

J & K Thymes:

In good food we trust

Introduction to our Newsletter:

We are excited to share our so far yearly spring newsletter since our first one was last year! 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 you'd like to check out our first newsletter that shares life updates for Josh and Kalindi and other fun tips, feel free to find that here: <http://neuromuscularbalancing.com/videos-tips-more.html>

Email Josh@NeuroMuscularBalancing.com to sign up for any of the below offerings (space limited):

5 Free Benefit Events June, July, August & September 2024

Donations Welcome to Benefit Different Causes

**No Experience Necessary: [Email Below to Sign-up](mailto:Josh@NeuroMuscularBalancing.com)*

Thur. June 13, 5:30 PM Vegan Potluck followed by 6:30–8 PM: Bhagavadgita - a song of Love for Difficult Times (story of a student & spiritual teacher during extreme personal & social crisis). *first 20 PPL
Dr. John Yasenchak, clinical therapist, counselor educator, yoga practitioner & teacher of 30+ years, degree in philosophy, participated in theological training at the Harvard Divinity School, studied at Oxford Hindu Studies Program & Bhaktivedanta College, Belgium, presented for counselors on the Gita both here & in India. Gita themes & messages will be highlighted that may challenge & support us during difficult times. **100% donations to Doctors Without Borders, Save the Children.**

Thur. July 18, 6–7:30 PM: Darshan Music: Kirtan Call-and-Response Chanting *first 20 People
Join Carla Renzi (percussion) & Justin Maseychik (harmonium) with their original mantra songs, creating a modern take on an ancient practice. Feel free to sing, clap, or relax quietly. **Donations support Darshan Music's mission to share the joy of sacred chanting.**

Sat. July 27, 5 PM Vegan Potluck followed by 6–8 PM Sound Bath: *first 15 People to Sign-up
Relax in this immersive sound bath led by wonderful & talented people: Aaron Pomeranz, finishes PsyD in School Psychology this summer, multi-instrumentalist. Halley Phillips, Executive Co-Director of the Restorative Justice Institute of Maine claimed by Nipmuc Nation. Joshua Ehrlich, PhD, Clinical Psychologist, coaches leaders on resilience & mindful leadership, violinist. Eileen Mielenhausen, M.A., Reiki practitioner & sound healing guide. **100% donations to Wabanaki Public Health & Wellness.**

Sat. Aug 17, 6–7:30 PM: Takoda Dionne: Live Show *first 20 People to Sign-up
Takoda, a singer-songwriter with original music with a thoughtful & passionate blend of pop, rock, & folk music. He layers acoustic guitar, percussion, & bass using a single guitar with live looping & vocals often with layered harmonies. **100% donations to Maine Organic Farmers & Gardeners Assoc.**

Thur. Sept 26, 6–8 PM: NeuroMuscular Balancing, Ball Rolling Massage, Restorative Yoga, & Mindful Self-Compassion for Performance, Pain Relief, & Wellness *first 10 People to Sign-up
Josh Warren, MS, LMT, & Kalindi Dinoffer, Yoga Teacher & Mindfulness Leader, will co-teach this class. Josh will share how to release muscles in minutes regardless of how long they have been tight! Release, stretch & strengthen key muscles in this gentle yoga class to lengthen the short muscles & shorten the long muscles, bringing the body toward balance. Kalindi will guide self-compassion exercises, restorative poses & a ball-rolling massage routine. **100% donations to a well-fed world: plant-based hunger solutions.**



Pictured are two large bays in our open-air seasonal wellness space for these special evenings. We have mats, blankets, & chairs.

Location: Lamoine, ME

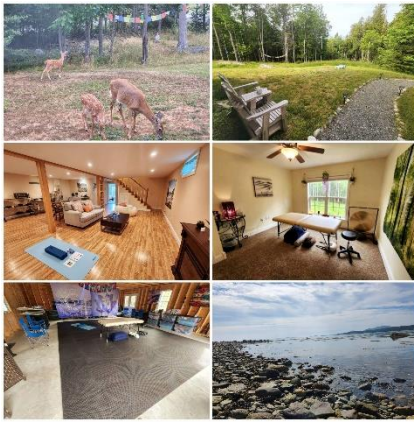
Email Josh To Sign-up since limited space & to receive our home address:

Josh@NeuroMuscularBalancing.com

More info: NeuroMuscularBalancing.com



Plant-Based Wellness Retreat for Two Couples:



If you or anyone you know are interested in this offering, feel free to inquire and we are happy to coordinate a particular date that works well for everyone. The price is per couple and includes delicious food, king bed, group and private sessions, and time on your own to relax and/or explore Acadia. Learn more about the details and itineraries 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

Nourishing the Thymes:

We are passionate about eating as many plant-based foods as possible to help support animal rights, the environment, and personal health. When we moved to Lamoine in our first home together, 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. Since last year's newsletter, we are getting much closer now to fully plant-based outside of our home as well.

One of our recent staples, that is always replenished and on our dining room table, is vegan parmesan. In the past, we have made nut based parmesan and have recently fell in love with a nut-free version that uses hemp hearts, which have omega 3 and 6, antioxidant effects, high protein, and other helpful nutrients. In addition, this recipe includes nutritional yeast, which helps provide more B12 into the diet along with even more protein. We sprinkle this parmesan on italian food, salads, sandwiches, grain bowls, popcorn, and probably close to about 75% of what we eat! We put the below ingredients into a 1 quart, wide mouth mason jar with a flip top lid and shake it for a ready-to-eat product in just a couple minutes (feel free to omit or add desired seasonings and shift ratios)...



- 2 cups hemp hearts (shelled hemp seeds)
- 1 cup nutritional yeast
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1 teaspoon pepper

Recipe of the Thymes!

Even though we made and ate these Peanut Butter Vegan Ice Cream Bars all winter, they are especially fitting as the summer approaches. I omitted the popsicle stick and just used parchment paper to hold them. They are an incredible dream, and the peanut butter can be substituted if needed...

<https://itdoesnttastelikechicken.com/vegan-ice-cream-bars-peanut-butter-chocolate/>

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