

# Plant Based Tahoe Institute

August 28-30, 2020  
Lake Tahoe Community College



This 3-day Institute is complete with Whole Food Plant-Based No Oil cooking classes, motivational movement classes, and outdoor mindfulness sessions in beautiful Lake Tahoe. Learn through inspirational evidence based presentations on how to implement a plant-based lifestyle!

All interest levels are welcome. This institute will feed your body & soul, whether you are investigating a plant-based lifestyle or have been plant-based for years.

Weekend Institute \$995

Sign up before February 14 and save \$150!

## Highlights of this weekend retreat include:

- **Keynote Speakers:**

**Dr. Michael Klaper**, M.D. Physician, Speaker, Educator

**Susan Benigas**, Founder of The Plantrician Project

- **The culinary experience:** Hands-on whole food plant-based classes that cater to all culinary levels. Topics include: Plant-Based No Oil Cooking, Bowl Building, Instant Pot Cooking, Batch Cooking, and Sauces & Dressings.
- **Small group demonstrations:** Basic Knife Skills, Gadgets & Gizmos, Understanding the New Nutrition Labels, Menu Reading & Ordering, Set-up Your Pantry for Success, Grocery Shopping, and Navigating Plant-Based Nutrition Websites.
- **Lecture classes :** Gut Biome, Preventing & Reversing Disease, The Path to Sustainable Health, and How Environmental Toxins Affect Your Health.
- **Mindfulness sessions:** Finding Your Balance, Connecting with Nature, Hiking, Meditation, and Forest Bathing.
- **Motivational movement classes:** Spin, Barre, Yoga, Body Pump, and Core & Restore

*Breakfasts, Lunches, Snacks, Swag Bag with Recipe Book & Resource Guide are included.*

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