



THE TAO SPIRIT & RAW EVOLUTION

6 DAYS RAW VEGAN CULINARY CUISINE TRAINING YOGA AND MASSAGE WORKSHOPS

*Let Food Be thy Medicine and
Medicine Be thy Food.....*

Hippocrates

Cooking classes

Vegan -Plant Based-Raw

Yoga & Self Massage Workshop

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

A training about how to live a healthier lifestyle





« 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.

Whether 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.

**6 days for a Complete Detox of
 Body, Mind and Soul.**

Introduction to an Alternative way to fuel your body with peaceful and 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.

During your stay, you will enjoy:

- Daily Forest Bath,
- Daily Yoga classes,
- Self-care Workshop (Massage and Energy work),
- Sound Bath,
- Visit 2 famous farmer market
- Several view point (Pyrénées mountain and Minerve city view...)
- Hikes all around.



WHO AM I

Born in France and coming from all over the world.
 A goodness lover and
 A women centered.

Studying nutrition and holistic health for over 2 decades, I travelled all around the world to ground myself and deepening my knowledge each and every days.

I want to share Transformative Self Care practices I have discovered for myself and help human kind to live a better life without pain either suffering .

Alternative healing expert,
 Naturopath
 Living food/ Raw food chef
 Plant based food recipe developer
 Yoga teacher,
 Energy work Practitioner
 Massage Therapist











PROGRAM

Daily Self care workshop :

Yoga, Breath work, Self-care practices.
and Massage

Immerse yourself in

a unique Energy Bath in the Deep Forest of
The Black Mountain- South of France

Accommodation :

LOCATED IN THE HEART OF THE FOREST ,
Highly visited by conscious being and Nature
Lovers

from all over the world

YOU WILL SPEND

5N/6D in a traditional house surrounded by the
forest...

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

JUNE-JULY-AUGUST 2026

Trainings are available for 6 Days or WEEK-END.

RAW CULINARY AND WELLNESS TRAINING

COOKING CLASSES

VEGAN -PLANT BASED-RAW SATTVIC

IMMERSE & BOOST YOURSELF IN THE HEART OF THE FOREST WITH VIBRANT ENERGY

CULINARY AND YOGA CULINARY AND MASSAGE CULINARY AND ENERGY

Discover

Our plant-based and raw cooking workshops
with SPECIAL CULINARY RECIPES

Learn our best recipes for healthy and easy
cooking.

Our meals will be 100% organic, vegan,
healthy, and prepared with an Ayurvedic and
Yogic foundation.

Traditional Hatha Yoga:

Essential postures for energetic, physical, and
mental balance

+ a free book

"The Secrets of Detox Juices"
to help you put everything
you've learned into practice.

Book your stay today!

Visit www.nathalielorenzo.com for details and
reservations.