

J & K Thymes:

In good food we trust

Introduction to our Newsletter:

We are excited to share our first newsletter! Our goal is to share things that are both fun and informative while increasing exposure to what we are passionate to offer, which includes many areas in the realm of holistic health. We want to keep you periodically (not more than a few times per year) updated on events and offerings. If we missed anyone that you know would like to be added to this list just let us know 😊 As we streamline how we are going to send this list going forward you may see some emails come from Josh at joshpwarren@gmail.com or Kalindi at kalindi@oncourtocffcourt.com



Life Update:

We met at a tennis conference in Hilton Head SC after sitting next to one another on a speaker's panel. Fast forward after a year of dating from a distance, Kalindi was able to move to Maine at the start of the pandemic. We moved to Lamoine, Maine near Acadia National Park in June of 2021 and could not be happier living in the woods near the ocean. We happily married this past October at our home. We feel grateful every day for this dream come true and appreciate all of the love and support from everyone near and far and love being a part of this special community.

2 Couples Plant-Based Wellness Retreat Weekend:



Although we were late to list and advertise, we have space for up to two couples to join our Plant-Based Wellness Retreat **Aug 18-20th 2023**. The price is per couple and includes delicious food, king bed, group and private sessions, and time on your own to relax/explore Acadia. This is of course just around the corner and whether you or someone you know may be interested in this retreat; we are welcoming

feedback for ideal weekend dates to offer this again next year when the warmer months roll around again. Learn more about the details, itineraries, and registration with either of the below all-inclusive options...

airbnb.com/h/couples-plant-based-wellness-retreat-private-entrance-near-acadia-national-park

or

airbnb.com/h/couples-plant-based-wellness-retreat-master-king-bedroom-near-acadia-national-park

Free/by Donation Workshop Offerings:

Josh and Kalindi are offering two free/donation workshops this fall in their wellness studio space. Both classes will be co-taught and include NeuroMuscular Balancing principles, assessments, restorative yoga, ball rolling massage, and mindful self-compassion. Please email joshpwarren@gmail.com to sign up for either class since space is limited to the first 10 people. If space is still available, directions will be provided after signing up. Mats and props are provided. Class dates and times are to select either **Wednesday September 20th or Thursday October 5th from 6 – 8 PM.**

Community events (Farmer's Market):

Below is a picture from last weekend's casual and community-oriented farmers Market in Ellsworth, Maine. We did a free raffle giving away a yoga mat and NeuroMuscular Balancing video download and E-Manual. It was our first market and a lot of fun, so as long as weather holds, we will be there once more this season from 9:30 – 12:30 on **Saturday August 26th.**



Nourishing the Thymes:

We are passionate about eating as much plant-based foods as possible to help support animal rights, the environment, and personal health. When we moved to Lamoine, we made the step to keep the household plant-based and eat vegetarian out of the home. More and more restaurants and stores are jumping on this bandwagon. We plan to go plant-based out of the household too. Believe it or not, this bagel sandwich is made without animal products: *Just Eggs* (mung bean-based eggs found in liquid or frozen form at many grocery stores), plant-based bacon, and *Follow Your Heart* brand plant-based smoked gouda. It's delicious and worth trying! Not all plant-based products are created equal as we've tried many!

It is important to note that there is an amazing bagel trick! If you bring home your favorite fresh baked bagels (such as from NY), you can freeze them in whole form the same day in freezer bags. When ready to eat, just microwave for 22 seconds or let sit on the counter to defrost. Then, rinse it briefly under

water and bake on 400 degrees for about 7 minutes. Cut in half and you'll have the perfect soft and chewy center with a crispy outside 😊



Recipe of the Thymes!

We will share many more recipes we've tried, yet our first recipe share is a classic chocolate chip cookie that is both plant-based without butter or eggs, and gluten free with delicious almond and oat flours. The pictures and recipe are at the link below...

<https://www.makingthymeforhealth.com/best-vegan-gluten-free-chocolate-chip-cookies/>

Raw Thymes:

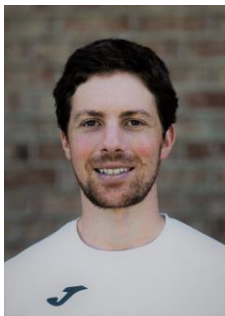
In this section, Kalindi will share her heart on a plate with a post from her blog...

<https://mindfulkalindi.com/getting-out-of-your-head-and-into-your-heart/>

Free Webinar:

Everyday Wellness: Training Smarter and Debunking Myths:

<https://go.oncourtoffcourt.com/everyday-wellness-webinar/>



Josh's Offerings:

Josh is doing NeuroMuscular Balancing sessions in Lamoine and consulting with different businesses. Check out NeuroMuscularBalancing.com to learn more. If interested in Josh's video download with E-Manual, feel free to use the coupon code **introductorydiscount** for \$10 off. This approach helped Josh finally resolve his low back pain of nearly seven years when nothing else was working. Josh is forever grateful for his dear friend and mentor Lee Albert for sharing this knowledge.



Kalindi's Offerings:

Kalindi works for her family company and since she has a passion for yoga and holistic health, she has recently helped launch a yoga line with two unique eco-friendly mats. One is a foldable yoga mat that can act as a bolster, seat, or add extra support under your hands or knees and the other mat is extra wide and extra grippy. They pair well together and are currently retailing for \$68, which is much less than comparable quality mats that are well over \$100. Since we're trying to expand awareness of the mats, if interested you can use and share this coupon code **SAVE20** to get either the [Foldable Yoga Mat](#) or [Get-a-Grip-Mat](#) for \$48 with free shipping. The website to learn more is oncourtoffcourt.com/wellness. If interested, Kalindi also shares heartfelt and honest musings on her blog at MindfulKalindi.com.

Feel free to share this newsletter with whomever you see fit. If you have any feedback or would like to learn more about certain areas of interest please let us know!

With Warmth,

Josh & Kalindi