthy food for so many." P.K.**



**Heather Van Dalfsen**  
M.Ed, E-RYT 500  
Certified Vinyoga Teacher

Heather is passionate about the outdoors, local food and exploring accessible options to nurture health and wellness.

Teaming up with Stoney Acres is an opportunity for Heather to 'connect the dots' with you, opening up opportunities for transformation to spark your wellness journey and invite you to feel like a kid again.

**Contact Heather for more information:**  
[heather@5KoshasYoga.com](mailto:heather@5KoshasYoga.com)

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**Kat Becker**  
M.S. Rural Sociology  
Owner, Stoney Acres Family Farm

Kat and her husband Tony are in their 10th year as third generation farmers in Athens Wisconsin.

As an educator, Kat offers a wealth of knowledge not only about local food and farming, but also organic techniques, renewable energy and root-to-leaf food solutions.

Kat has many ideas to share about food preparation, cooking and recipes that will inspire your commitment to seasonal, local food.