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PeakBeingsYoga.com

And Our

[Hawaii, Bali and Costa Rica Yoga Teacher Trainings](#)

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 Bali Unified Yoga Teacher Training - September 2018



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

Unify your Yoga, Teaching & Self

[200 Hour - Bali Unified Yoga Teacher Training - September 2018](#)

200 Hour Mexico Yoga Retreat - November 2018



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

Unify your Yoga, Teaching & Self

[200 Hour - Mexico Yoga Retreat - November 2018](#)

200 Hour Hawaii Unified Yoga Teacher Training - January 2019



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 2019](#)

200 Hour Bali YIN Yoga Teacher Training - April 2019



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

Unify your Yoga, Teaching & Self

[200 Hour - Bali YIN Yoga Teacher Training - April 2019](#) **YOGA TEACHERS**

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eating wisely | snacks



**tempeh lettuce wraps
with mango ginger sauce**
serves 4-6

Add your choice of vegetables to these wraps. Try 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
- 1/16 tablespoons 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 table-
spoons water in a small cast-iron dish
and stir well. Add the tempeh and turn to
coat. Bake for 15 minutes.

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

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

*Printed with permission from The 30-Minute
Yoga's Taste of the East, by Mark Ruffalo
and Jonny-Murray from The Yoga Press.*

MAY 2012

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