



zionsville | speedway | danville

## For Immediate Release

February 9, 2016

### Contact

Mindi Epstein, Owner  
mindi@peacethroughyoga.com | 317.753.1266

[www.peacethroughyoga.com](http://www.peacethroughyoga.com)

## Yes, You Can Be a Healthy Chocoholic

**Zionsville, IN** – Peace through Yoga and local author and health coach Dawn Parker are serving up recipes, how-tos, health tips and chocolate samples, of course, at two upcoming workshops, “The Healthy Chocoholic with Dawn Parker” at Peace through Yoga’s Zionsville studio.

Peace through Yoga owner, Mindi Epstein, says, “Meeting Dawn Parker has shown me that I no longer need to harbor guilt about my love of chocolate.” Dawn will surprise workshop attendees with absolutely delicious chocolate treats that are not only easy to make, but actually good for you. Participants will learn how to prepare some of Dawn’s gluten and dairy free chocolate recipes that are featured in her award-winning book, *The Healthy Chocoholic*. Attendees can look forward to indulging guilt-free in some samples while learning about food additives to avoid when purchasing treats from the store. Dawn’s book will be available for purchase and an autograph.

Workshops will take place at Peace through Yoga Zionsville, 575 S. Main Street:

Sat, May 7, 1-3 pm: A great way to celebrate Mother’s Day weekend, \$25

Sat, November 5, 1-3 pm: Healthy dessert options for Thanksgiving, \$25

Peace through Yoga meets students where they are — physically, spiritually and geographically. More than 30 certified instructors bring the practice and teachings of yoga to students of all ages and abilities at three studios nestled in Zionsville, Speedway and Danville.

Yoga classes, workshops to integrate the tenets of yoga into everyday life, international retreats and certified yoga teacher training make Peace through Yoga a vital resource for each community. The studios’ relaxed environment, free from judgment and expectations, is home to real life yoga.

