

# Raw food Barefoot Adventure

Saturday 8 th

9.00 Participants arrival and greetings with morning tea

## Ogpow < "

- Orange juice, native tree teas,
- Raw coconut flour pancakes, with uncooked jam and cashew cream.
- Raw cookie crunch biscuits
- Raw fruit cake

10.00 am

Housekeeping and introduce the Personnel for the day.

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Explanat ion of wha \Ááá essential kitchen utensil bÁ↔^ÁáÁá)Á↔↔ \ 'áæ^.

Preparati on and demonstrati on of Never fail l recip es for busy peopl e

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12.30 pm lunch

## Ogpow < "

- Raw Curried veggies,
- Raw cauliflower smash
- Raw ( 5 spice- Chinese ) carrot and cashew sal ad.
- Tossed kale and cabbage jumble

Dessert: Raw chocol ate mousse

1.30 pm

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2.30 pm

Gentle Hatha style yoga session by Sandy set in a wonderful native flora sanctuary setting he will conduct an indi {↔ã | →}Á paced sessionÁ \áá \Áwi l1 set you ingood stead for

3.45 Afternoon tea

## Ogpow < "

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- Chocolate caramel tarts

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5.30

Evening meal and ablutions schedule for the overnight guest.

**A Ybi**

- Chinese 5 spice soup
- Carrot falafel and sauce
- Nori rolls
- Raw rice

Dessert : dai ry free mandari n ice cream cake

7.00 pm



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This includes a talent show so bring along your talent and shake it out

# GI B85M



5.30 am

5 K Run /wal k bare foot running is not mandatory though there will be opportunities to participate during the course of the adventure; as Russel 1 the Raw food barefoot athlete demonstrates the techniques for natural running.

6.30 am

From a viewing pi atform set adjacent to moss lined creek and dam wal l, amongst the sanctuaries trees and native wildlife there will be a talk on

- mindfulness,
- the role of the director
- state of equanimity in present moment and day to day life.

7.30 am

Breakfast and ablutions for overnight guests.

**A Ybi**

- Fruit
- Juice
- Raw muesli with soy and coconut milk
- Breakfast blast cookies
- Super Energy slice
- Nuts and seeds



8.30 am

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