



Three Sacred Salons

with French Fare Luncheons
hosted by Deanna Trust

RELAX, ENJOY, AND LEARN TO NURTURE YOURSELF

- *Three Master Teachers to Guide You*
- *Three Scintillating Topics to Empower You*
- *Gourmet Fare to Nourish Your Body and Delight Your Senses*

INSTRUCTION: 10 AM to Noon & 2 PM to 3 PM // LUNCH: Noon to 2 PM

Salons take place in Deanna's home sanctuary decorated with antique icons and sacred artifacts.



SATURDAY, OCTOBER 30: Winter Wellness

with Herbalist Dawn Bump (www.drump.com/DawnPfister.asp)

A magical moment occurs when you decide to take your health into your own hands! Clinical phytotherapist, Flower Essence practitioner, weight-loss expert and Rutgers University medicinal herb instructor Dawn Bump reveals how plants can enhance your well-being.

MENU: Hummus basil and pimento canapé, pear and persimmon salad served atop dandelion greens, ginger-orange carrot soup, apple-and-onion tart served with Gorgonzola cheese, red berry mousse, and a pumpkin cookie

SATURDAY, NOVEMBER 20: Goddess Inanna - A Stairway to Heaven **with Lorraine Henrich (www.treeoflighthc.com)**

Since ancient times the Goddess Inanna, the "Queen of Heaven," has been associated with rebirth. Light-worker, Celtic Shaman, Kabbala and Mystery School teacher Lorraine Heinrich explains how the Goddess Inanna as a primordial archetype can help us find our own divinity and awaken to our hidden gifts and abilities. Through guided meditation we will experience Inanna's descent, ascent, and rebirth, emerging from the experience ready to reclaim our power and ability to be successful in all areas of life.

MENU: Coquilles St. Jacques, fig and walnut salad with citrus dressing, tureen of French onion soup, coq au vin and wild rice, and Charlotte Malakoff au Chocolat



SATURDAY, DECEMBER 18: Reach for the Stars

with Astrologer De Vovchansky

Learn how to navigate life's challenges through the magic of astrology with De Vovchansky, professional astrologer with the National Council for Geocosmic Research. Discover how planets, signs, and houses affect you and how to use this self-awareness to make healthier life decisions. For a personalized forecast, please include your birthday, month, and year when registering.

MENU: Mushrooms mariné, shrimp Remoulade, Deanna's Cajun Chicken Gumbo, salad greens with pomegranate and balsamic vinaigrette, flaming Cherries Jubilee, and vanilla ice cream

COST: \$90.00 per individual salon / Or sign up for all 3 salons and get one free...just \$180.00!

10% discount for reservations and payment by October 20, 2010.

Price includes gourmet 5-course luncheon prepared by Deanna from her favorite recipes, served at The Copper Grotto, Deanna's dining salon styled after a European inn. (*Substitutes are available for meat dishes upon request.*)

Call to reserve your salon: 973-366-3570

Mail checks payable to DEANNA TRUST to 192 Casterline Road, Denville, NJ 07834