

COMMUNITY KITCHEN

The retreat is an excellent opportunity to learn new recipes and secrets to simple healthy living. Live demonstrations are shared with detailed intricacies among participants, that include prior preparations, the actual making and tasting. A printout is provided with all the recipes and there is scope to learn new recipes that have been prepared during the course of the retreat.

The entire group also participates with the chopping and making of a recipe that is then shared during that day. This encourages bonding between participants and is a therapeutic process. This spurts the feeling of community and there is a sense of participation and involvement. It also creates a sense of gratitude for the food.

There is also time given to show how the organic waste is used to make compost. A trip to the organic farm may be organised.