



cooking

UP fun

A Culinary Learning Adventure

Learn from NEWSTART® Center chefs and cookbook authors who offer insight into their art of creating delicious and healthful meals based on plant foods. The daily hands-on cooking experience is a social event featuring foolproof recipes, techniques and tips to ensure a well-prepared and beautifully presented meal.

Classes will showcase vegan specialties from around the world. Rather than simply following recipes, you will gain an understanding of how and why ingredients go together to create a nutritionally balanced and aesthetically pleasing meal; what to look for in buying food products for maximum health; and which cooking methods are appropriate in different situations.

Here is What is Included:

- All meals
- Lodge accommodations
- Four meal preparation classes
- Nutrition Lectures
- Morning group devotional time
- Agricultural tour of Weimar gardens
- Sightseeing excursion to Lake Tahoe
- Hike and supper at the Bear River
- Vegan dining at a local restaurant
- Backyard barbecue
- Morning group stretching class
- Group walks on Sierra foothill trails

Optional Services are Available:

- Doctor and/or Nutritionist consultation
- Massage and hydrotherapy treatments
- Airport pickup/drop-off



Where:

NEWSTART Lifestyle Center
20601 W. Paoli Lane
Weimar, CA 95736

When:

May 30 to June 4, 2010

Cost:

\$495 per person / \$750 per couple

Reservation cutoff date is:
May 15, 2010

Class size is very limited
Reserve Today!

800.525.9192