

## Yoga and Cooking

Combining vegetarian cooking with Yoga classes.  
Unique opportunity for hands on cooking experience  
taught by Ziza.

In this course you will learn:

- To prepare foods of different origins; Middle eastern, Spanish and some of Ziza's unique recipe.
- Food combination.
- Food presentation.
- Cooking as meditation in action.
- Each day we offer 2 Yoga / Qi Gong classes.

Price: 500€ (Please find further details bellow).

Price includes: Accommodation, food, cooking and Yoga classes.

Price doesn't include: Flight fee, airport transfer and therapies.

Our range of therapies includes:

- Foot reading and holistic Reflexology.
- Chakra and aura reading.
- Acupuncture
- Shiatsu
- Massage

### Practical stuff

**Time of arrival to our center, Thursday between 15.00 and 17.00.**

**We will start our first activity on Thursday at 4pm and conclude our training on Monday morning.**

**The training fee is 500 euros.**

**To secure your place please pay 250 euros registration fee and the rest 250 to be paid up to one month before starting the training.**

**Since we limit the number of participants to 6, we need to know ASAP if you are defiantly interested to participate.**

**In order to pay your registration fee please email to receive our bank account. If you wish to pay by credit card please let us know and we will send you request from our **paypal** account.**

- Please note that treatments and airport transfer are not included in the retreat fee.
- **Airport Transfers**  
A low cost group transfer from Malaga airport to our center can be arranged, subject to your flight arriving no later than 13:30 and your request being confirmed in advance. To book a group transfer please send us an email.
- **Insurance**  
YOU MUST HAVE FULL TRAVEL INSURANCE TO COVER THE ACTIVITIES.  
You need to have your own travel insurance and provide us with those details in case of emergency. Your insurance should cover you for cancellation, sickness, losses and all the usual risks.

***We are looking forward for your participation in our training.***

***With lots of love and best wishes,***

*****Yair and Ziza*****