

A RAW FOOD WORKSHOP/COOKING BENEFIT FOR: THE SEAN O'SHEA FOUNDATION

Empowering Youth with Yoga and Nutrition Curriculum



The Sean O'Shea Foundation was created after the fatal car accident of Ashtanga Yoga teacher, Sean O'Shea. Sean took his yoga programs to at-risk kids all over San Diego. Since his passing, the Sean O'Shea Foundation has brought free yoga, nutrition, health, optimistic teachings and environmental awareness to youth ages 8-18. The SOS Foundation offers several programs including our signature seven week curriculum, year round programs, school teachers trainings, special programs for juvenile offenders, special programs for pregnant teens and teen parents, and our latest program...yoga for kids with cancer...partnering with Rady's Children's Hospital. The SOS Foundation has brought yoga to 5,500 children in the past three years and not one child has had to pay for the program thanks to friends of the SOS Foundation and community supporters.

When we find the gift to live each day with calm and peaceful purpose, then and only then can we send that peace outward into a young life as our gift to the world. We dedicate our Work to the memory of Sean's good life and to the children of our communities. -Gloria O'Shea



BENEFIT INFORMATION:

A RAW FOOD DESSERT WORKSHOP & COOKING LESSON with CHEF FUJI LOVE- SUNDAY, DEC. 11TH from 4:30-6:30PM

At The **Center for a Healthy Lifestyle**, 533 Lomas Santa Fe Dr. Solana Beach
Cost is \$60 pre-registration, \$65 at the door, \$110/couple (pre-registration) \$120/couple at the door. Call the Sean O'Shea Foundation to pre-register via credit card or pay directly at www.seanosheafoundation.org PayPal donation option, or mail your check to" The Sean O'Shea Foundation, 3397 Hollowtree Drive, Oceanside, CA 92058...must be received by December 8th 2011.

MENU - Mama's Apple Pie, Raspberry thumbprints cookies, Pumpkin Cheesecake, Festive Macaroons, and 118-degree hot chocolate with peppermint cream...YUM!

About Chef Fuji Love - Chef Fuji Love born Courtney Harville was born in San Diego and grew up in Orange County. She became an LVN at 23, working with her desire to heal and be of service to others. Finding no cures in medicine throughout her journey in Nursing, her first pregnancy opened her eyes to nutrition. Being low in energy throughout her pregnancy and bringing 50 lbs of weight gain, her awareness was brought inward and with thoughts of a healthy child. Discovering Raw and Living foods brought energy, discipline, and the ability to feed those she loves fully, with taste, style and heal at the same time. She works as a chef, caterer, creating dinner parties for wonderful people to commune and is currently working toward a booth at the Farmer's Market.

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