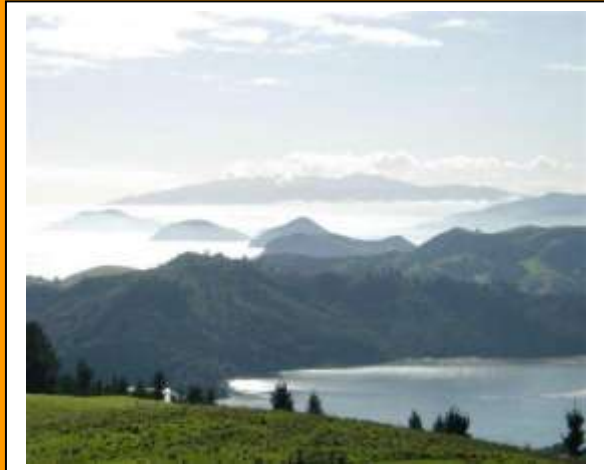


*Cook with Us –
Eat with Us
at
Mana Retreat Centre
August 3 – 5, 2012*



**Be with us in the
heart of our home.**

Come and play in the beautiful Mana kitchen with our fantastic cooks. Enjoy warm fires, good company and delicious, nutritious meals

Many of you have been to Mana and fallen in love with our food marveling how healthy, delicious and vegetarian meet in the Mana kitchen! Two hands-on, morning cooking classes, will offer the opportunity to become familiar with new ingredients, prepare tasty, nutritious meals, make new friends, eat well... and you will go home with a handful of Mana's special recipes.



Registration 4-6 PM / Dinner 6.30PM
Friday evening introduction
classes Sat & Sun am
Ends after lunch on Sunday

Accommodation and meals \$250

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