

# SHOJIN RYORI

## COOKING FROM THE HEART WITH MARI FUJII & YUKA



November 2nd – 9th 2024 // 1090,- € (early bird 990,- €)  
Santa Cruz de La Palma, Canary Islands

It is a great honour to welcome Mari Fujii, one of the greatest masters of Buddhist Shojin Ryori cuisine, and her assistant Yuka to La Palma for a one-week cooking course. Experience this vegetarian-vegan cuisine intensively and practically with the two Japanese chefs.

### Shojin Ryori, what is it?

The preparation of dishes that combine the five flavours, the five colours and the five ways of cooking [the basic concepts of shojin cuisine] to create a balanced meal. . . . Shojin cuisine is an art of cooking that takes these concepts into account, and that's why people who enjoy it say it relieves stress.

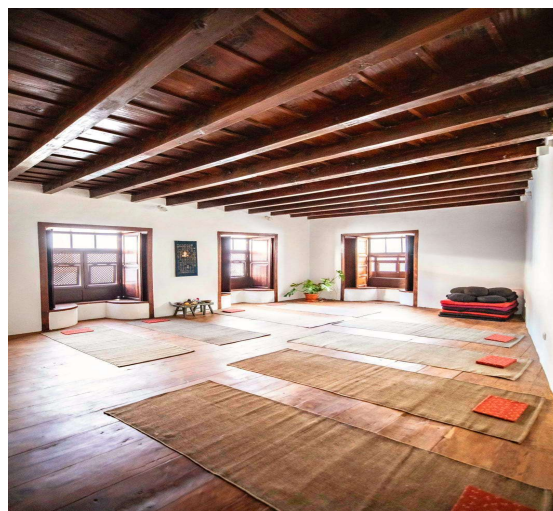


**The 5-day cookery course** is aimed at anyone who would like to learn the philosophy and basic cooking knowledge and skills of this mindful cuisine. Professional chefs should not miss this unique opportunity to experience Shojin Ryori in its diversity in Europe with Mari's wealth of experience from many decades of cookery practice. In a small group of 6 – 8 people, learn to prepare predominantly regional plant-based ingredients and cook invigorating dishes with amazing flavour.

**Island excursions:** We will visit regional mercadillos and organic fincas to select the delicious ingredients for our dishes and see how the many different types of fruit and vegetables are grown on volcanic soil. A lot is still done by hand here, machines are rarely used.



**Zen and Feldenkrais:** Practising Shojin Ryori connects mind and body. To deepen this process, we start the course days with morning Zazen, followed by movement lessons from the Feldenkrais-Method to develop mindfulness, led by Gabriele Lex, Feldenkrais and Zen practitioner.



## **Course programme:**

7:30h Zen

8:30 Breakfast

10:00 – 11:15h Feldenkrais

12:00 – 15:00h Shojin Cuisine Cooking Class

Excursions

(We reserve the right to make slight changes to the daily programme)

## **Costs of the course:**

1090 euros (early bird until September 20<sup>th</sup> 2024: 990,00 euros)

## **Included services:**

- ° 5-day Shojin Cuisine- course
- ° 7 nights in a double room in „Casa Las Enanas“, single rooms on request
- ° Vegetarian/vegan full board
- ° Island Excursions

**The airport of La Palma (SPC):** is only 12 min. away from "Casa Las Enanas" and can easily be reached by bus or taxi.

**The flight must be booked separately and is not included.**

# APPLICATION

## SHOJN RYORI-COURSE

November 02nd – 09th 2024

Santa Cruz de La Palma/Canary Islands

The cost of the course, including accommodation in a double room and full board, is 1090 euros (early bird until September 20<sup>th</sup> 2024: 990,00 euros)

I hereby register for the above course:

Surname, first name.....

Street, house number.....

Postcode, place of residence.....

Telephone.....

Email.....

Signature.....

Please send your registration to:

[info@bemindful-courses.com](mailto:info@bemindful-courses.com)

After receipt of your registration you will receive the bank details for the transfer of the seminar fee.

The binding reservation of the course is made by sending the registration and receipt of payment.

# CANCELLATION

## **In the event of cancellation by the organiser:**

The organiser may withdraw up to two weeks before the start of the course if the minimum number of participants has not been reached or due to unforeseeable circumstances such as illness etc.. In this case, the seminar costs already paid will be refunded. There is no entitlement to compensation.

## **In the event of cancellation by the participant:**

If the participant cancels up to 8 weeks before the start of the course, the cancellation costs are 50% of the seminar fee and up to two weeks before the start of the course 20%. In the event of cancellation less than two weeks before the start of the course, no cancellation costs can be claimed.

## **Take out seminar cancellation insurance:**

Something unforeseen can always happen, which is why we recommend taking out appropriate insurance.