

Spring Flavors

A Weekend of Culinary Workshops and Seasonal Fare
in Collaboration with Chef Mads Refslund

April 23 - 25, 2021

Join us this Earth Day weekend for a Shou Sugi Ban House celebration of the Earth's bounty through inspired culinary workshops and seasonal fare. All programs are available à la carte to both overnight and day guests.

FRIDAY

6:00 - 7:00pm	Spring Cleaning for the Liver	\$50 per person
7:30 - 9:30pm	Four-course Dinner by Mads Refslund	\$175 per person

SATURDAY

10:00 - 11:00am	Spring Flavors with Mads Refslund	\$50 per person
11:30am - 12:30pm	Waste Less, Eat More: Whole Plants & Animals	\$50 per person
1:30 - 2:30pm	Seasonal Lunch by Mads Refslund	\$75 per person
3:00 - 5:00pm	Afternoon Tea Tasting	<i>Complimentary to Retreat Guests</i>
6:00 - 7:00pm	Shamanic Release	\$75 per person
7:30 - 9:30pm	Five-course Dinner by Mads Refslund	\$200 per person

SUNDAY

1:30 - 2:30pm	Seasonal Lunch by Mads Refslund	\$75 per person
5:00 - 6:00pm	Herb Garden Mocktails	\$100 per person
6:30 - 8:30pm	Four-course Dinner by Mads Refslund	\$175 per person

WORKSHOP DESCRIPTIONS



Spring Cleaning for the Liver

Learn through food and diet how you can cleanse your liver, the only organ in your body which can regenerate itself. Our resident nutritionist will lead you through an exploration of this incredible organ and its function in your daily life.

Spring Flavors with Mads Refslund

Join acclaimed chef Mads Refslund for an informal Q&A session to learn more about his food philosophy and his contributions to the modern culinary landscape.

Waste Less, Eat More: Whole Plants & Animals

Explore the concept of “Nose-to-Tail Eating” and why it’s not just good for the planet but also good for your body. Understand where important nutrients from both plants and animals come from and how you can improve your own diversity in eating.

Shamanic Release

An energetic grounding practice with journeying, the Shaman’s way of meditation, will open your mind to your multi-dimensional Being. This practice is integrated into a guided imagery journey to ignite your subconscious for seeing, learning and accepting changes and to create the foundation for full embodiment.

Herb Garden Mocktails

Take commonly found garden herbs and turn them into refreshing mocktails. Learn about their benefits and gather recipes to bring home and enjoy at any time.

