



# NOV. 15, 2014 MACROBIOTIC INTRO TALK

## Dr. Flor Marques speaks about Macrobiotics

Macrobiotics requires only that you eat in harmony with your environment. By eating well, you will create order and balance in your daily life. Your peaceful spirit will extend to your family and community and eventually influence the whole world.

Aveline Kushi



Dr. Flor Marques, DDS  
Certified Macrobiotic Counselor  
Certified Yoga Teacher  
Certified Reiki Master

NOV. 15, 2014  
10:30 am to 12 noon



Union Square 28  
East 13<sup>th</sup> Street  
Presents



Aligning Body  
Mind & Soul

**“I became a  
Dentist because I  
wanted to help  
people smile.  
Later I realized  
that the real smile  
comes from  
within”**

Dr. Flor Marques

## SOUEN USQ

Union Square 28 East 13th Street

Tel: 212-627-7150

[www.souen.net](http://www.souen.net)

**FREE EVENT  
REFRESHMENTS INCLUDED**