



In Italy, July 1 - 8, 2014
Learn the Healthiest Italian
Cooking Secrets and Enjoy a **Great Holiday**

THE ITALIAN BUDDHA FLAVOR

Cooking Lab and Great Holiday

A Lab of vegetarian Mediterranean cuisine, health-conscious, attentive to intolerances and food allergies, where you get to know the foods and learn cook them with your hands and heart, applying different techniques to get the best taste and flavor out of fresh seasonal products... with a “side dish” of morning yoga and strolls in Verona (sight-seeing, shopping and Opera), Venice and Lake Garda.

- ◆ if you wish to learn how to cook Italian style
- ◆ if you want to improve your cooking skills
- ◆ if you wish a greater awareness of how foods can nourish your body and soul
- ◆ if you wish a different kind of holiday where food, culture and spirit merge
- ◆ if you love Italy

Then join **THE ITALIAN BUDDHA FLAVOR** *one week course!*

- ◆ learn how to prepare and cook bread and pizza, pasta and ravioli, grains and rices, legumes and vegetables, cakes and desserts;
- ◆ rediscover plant proteins and their beneficial qualities;
- ◆ tone up your system with yoga and meditations;
- ◆ immerse yourself in the ancient culture of cities such as Verona and Venice as well as in the fresh waters of Lake Garda;
- ◆ relax and enjoy a great vacation lovingly assisted by the staff of the Campus;

Nowadays, more and more people discover that they have food intolerances or digestive and assimilation difficulties. Our hectic life brings us more and more often to choose industrially processed foods that our body turns into toxins and excess fat.

Learn how to use fresh foods and how to process them quickly and with care: believe it or not this is really possible!

As in all things, it is just a matter of awareness, training and organization.

On this course you'll learn to cook cereals and to prepare home made pasta, pizza, bread, vegetables, legumes, and delicious and healthy desserts in a relaxing atmosphere.

In the world there are many types of holidays, from tourism to meditation, from parties to just relaxing.

Our proposal is new, alternating cooking classes with yoga, meditation, the Opera (Aida) at

the Arena, the discovery of Verona, an excursion to the famous Lake Garda with the opportunity of swimming and sunbathing in a beautiful beach, a tour to Venice and overall relaxation.

Enjoy a unique holiday of its kind!

Return home with a far richer *wealth of experience* than many other holidays.

- ◆ **Day one** we go through bread and pizza making, Italy's pride and an all season favorite.
- ◆ **Day two** we learn how to make fresh pasta noodles and ravioli and to dress them in the appropriate way with a perfect sauce.
- ◆ **The third day** we use different kind of grains, like rice, quinoa, spelt and others, and we learn to transform them in nice and tasty risottos, croquettes, salads and more.
- ◆ **Day four** we learn how to get the best from veggies and beans, how to cook them and to preserve the maximum of their freshness.
- ◆ **Day five** we'll make our mouth water with desserts and sweets and learn how to assemble a cake to amaze friends and guests.
- ◆ **Day six**, trip to Venice with gourmet picnic.
- ◆ **Day seven**, summary of the course work, final sharing and greetings.

Prices:

- ◆ 1.297 euro early bird with deposit before April 30th
- ◆ 1.397 euro early bird with deposit before May 30th
- ◆ 1.497 euro with deposit in June

Including: full board for the seven days, cooking Lab and classes, membership card, transportation and tickets for the excursions, outside dinners and Opera.

The non-refundable deposit is 300,- euro.

Please send your deposit to:

ASSOCIAZIONE OSHOCAMPUS

IBAN: IT73C0622511730082527310192

SWIFT CODE: IBSPIT2P

Contact us without any hesitation if you want more information or want help to organize and/or to make your stay as pleasant as possible.



The entire week will be in English.

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| Tuesday July 1st | Check in Day Dinner |
| Wednesday July 2nd | Yoga class Breakfast Cooking Lab - <i>Pizza and Bread</i> Lunch Food and Health lecture Zorba the Buddha, Relax and Meditation Dinner Special Movie evening |
| Thursday July 3rd | Yoga class Breakfast Cooking Lab - <i>Fresh Pasta and Ravioli</i> Lunch Zorba the Buddha, Relax and Meditation Early dinner Arena of Verona, Opera: Aida by G.Verdi |
| Friday July 4th | Yoga class Breakfast Cooking Lab - <i>Grains and Rices</i> Lunch Lake Garda trip Dinner at the lake |
| Saturday July 5th | Yoga class Breakfast Cooking Lab - <i>Veggies and Beans</i> Lunch Verona sightseeing tour and shopping Dinner in Verona |
| Sunday July 6th | Yoga class Breakfast Cooking Lab - <i>Desserts and Sweets</i> Lunch Zorba the Buddha, Relax and Meditation Dinner Special Movie evening |
| Monday July 7th | Yoga class Breakfast Venice sightseeing tour with gourmet picnic Dinner at the Campus Special Movie evening |
| Tuesday July 8th | Yoga class Brunch, Sharing and Greetings Departure |





Chef BodhiPrem

After high school, Prem starts his career training with renowned chefs in several restaurants in northern Italy.

Driven by the desire to know global gastronomy, he decides soon enough to develop his profession abroad, travelling to different countries and deepening his knowledge of other cultures' food processing.

At the end of the 80's, Prem meets the spiritual Master Osho and starts practising meditation, which brings a new focus to his work. He becomes more and more aware of how food and its transformation affect the overall health of the human being.

With his own restaurant, in a short time he receives important awards and starts teaching at an amateur cooking school in Milan, where he can share his passion and knowledge gained in many years of profession.

For a couple of years now, Prem has been collaborating in the activities of the Campus, Garden of Presence - Association.

In recent times, his relentless curiosity and creativity have lead him to experiment with different from usual ingredients and techniques to meet the needs of an increasing number of people with food intolerances.

And with: Anand, Jeevankala, Kaifi, Roberta, Shashi.



ASSOCIAZIONE DI PROMOZIONE SOCIALE OSHOCAMPUS

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