

Please Come Check out our New Website!

PeakBeingsYoga.com

And Our

[Hawaii and Mexico Yoga Teacher Trainings](#)

on the Big Island of Hawaii and in Sayulita, Mexico

See Our [Calendar](#) of Events



I don't believe people are looking for the meaning of life as much as they are looking for the experience of being alive.

Joseph Campbell

200 Hour Hawaii Unified Yoga Teacher Training - July 2017



Experience the Hawaiian culture, and practice yoga in a natural environment, surrounded by nature.

Unify your Yoga, Teaching & Self

[200 Hour - Hawaii Unified Yoga Teacher Training - July 2017](#)

200 Hour Mexico Unified Yoga Teacher Training - Nov/Dec 2017



Experience the Mexican culture, and practice yoga in a natural environment, surrounded by nature.

Unify your Yoga, Teaching & Self

[200 Hour - Mexico Unified Yoga Teacher Training - November 2017](#)

200 Hour Hawaii Unified Yoga Teacher Training - July 2017



Experience the Hawaiian culture, and practice yoga in a natural environment, surrounded by nature.

Unify your Yoga, Teaching & Self

[200 Hour - Hawaii Unified Yoga Teacher Training - January 2018](#)

200 Hour Hawaii Unified Yoga Teacher Training - November 2017



Experience the Hawaiian culture, and practice yoga in a natural environment, surrounded by nature.

Unify your Yoga, Teaching & Self

200 Hour - Hawaii Unified Yoga Teacher Training 2018

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PEAK BEINGS
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Yoga Teacher
Trainings

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PeakBeings.com
720.270.0746

eating wisely | snacks

tempeh lettuce wraps with mango ginger sauce

MAKES 4 WRAPS

Add your choice of vegetables to these wraps: 1/2 sliced cucumber, shredded carrot, or chopped tomato.

- 8 ounces tempeh
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 teaspoon agave nectar or maple syrup
- 1/2 cup chopped mango
- 1 tablespoon peeled, minced ginger
- 1 pinch of crushed red pepper flakes
- 1 teaspoon lime juice
- Soy sauce and agave nectar or maple syrup to taste
- 6 large lettuce leaves, rinsed

1 Preheat the oven to 350°F. Slice the tempeh into 1/2-inch slices. Place the soy sauce, oil, agave nectar, and 2 tablespoons water in a small casserole dish and stir well. Add the tempeh and form to cook. Bake for 15 minutes.

2 In a blender, add the mango, ginger, red pepper flakes, and lime juice with about 1 tablespoon water with smooth. Season to taste with soy sauce and agave nectar. Pour into a bowl, set aside.

3 Arrange the tempeh and the vegetables of your choice on a serving plate. To eat, top a lettuce leaf with tempeh and vegetables, milk it up, and serve with sauce for dipping.

Photo with permission from The 11-Minute Yoga's Best of the Best, by Mind, Bodyfield and Jennifer Murray Evans, Dharma Press.

MAY 2012

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