

# ITINERARY

*Sample*

## FRIDAY

*4PM Arrival - Welcome with warm drink, time to settle in to rooms*

*6pm Restorative Yoga session and opening talk – Choosing The Best Diet*

*7:30 Dinner*

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## SATURDAY

*7AM Optional smoothie breakfast*

*9AM - 10:30AM Yoga – The Science Behind The Stress Response*

*11AM Brunch*

*1-3PM Free time for walk, rest, sleep*

*3PM Seasonal craft workshop & Introduction to Journaling*

*6PM - 7PM Yoga & Meditation*

*7:30PM Dinner*

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## SUNDAY

*7AM Optional smoothie breakfast*

*9AM- 10:30AM Yoga*

*11AM Brunch*

*1PM Ghee Making & How To Support The Immune System Through The Winter*

*3PM Lunch*

*4PM Closing group & goodbye*

# M E N U

*Everything - even down to the nut butters and milks - will be homemade & organic. All our meat will be grass fed & organic. The fish will be cold water & wild (not farmed) & any dairy products will be raw or organic too.*

## M O R N I N G

*DIY Smoothies; collagen, protein powder, nut butter, homemade nut milk, frozen berries, coconut oil*

*Oatcakes, rice cakes, nut butters*

*Jamu (turmeric tonic), served cold in shot size glasses*

*Ginger 'tea', in a flask*

*Trumpers Teas, Method Coffee*

## B R U N C H

### SATURDAY

*Scandi Style Buffet; wild smoked salmon, feta, eggs, olives, radishes w/ whipped butter & pink salt, smashed avocado, slow roast tomatoes, sauerkraut, olive oil*

### SUNDAY

*Lebanese Style Buffet; shakshuka w/chorizo & eggs, labneh, green leaves & bitters, preserved lemon, harissa, za'atar dip, quinoa rolls, butter*

## L U N C H

### SUNDAY

*Sunday – Miso & Broth Soup w/ soba noodles, crispy duck & shitake served with gomasio, pickled mooli, seaweed*

## B R U N C H

### FRIDAY

*Coq au Vin, Celeriac Mash w/ Toasted Cob Nuts, 4 vegetable asides - tbc*

*Bio-Dynamic Wine (1 glass/person)*

*Hazelnut Cake*

### SATURDAY

*Nasi Campur; Cauliflower Rice, Venison Rendang, Crispy Tempeh, Bean & Coconut Lawar, Acar (carrot & cucumber salad), Chard Kangkung (chard w tomato, spices (mild & shallot), Sayur Lodeh (vegetables in coconut milk), Sambal*

*Seasonal Shrub w/ sparkling water*

## B E D T I M E

*Turmeric & chamomile milk w/ rosehip powder & black pepper, raw carrot & lemon balm bites (or similar)*