



THE TAO SPIRIT & RAW EVOLUTION

10 DAYS RAW VEGAN CULINARY CUISINE TRAINING YOGA AND MASSAGE WORKSHOPS

+ A seminar about how to live a healthier lifestyle

FROM 17- 26 OCT
FROM 24 OCT-02 NOV 2025

LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD.

From eating the right food to the perfect
exercise routine, find the best path to a
healthier and happier you.



« IF WE COULD GIVE EVERY INDIVIDUAL THE RIGHT AMOUNT OF NOURISHMENT AND EXERCISE, NOT TOO LITTLE AND NOT TOO MUCH, WE WOULD HAVE FOUND THE SAFEST WAY TO HEALTH.” – HIPPOCRATES.

WETHER YOU CALL IT WHOLE PLANT BASED DIET , SATVIC DIET OR LIVING FOOD , I WILL GIVE YOU THE KEY TO ENJOY EVERY MEAL AND TAKE CONTROL OF YOUR HEALTH AND DIET.

10 DAYS FOR A COMPLETE DETOX OF BODY, MIND AND SOUL.

INTRODUCTION TO AN ALTERNATIVE WAY TO FUEL THE BODY WITH PEACEFUL LIVING FOOD CULINARY CUISINE

**DAILY COOKING CLASSES,
3 NEW RECIPES/DAY**

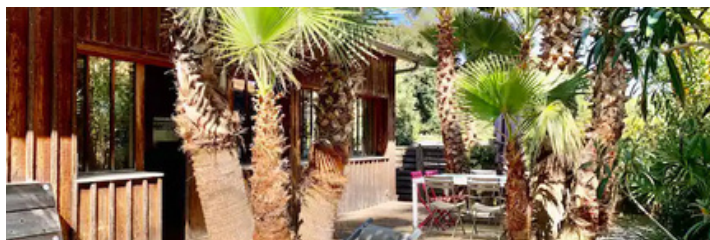
7 SPECIAL WORKSHOP: SUSHI-PIZZA-PIE AND QUICHE-SOUP& SNACKS- DESERT

I WILL GIVE YOU TIPS AND RECIPES TO SUPPORT A GOOD TRANSITION TO A WHOLEPLANT BASED DIET, SATVIC DIET OR LIVING FOODS DIET.

**CULINARY AND YOGA
CULINARY AND MASSAGE
CULINARY AND ENERGYWORK**

**FROM 17- 26 OCT
FROM 24 OCT AU 02 NOV**

Reserve your spot



A RAW CULINARY AND WELNESS RETREAT

DAILY SELF CARE WORKSHOP :

YOGA, BREATH WORK, ENERGY WORK,
VIBRATIONAL WORK AND MASSAGE

IMMERSE YOURSELF IN

A UNIQUE EXPERIENCE AND DISCOVER THE MOST PRESERVED
ATLANTIC COAST OF FRANCE
CAP FERRET

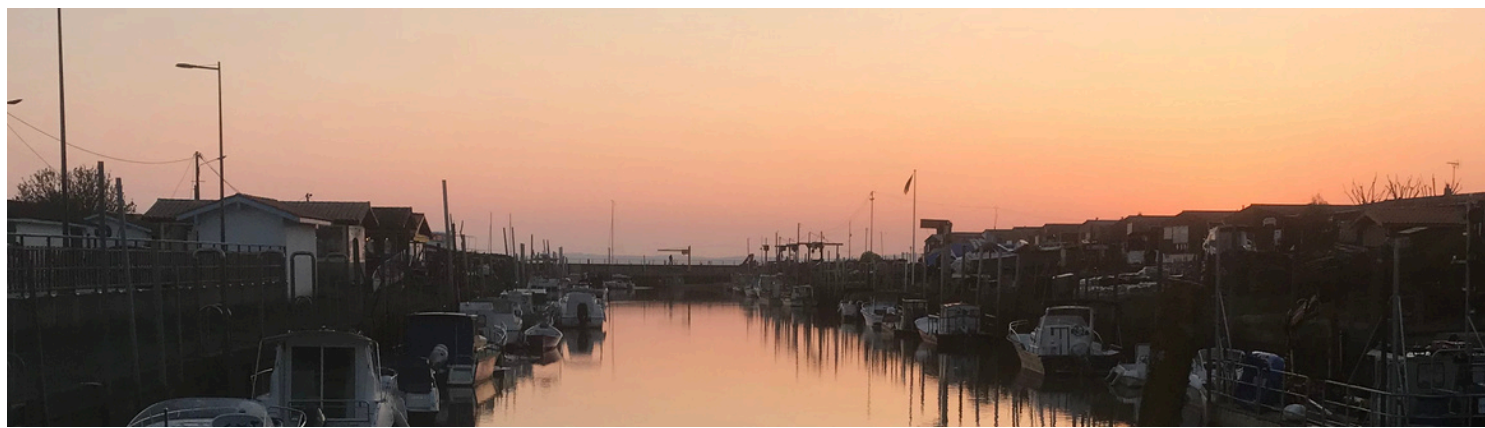
ACCOMMODATION :
LOCATED IN THE HEADLAND IN FRANCE ,
HIGHLY VISITED BY CONSCIOUS BEING AND NATURE LOVERS
FROM ALL OVER THE WORLD
YOU WILL SPENT
9 NIGHTS IN A TRADITIONAL HOUSE SURROUNDED BY NATURE AND
THE OCEAN...

A PRIVATE, HANDS-ON EXPERIENCE, LIMITED TO JUST 3/4GUESTS

SINGLE ROOM OR SHARED ROOM (APPLY FOR MORE DETAILS)

BREAKFAST, LUNCH, EVENING SNACKS AND TREATS INCLUDED

FROM 17- 26 OCT
FROM 24 OCT AU 02 NOV





RAW & VEGAN GOURMET WEEK-END in October 2025

Workshop 3 days

Accommodation 2 nights

4 meals, 2 breakfasts,

2 Culinary workshop

2 Yoga classes

3 Sessions in OCTOBER

18/19 Oct- 25/26 Oct- 01/2 Nov

2 Sessions en AVRIL 2026

10/ 11- 17/18-

380 Euros



10 DAYS RAW & VEGAN CULINARY CUISINE TRAINING in October 2025

Yoga and Massage Workshops

Workshop 10 days

Accommodation:

9 nights in a traditional house
surrounded by nature and the ocean..

Breakfast , lunch and evening snacks
and treats included.

Daily Culinary workshop

Daily Yoga classes

Self-care practice workshop

1 Full Massage

From 17- 26 Oct

From 24 Oct au 02 Nov

From 17-26 AVRIL 2026

3500 Euros



**Events, courses and workshop are
bookable with or without
accommodation**

Visit www.nathalielorenzo.com
for more information about the event.
For inquiries email
me.nathalielorenzo@gmail.com.



RAW & VEGAN GOURMET WEEK-END

380 Euros

3 Days Workshop
Accommodation 2 nights
3 Lunch, 2 breakfast,
2 Cooking classes
2 Yoga classes

3 Sessions in October 2025

18/19 Oct- 25/26 Oct- 01/2 Nov

2 Sessions in April 2026

10/ 11- 17/18-

2 Sessions in May 2026

23/24 Mai- 30/3 Mai-

RAW AND VEGAN CULINARY TRAINING.

3500 Euros

10 Days Workshop
Accommodation 9 nights
Daily yoga classes and self-care workshops
1 Full Massage

2 Sessions in October 2025

From 17- 26 Oct

From 24 Oct- 02 Nov

1 Session in April 2026

From 17-26 April 2026

1 Session in May 2026

From 22- 31 May

Training and classes:

10 Days without accommodation
5 Days workshop without accommodation
5 days and 4 nights (on demand)

1750 Euros
750 Euros

All recipes depends on what we shop at the organic market
Techniques and tips to getting the best taste and get the benefice with some super food as Seaweed and Aloe Vera

Transfert to/from Bordeaux Airport is not included

Events, courses and workshop are bookable with or without accommodation

Visit www.nathalielorenzo.com
for more information about events.
For inquiries email me.nathalielorenzo@gmail.com.