

One-day Cooking Class in Santa Fe - May 29, 2019

with Chef Instructor, Diane Carlson

Prior to the start of our “How to Heal” retreat, join **Diane Carlson**, Founder and Chef Instructor of The Conscious Gourmet for a day of cooking and delicious eating in her Santa Fe home. You will be immersed in a **hands-on knife skills class** as well as a **hands-on plant-based culinary class**, followed by a **meal to feast on** the satisfying results. Diane will discuss **menu planning for craving-free meals** and **how to navigate the cooking** process so all your recipes are ready to eat at the same time. To enroll, call Diane at 917-975-9721 or email dcarlsonspirit@aol.com. Fee: \$125.00 Class size limited to 6.



What is a conscious gourmet?

... a lover of good food who has cultivated conscious awareness of the connection between the food they eat and how it affects their physical, mental and emotional health.



Diane is the **Founder and Chef Instructor of The Conscious Gourmet**, and author of The Culinary Classroom. She offers Pick-A-Date personal retreats as well as a teacher training program in health supportive cooking and theory. She is the former Director and Co-President of The Natural Gourmet Institute for Health and Culinary Arts.

The perfect accompaniment to ‘How to Heal’

Diane’s class will help you apply the principles of nutrition we discuss in ‘How to Heal’. You may stay at the IHM Center on Tuesday June 28. Let Gilah know (4worldswellness@gmail.com) you would like the extra night, and she will register you. Extra night = \$85.