

Why do you want to Retreat with Me?

I have done retreats, vacations, voyages, and I spend about 4 weeks at Rancho La Puerta Spa and Resort. I know what it's like to retreat. I take some time to slow down, read a book, reflect, do art or exercise, and then reflect again. And I don't have to cook but I can take a cooking class, if I want to, and someone prepares meals. What's not to like?

Sadly, on this retreat you will have to make your own bed but only if you want to.

The retreat will feel like a warm snuggle, keeping you warm and feeling safe. We'll be talking about and using simple self-care techniques.

I dabble in many things that have to do with nature: mushroom hunting, culinary herbs and spices, seaweed gathering, making herbal tea, essential oils, CBD and cannabis, fermentation, and of course cooking and pressure cooking to somewhat go down the list. I forgot canning and dehydrating. Obviously, we can't do everything in a long weekend but my plan is to introduce you to some important ideas that you can take home with you.

For instance on the first night you will be blending sleep tea and you'll get to try it out immediately. You'll also experience what a group sound healing session is like. (Luckily my husband has been studying and applying what he has learned in this field for the past 15 years.) There will be at least one semi-formal cooking class on a topic of interest, to be determined. Remember that I am a plant-based vegan expert. I have been teaching cooking for the past 30 years. I am not everyone's cup of tea (or maybe even Teccino) but I know my stuff. You might already know that you like what I do but if you don't and you are curious, here are some links to YouTube videos that give a good sense of who I am and what I do. Here I share my [Food Philosophy](#), my seedling tv talk at [Annual Heirloom Expo](#) and [my pressure cooking info](#).

Did I forget to tell you that I am a Registered Dietitian with a Master's degree in Nutrition and Dietetics, and the author of 4 cookbooks?

It would be my pleasure to share time with you so that we can all relax, center and have fun.