



# Food for the Soul With Krishnataki & friends



4 - 6 June 2010  
24 - 29 August 2010

## The Course

This workshop has been brewing for many years as an inspirational idea to bring people to the light of their food and their lives. During this course we would like to spread the wisdom and light of the Tao in the kitchen, combined with alchemy, fantasy and medicine in the food. We will learn the fundamental elements of each season – what ingredients to cook with, how to cook, what dishes to make and of course how to eat them. We will learn and explore ancient secrets of the East and West (in and out of the kitchen), how to detox and how to best nourish our bodies. The main purpose of this course is to celebrate and understand the changing seasons and attune with that season on a physical, emotional and spiritual level. We will also learn how to plant using the agricultural concepts of permaculture and biodynamic farming, the healing properties of herbs and how to make our own natural cosmetics (soaps/creams). We will also explore the healing and therapeutic properties of yoga, qi gong and meditation and celebrate that we are alive in paradise upon Mother Earth.

## Schedule

06:30 Wake Up!  
06:45 – 08:30 Yoga / Meditation  
08:30 – 10:00 Breakfast / Swim / Free time  
10:00 – 11:30 Biodynamic farming  
12:00 – 13:30 Nutrition & Cooking class  
13:30 – 15:30 Lunch & Siesta  
15:30 – 17:00 Herbology & making creams/soaps  
17:00 – 18:30 Nutrition & Cooking class  
18:30 – 20:00 Steam bath & Qi Gong  
20:00 – 21:00 Dinner  
21:00 – 22:00 Meditation & Chanting



## Teachers



Krishnataki, originally from Greece, has been teaching Thai Yoga massage, Chavutti Thirumal and yoga since 1998 having lived and studied in Thailand and India. He is a senior massage teacher of the Sunshine Network, and has trained with Thai massage masters Pichet Boonthume and Chayuth Priyasith among others. He is passionate about Chinese medicine, cooking and nutrition and has been studying and experimenting with various healing diets and food therapies since his early twenties. He is now based in

Greece, at Sunshine House, and offers the detox programme twice a year. He is renowned for his unique, fun-loving and passionate way of guiding a group as well as his generous spirit, hot hands, and extensive knowledge of both Eastern and Western nutrition.

Rodrigo Garcia, originally from Argentina, left his home country 6 years ago in search of an alternative way of living. He has spent the past few years volunteering on organic farms around the world, learning different agricultural concepts and ways of living in community, notably permaculture and biodynamic farming. Having a background as a professional chef, his passion lies in food, cooking and all other elements connected with leading an organic lifestyle. Living an independent, “off the grid” way of life, where supermarkets are not needed for survival and where people are empowered enough to both grow and cook their own food is what Rodrigo would like to share with people upon his travels. Living lightly and walking mindfully and delicately upon Mother Earth is his example for others to follow.



## Course Venue



The course will take part at Sunshine House, a non-profit organization, situated on the Greek island of Evia. It is a traditional, old country home and grounds used as a place for study, relaxation and rejuvenation where the philosophies, diet and healing arts of the East and the West are blended. A place which aims to promote simple, eco-friendly living and community spirit. Yoga, Thai Massage, Qi Gong, Nutrition, Fasting, Meditation, Chanting, Organic gardening and cooking are some of the tools used on courses here to reconnect with nature, with each other and with the Divine. To get to Sunshine House you need to fly into Athens and take a bus journey of 2 hours.

## Cost

The course costs 180 Euros (June) and 320 Euros (August) all inclusive. A deposit of 100 Euros is required to reserve participation.

## Contact

For more information see [www.thaimassage.gr](http://www.thaimassage.gr) or email [info@thaimassage.gr](mailto:info@thaimassage.gr) or join facebook group Sunshine House.

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