

Kwasausya Khepera

Founder Body-Culinary, LLC

Tier 3 Personal Trainer Equinox Fitness NYC
2005-2015

Graduate of the Institute Culinary Education 2002

Founder Body-Culinary, LLC 2010

Graduate of Heal Thyself Natural Living and
Education Ambassador 1995

Graduate Sacred Woman 1995

Cher Carden Living Foods Certification 1995

Pre-Post Natal Certified

Kettlebell Certified

Registered Yoga Instructor RYT 200 Yoga Alliance

Author "Whole Living Foods in the Hood with
Menus to Fit Your Budget"

"Natural Beauty No Products - Only Food (Cruelty
Free Vegan)"

Kwasa is a natural born woman, mother, gardener, and lover of African dance and movement. Kwasa is passionate about preparing beautiful cuisine from whole fresh plant foods. Kwasa worked for several years as an international flight attendant, and is a former all natural IBF fitness competitor. A Brooklyn native born of Afro-American and Barbadian parents, she currently resides in Central America. She can often be found at the market early Saturdays chatting with farmers about produce, in her garden, or training clients in nutrition, fitness, gardening, and womb health and esteem in her signature Waistbeads Training via the cultural tool and significance of waistbeads from her online platform body-culinary.com.

Instagram: BodyCulinary

Facebook: BodyCulinary

TikTok: Kwasa PeacefullEating

Youtube: BodyCulinary

Website: <https://www.body-culinary.com/special-events>

