



# THE YOGA OF EATING

YOGA & CULINARY  
RETREAT

18th April- 21st April

Ericeira, Portugal







# Nature is calling you back

Are you feeling a call to connect?  
A truly holistic & sustainable lifestyle  
abundant with healthy food, yoga,  
sound journeying & permaculture  
practices await you.

This 4-day The Yoga of Eating  
retreat has lots of treasures for you  
while contributing to Mother Earth.

This retreat promises the  
opportunity to distress, recharge  
your nervous system, reconnect with  
nature (and your true self), find your  
tribe, enjoy the community, and find  
an inner empowering balance  
through various practices.

BE PART OF OUR TRIBE.



## RETREAT RECONNECT REGENERATE





## SIMPLICITY IS KEY

Whether you want to improve your plant based cooking skills, yoga and meditation practice, or be a better gardener, whether you are a foodie, a yogi, or someone interested in a regenerative lifestyle ?

Then this experience is for you!

Here is a golden opportunity to enjoy a personalized “Garden to table” experience with the authenticity of gathering and tasting ingredients , practicing yoga & learning macrobiotic cooking on a permaculture center.

Experiencing the simplicity and wild beauty of the untouched natural world. Let’s appreciate the abundance and opportunities that are available to us through nature!

This is an opportunity to return inwards, breathe, and nourish yourself. In this retreat, you acknowledge the changes in nature, learn from each season, and work on replenishing your energy levels through yoga, meditation, and soul food.



Central to "The Yoga of Eating" retreat is the concept of "**soul food.**"

Soul food goes beyond mere sustenance; it encompasses the idea of food as nourishment for the body, mind, and spirit. You shall engage in hands-on culinary experiences where you will learn to prepare soulful, nutrient-dense meals using fresh, seasonal ingredients sourced from the retreat center's garden or local farms.

These cooking classes emphasize the importance of mindful preparation, gratitude, and intentionality in creating meals that not only delight the palate but also nourish your soul.







## ABOUT ZEE BARN

Zee Barn was born out of a love for living simply in balance with Mother Nature. At Zee Barn, we cultivate & co-create the living dream...that of recreating the garden of Eden.

Staying here is deeply enriching for the body, mind, and soul as you get to live on a permaculture center that has been designed to integrate you within its bounty.

Zee Barn is surrounded by hills and fields and has a growing lush food forest at the edge of a stream very close to the coastal beaches and cliffs near Ericeira.

The last three years they have worked tirelessly at creating amazing and comfortable spaces including a spacious stunning wooden dormitory and a wooden meditation mezzanine. The yoga shala sits inside a greenhouse surrounded by beautiful trees, and composting toilets are hygienic and artistic. The showers are designed to serve you while recycling the water back into the system where they grow giant papyrus, sugar cane, and bananas among others.



## GARDEN OF EDEN







## FOOD as MEDICINE

Food has long been recognized as a potent form of medicine, with its ability to nourish, heal, and sustain the body. Embracing the concept of food as medicine involves not only understanding the nutritional value of different foods but also appreciating the importance of seasonality in our diets. Eating seasonally means consuming foods that are naturally available during a particular time of year, aligning our diets with the rhythm of nature. Seasonal foods are at their peak in terms of flavor, freshness, and nutritional content, offering an abundance of vitamins, minerals, and antioxidants that support overall health and well-being. Additionally, seasonal eating promotes diversity in our diets, allowing us to enjoy a wide variety of fruits, vegetables, and grains throughout the year. By incorporating seasonal foods into our meals, we not only enhance the taste and nutritional value of our diets but also support local agriculture and reduce our environmental impact. Ultimately, viewing food as medicine and embracing seasonal eating habits can empower us to make informed choices that promote optimal health and vitality.



## BE PART OF OUR EARTH TRIBE







## YOGA

We invite you to embark on a transformative journey of self-discovery and rejuvenation through the practices of yoga and meditation. Nestled amidst serene natural surroundings, our sanctuary offers a tranquil haven for seekers of inner peace and holistic well-being. Through the ancient wisdom of yoga and meditation, we invite you to reconnect with your body, mind, and spirit, cultivating a sense of harmony and balance in your life. Our experienced instructors will guide you through gentle yoga flows, mindful breathing techniques, and meditation practices designed to quiet the mind and awaken the heart. Whether you are a seasoned practitioner or new to the path, our retreat offers a supportive and nurturing environment where you can explore and deepen your practice at your own pace. Immerse yourself in daily yoga sessions, soothing meditation practices, and enriching workshops that will leave you feeling refreshed, revitalized, and empowered. Join us on this transformative journey of self-discovery and embark on a path of inner peace, radiant health, and profound joy.



"WHEN THE BREATH WANDERS, THE MIND IS UNSTEADY, BUT WHEN THE BREATH IS STILL, SO IS THE MIND STILL."





## -Day 1

\*15:00 - 16:00 Arrival and greetings

\*16:00 - 17:00 Opening circle, intention setting and farm tour

\*17:30 - 19:00 Yoga practice, approaches to Surya Namaskara, sun salutations, and anatomical alignment of the basic standing poses

\*19:30 - 20:30 Delicious macrobiotic homecooked dinner

\*21:00 - 22:00 Sitting around the fire in the tipi, sharing life adventures

## -Day 2

\*08:00 - 08:30 Tea and hot drinks

\*08:30 - 10:00 Yoga Practice

\*10:00 - 11:00 Free time ( chilling, reading, enjoying the Zee garden and hammocks)

\*11:00 - 12:30 Macrobiotic Lunch

\*12:30 - 15:00 Free time

\*15:00 - 18:30 - Introduction to Macrobiotic Cooking and principles ( Notes and recipes ).

Head into the kitchen veggie garden to identify and harvest produces. Also learn more about recycling and reusing waste with compost and worm farms and check out the chooks.

Cooking dinner together.

\*19:30 - 20:30 Heavenly dinner

\*21:00 - 22:00 Permaculture presentation (sharing an 18-year-old past project ensured to inspire you)

# DAILY SCHEDULE



## -Day 3

\*08:00 - 08:30 Tea and hot drinks

\*08:30 - 10:00 Yoga practice

\*10:00 - 11:00 Free time (optional one on one support session)

\*11:00 - 12:30 Vegan Macrobiotic Lunch

\*13:00 - 14:30 Free time , beach time!

\*17:00 - 18:30 Cooking Class ( Preparing a vegan cheesecake) Prepare the meal! Get the dessert organised and ready for later and then talk on sugar free diet methods and PDF

brochures to bring home

\*19:30 - 20:30 Heavenly dinner

\*21:00 - 22:00 Sound meditation, mantras chanting

## -Day 4

\*08:00 - 08:30 Tea and hot drinks

\*08:30 - 09:30 Yoga & Meditation

\*09:30 - 12:30 Cooking Class : How to prepare a colorful vegan healthy nourishing brunch

\*12:30 - 13:30 Brunch

\*14:00 - 15:00 Closing circle and loving hugs







# PRICES & ACCOMODATION

## DORMITORY

*Beautiful wooden dormitory very spacious in the middle of a natural environment*

Per person **€ 450**

## TINY CABIN

*Tiny cabin , very basic with a kitchenette and view on the food forest*

Per person **€ 520**

## GEODESIC DOME

*Beautiful dome very big, in the middle of our food forest*

Per Person **€ 650**

Couple **€ 1150**





## COMMUNITY



## SHARING



### Contact Us



+393405621495



zeebarnzee@gmail.com



www.zeebarn.com



Ericeira, Portugal



**ZEE  
BARN**



THANK YOU

@ZEEBARN  
@MELANIAHEALTHYLIFE

