CONSCIOUS LIVING

Episode Descriptions

Season 4

401 Busting Loose in Berlin
Guten Tag! Take a walk on the mindful side of one of the most eclectic cities in Europe: Berlin, Germany. From live music in historic Tiergarten park just steps from the Brandenburg gate, to incredible back alley vegan street eats, Berlin's the gift that keeps on giving. Its complex history creates a beautiful tapestry of diverse cultures and experiences, from pop up ethical fashion runway shows to a tasty plant-based take on Germany's beloved Currywurst, join us as we train, bike and walk our way through this surprisingly sustainable city.

402 Escape to Bali
It's no wonder millions of tourists each year visit the 17,000 island archipelago of Indonesia, the most popular of which is the island of Bali. From its crystal blue waters and white sand beaches, to an indigenous culture that's remained intact for thousands of years and some of the world's most cutting-edge wellness retreats, Bali keeps mindful travelers coming back year after year. On this episode, visit an authentic Indian Ayurveda retreat for a life-changing Panchakarma detox amidst the ancient temples of Tegallalang. Then, join us on the enchanted riverbanks of Ubud for a spiritual workshop to manifest your wildest dreams.

403 The Many Faces of the Divine
We're on location in Rishikesh, India — one of the most spiritual places on earth — celebrating the beauty of diverse religious practices the world over. First, an Indian-inspired ashram outside of Charlottesville, Virginia helps devotees from different faiths come together through yoga, meditation and uplifting vegetarian cuisine. Then, we're back in the jungles of Bali to learn how to make one of the ubiquitous flower offerings that litter its land and temples. Sometimes nature provides the best religious experiences, so we visit a healing retreat tucked into the majestic red

rocks of Sedona, Arizona that's literally been touched by angels. Finally, we find a moment of calm outside the bustle of New York City at a converted monastery with a mission to provide an inclusive, non-denominational refuge for contemplation and mindful reflection.

404 !Vegan Mexican Fiesta!
Like it spicy? Then get your taste buds ready for this episode, where we're at home preparing a full-blown vegan Mexican fiesta from scratch. Michael and Bianca team up in the kitchen to make her favorite savory sweet potato and black bean quesadillas, spicy guacamole and Pico de Gallo with Tortilla chips. Then, Bianca hangs out with a sustainable lifestyle expert for some eco-chic outdoor entertaining tips. Back in the kitchen, Michael steals the show with a yummy vegan Dulce de Leche flan that tickles the taste buds!

405 Ready, Set, Go!
Since life is a journey and not a destination, put on your adventure boots, grab your GPS and get ready for some fun on this episode. Hang ten with us on the legendary North Shore of Oahu where we take surf and yoga lessons with a former competitive surfer turned girl boss. Who needs a fancy hotel room? We relish the great outdoors at a glamping retreat in Ithaca, New York with gourmet s'mores, local foraging and hammock naps under the midnight stars. Finally, we take an inner journey and explore some of the world's greatest art, from the LEED-platinum Chicago Art Institute in the Windy City to the winding canals of the Venice Biennale.

406 Dancing to the Rhythm Around the World
On this episode, we're dancing to the beat of humanity to explore the uplifting power of music to transform and heal. We start in Joshua Tree, California for the best yoga and music festival of the year. Next we're off to the island of Bali, Indonesia for an immersive didgeridoo sound healing and a sacred dance retreat teaching women how to reclaim their innate feminine power. Then, we power through a magical night in Rome, Italy fueled by raw cacao, vegan gelato and live electronica at the center of Rome's boho Monti district — wow!

407 Living Zen
Living Zen is about more than just putting a Buddha fountain on your bookshelf. The reality of walking the path of mindfulness on a daily basis is far from easy. On this episode, we're bringing you the best of Zen both at home and out in the world. We visit a Zen Buddhist retreat center in Marin County, California with a robust organic farm, and learn how the simple practice of reaping and sowing can help harvest the fruits of peace and detachment. Then, just East of Big Sur, we take a dip in the healing high mountain hot springs of the nation's oldest Zen Buddhist monastery, Tassajara. Back at home, we practice the 5,000-year-old art of feng shui. To keep the good vibes flowing, we visit with an expert who clears old energy, enhances chi and transforms living spaces through the simple art of placement.

408 The Raw Food Buzz
Fly with us to Indonesia for a two-week raw food culinary immersion amongst the storied rice terraces of Ubud. Led by Japanese master raw chef, restaurateur and author Sayuri Tanaka, we learn how to make mouth-watering raw vegan versions of some of the world's iconic cuisines including Mexican, Indian, Japanese and American. In between cooking classes, we adventure through the unforgettable sights, sounds, and culture of Bali — from a bustling jungle cacao factory to a French-owned fresh spirulina farm (greens, anyone?).

409 Disappearing Disease
While mainstream medicine tells us that illness, aches and pains are an inevitable part of life, many doctors and scientists are discovering that with proper nutrition and care, the power that made the body has the power to heal the body. On this episode, we're in Washington, D.C. with an African-American pastor who takes on the challenge of disappearing his Type-2 Diabetes with his fork and a whole food, plant-based diet. Then, we're back in Berlin, Germany to heal a nagging injury with the 200-year old practice of homeopathy.

410 Art Imitates Life
Does life imitate art and art imitate life? To see for ourselves, we dive into the world of art, culture and dance to see how it shapes our evolution as a planet. Ferry with us to the shores of Naoshima — Japan's surreal art island — where art looms larger than life. Then lose yourself in a sacred dance and music immersion celebrating the five elements of nature in Bali. Back in the U.S., hit the ground running with a black vintage fashion icon from the South Side of Chicago. Finally, break bread at the intersection of art, poetry and race politics at an iconic Washington, D.C. restaurant.

411 The Detox Diaries
A regular detox routine can keep the pounds off, clear the mind and help "press the reset button" on our health. In fact, in India, detoxing has been an essential part of life for thousands of years. On this episode, we venture high into the Himalayas for a healing yoga detox at one of the world's best healing hotels. It's difficult if not impossible to escape from technology these days, so we venture way off the grid to an ancient monastery tucked into the hills of Umbria, Italy for a digital detox. Luckily you don't have to travel across the world for a cleanse, you can do it right from your kitchen. We learn how a raw vegan detox can supercharge our health, from a Washington, D.C. based raw food pioneer.

412 Future Forward
The Jetsons, Back to the Future, and the Minority Report all paint a fantastic picture of what the future will look like (flying self-driving cars, anyone?). But there are many ideas, innovations and communities that give us an experience of what a better future looks like right now. Buckle your seatbelts and take a leap forward with us as we visit sustainable Singapore. There we dig into its melting pot, which harmoniously integrates race, religion and culture into some of the

tastiest street food in the world. In Indonesia we tap into our ancient roots to uncover pearls of wisdom for a better tomorrow. Then we ride on the cutting edge of the cruelty free movement in Italy, with a carbon zero vegan leather factory outfitting the world's top sports cars.

413 What We're Hopeful For
During dark times, it can be tough to stay positive about the future. So in this episode, we're bringing you a dose of inspiration. We jet off to Hong Kong for an upcycled fashion show that turns trash into couture treasure. Then we go behind bars, where Bhakti yoga is bringing inner freedom and faith to incarcerated adults in the darkest corners of America. Finally, we hit the streets of Oakland, California for an uplifting musical performance from mindful folk artist Mikey Pauker.

Season Five

501 Vegan in Vegas
What happens in Vegas, stays in Vegas! Bet on mindfulness with a stay at the greenest luxury hotel in town, then escape the fanfare by meditating at a Hindu temple and hiking Red Rock Canyon National Park. Feed rescued farm animals just off the strip, then make tasty plant-based crab cakes at the first vegan culinary school in America.

502 Mindful Modernism
Dust off your mid-century threads for a trip back in time to the hottest ticket in town: Palm Springs Modernism Week. From vintage RV shows to iconic throwback furniture, fashion and design, a walking tour of Dinah Shore's swanky estate and tasty bites at a modern diner with a vegan twist, enjoy the best of mid-mod living.

503 A Taste of the Good Life in the City of Angels
Enjoy the best of L.A. as we roll out the red carpet to some of Tinseltown's secret destinations for mindful travelers, from a walk on the glitzy side with organic facials in Beverly Hills and front-row seats at Vegan Fashion Week, to spiritual healing at the Self-Realization Fellowship Lake Shrine, where silent meditation is a welcome refuge from the city's hectic pace. Finally, cruise Venice Beach for a five-course Michelin star meal at a vegan hotspot.

504 The Secret Recipe: Intention
Celebrate mindful masters unlocking the delicious power of intention. At Café Gratitude, each dish serves up a mouthwatering affirmation, while we tackle the honey question with a desert beekeeper combating colony collapse disorder. In Paris, meet a plant-based cheesemaker crafting sublime vegan Brie, while a Zen Buddhist monk in San Francisco demonstrates a traditional Japanese tea ceremony.

505 Ode to the Roadtrip
Hit the road on a wellness journey through the heart of the desert, from a hot springs retreat healing First Responders of PTSD, to hipster haven Joshua Tree where Michael learns the art of vegan pie-making. Bianca balances hormones with transcendental acupuncture, then joins a drum circle to get her groove on at the desert's best-kept secret, The Joshua Tree Music Festival.

506 India's Magic Carpet Ride
An enchanting pilgrimage through Northern India's most sacred sites takes us through cow-filled streets of Kolkata and meditation caves 10,800 feet high in the Himalayas. Discover why India's a perfect destination for vegan travelers, from street-vendors hawking savory chai and curry, to white water rafting on Rishikesh's holy Ganges and steaming hot springs on the chilly border of Tibet.

507 Miraval Magic in Arizona
Retreat into the majestic hills of Tucson's Santa Catalina Mountains to see if Oprah's favorite mind, body spirit resort lives up to its five-star reputation. Indulge in the resort's vast array of cutting-edge healing modalities while Michael cooks up hand-pressed Oaxacan tortillas for a meatless taco recipe with the head chef. From hanging meditations to crystal bowl sound immersions and equine communication therapy, Bianca puts Miraval's best healing tools to the test to process grief from her mother's passing.

508 Brown Girl Magic
We're celebrating amazing BIPOC women around the U.S., starting in La Quinta, California at a Latina-owned fair trade café for tea lattes and homemade vegan fudge. Bianca sits for a ghostly face painting and lesson in honoring her African ancestors at the largest Día De Los Muertos festival in North America. After an indigenous Native American spiritual healing in the heart of the Sonoran Desert, take a walking mural tour with a Chicana artivist bringing vivid representation to the white walls of Phoenix, Arizona.

509 The Best Vegan Food in Asia
Join us as we taste, slurp and lick our way through two all-time foodie destinations: Vietnam and Thailand. From the textured mastery of Hanoi's crispy rolls and the spicy Bahn Mi and street corner Pho served piping hot in Ho Chi Minh City, to umami bomb noodles, feeding rescued elephants in Chiang Mai, and the addictive mango sticky rice of Bangkok's rural floating markets, Asia was a culinary gift that kept on giving.

510 Net-Zero Staycation
Join us as we celebrate the joys of staying put, while transforming our midcentury desert home into a net-zero oasis. After a vegan breakfast in bed, Michael dons his toolbelt to see if we can harness solar energy to power our midcentury desert home year-round. Bianca takes a break

from the action and hops on her electric bike to attend a colorful vintage fashion show at a local art gallery.

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