

# FOODYOGA

Nourish your Body, Mind & Soul

**Enjoy a 6 day FOOD YOGA Retreat with  
the Australian food yogi Paul Rodney Turner**

The ultimate goal of the food yoga retreat is to inspire you to live life more consciously and to make your food choices and your relationship with food more meaningful through learning to nourish your body, mind and soul.

## Summary of Activities

- Every day we will learn delicious new vegan recipes: smoothies, breads, curries, soups, sauces, ice cream and healthy vegan cakes.
- Each day we will be immersed in one of the 5 elements, including physical activities like, yoga, chi gong, tai chi, reiki, aromatherapy, mediation and massage.
- Each night we will be accompanied with music: drum circles, chanting of mantras, kirtan and dance. - **And More Surprises!**

**Sept  
23-28**

**6 days / 5 nights  
in HEAVEN!**



FOODYOGI.ORG

**For More  
Information**  
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