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[Hawaii Yoga Teacher Trainings](#)  
on the Big Island of Hawaii**

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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 - June/July 2014**



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 - June/July 2014](#)

**200 Hour Hawaii Unified Yoga Teacher Training - November 2014**



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**200 Hour Hawaii Unified Yoga Teacher Training - January 2015**



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[200 Hour - Hawaii Unified Yoga Teacher Training - June/July 2014](#) **YOGA TEACHERS**

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**tempah lettuce wraps with mango ginger sauce**

MAKES 6 SERVINGS

**Add your choice of vegetables to these wraps. Try sliced cucumber, shredded carrots, or chopped tomato.**

- 8 ounces tempah
- 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 1/2 tablespoons lime juice
- Soy sauce and agave nectar or maple syrup to taste
- 6 large lettuce leaves, broad

**1** Preheat the oven to 350°F. Slice the tempah into 1/2-inch slices. Place the

soy sauce, oil, agave nectar, and 2 table-  
spoons water in a small cast-iron dish  
and stir well. Add the tempah and turn to  
coat. Bake for 15 minutes.

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

**3** Arrange the tempah and the vege-  
tables of your choice on a serving plate.  
To eat, top a lettuce leaf with tempah  
and vegetables, roll it up, and serve with  
sauce for dipping.

*Printed with permission from The 30-Minute  
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and Francis Murray from the Daily Food.*

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