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**And Our**

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

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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 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



**tempah lettuce wraps  
with mango ginger sauce**

recipe © mark

**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 cup chopped mango
- 1 tablespoon peeled, minced ginger
- 1 pinch of crushed red pepper flakes
- 1½ 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 10 ½-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 ½ 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.

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Vegan's Taste of the East*, by Mark Bittfeld  
and Francis Murray (New York, Da Capo Press).

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