

FOR IMMEDIATE RELEASE

LA'S Bare Naked Dinners Make Food A Spiritual Experience

*SuzanneToro Offers Unique Ways to Use Food as a Way
To Enhance Your Senses and Connect With Others*

Suzanne Toro, creative visionary, motivational speaker and author of *Bare Naked Bliss*, hosts her renowned Bare Naked Dinners in Los Angeles, California. Using texture and taste, Toro hosts dinners which help evoke the senses, all while she offers stimulating conversation topics.

Toro will guide guests through a two hour dinner with wine, appetizers, main courses and dessert and only uses foods that stimulate the senses and help arouse different elements of the body.

Los Angeles Event Details:

Bare Naked Dinner

When: Saturday November 7, 2009

Time: 7:00 pm – 9:00 pm

Where: 1418 Abbot Kinney Blvd, Venice, CA 90291

Cost: \$50

To Attend: "Alia Mahi" <amahi@exposurepublicrelations.com>,

Website: www.suzannetoro.com

Background on Bare Naked Bliss and Bare Naked Foods:

Toro offers ways to incorporate the theme of Bare Naked Dinners into your daily life using foods we eat everyday such as:

Guilty Pleasure Foods

As simple and tantalizing as a candy bar in a grocery store, guilty pleasure foods can offer the inner enrichment of doing something nice and unexpected for oneself – a fantastic way to be your own best friend!

Finger Foods

Toro encourages people to be fully present and in the process of the dinner, eating with one's fingers enables them to fully embrace the food and the moment. It is a reflection of what she inspires people to do in *Bare Naked Bliss* - live in the moment.

Aromatic Foods

Awaken the senses with foods that incorporate certain aromas and scents, such as garlic, jasmine and vanilla,- each one will evoke a specific human feeling.

Visual Foods

Half of the fun of getting together with a group of friends over dinner is enjoying the visual appeal of foods! Eating becomes more than just an act of consumption – it becomes an experience. Consider enjoying elaborate sundaes, carefully prepared fruit dishes and artistic salads. Eating will become a working piece of art.

Foods to Share

Participate with other dinner guests in the sharing of foods, offering cuisine that requires individuals to cut and serve dinner in an intimate setting. Pasta dishes are fantastic for sharing, as well as homemade soups and desserts.

In addition to food, Toro offers people the tools that can assist when overcoming tragedy and hardship. She openly shares her battles with loss, depression and regret through *Bare Naked Bliss*, and uses the book as a centerpiece for her speaking engagements – all in the mission of helping others find their freedom and inner happiness.

About Suzanne Toro

Suzanne Toro has traveled the country speaking to men and women about finding a deeper connection, overcoming tragedy and finding a way to live an authentic and inspired life. Author of *Bare Naked Bliss*, Toro shares her life's challenges including of her battle to overcome rape and her spouse's battle with cancer as a platform to guide others in the journey to find freedom, peace and eventually true BLISS. For more information to order a copy log onto www.suzannetoro.com