

shannon kring

EATING WITH REVERENCE FOOD FOR THE SOUL OMEGA, AUGUST 1 - 3, 2014

Friends,

I'm so excited to share sacred space with you at Omega. Together, we'll call upon the world's sacred culinary traditions to better nourish our bodies, minds, spirits, and planet. In engaging and thought-provoking sessions including group exercises and personal introspection, we will:

- Learn to shift thoughts and behaviors to become conscious shoppers, food preparers, and eaters;
- Explore age-old ingredients and cooking methods that bridge ancient wisdom and the modern world;
- Come to see eating as a deeply meaningful, symbolic act;
- Transform preconceived notions about “good” and “bad” foods;
- In an inspiring and informative cooking class, co-create a lunch in a communal setting, using “power” ingredients and time-honored culinary techniques;
- Learn to cultivate a spirit of harmony within our kitchens, dining rooms, and bodies;
- Receive recipes for at-home use;
- And much more.

How can you prepare for *Eating with Reverence*? Please be mindful of your thoughts concerning food, cooking, and your body. Are there specific moods or circumstances that trigger you to over or under eat? Do you find yourself thinking negatively about your body, your health, or your eating habits? What is your relationship to cooking? Is it a burden? A joy? A foreign experience? Do you think about from where your food came? If so, what types of thoughts do you have about this? Simply pay attention. You need not over-think it; we'll have plenty of time to examine these topics in depth. Just become a little more aware of your relationship with nourishment in general. You might want to journal about your realizations and bring it to our workshop.

I find that the topics covered in *Eating with Reverence* are best approached first from the heart, and then from the head. I will therefore wait until we meet to provide you with an extensive list of suggested sources and a bibliography to further

your study after our weekend together. By the time you crack open the books I recommend, you'll be reading them with new eyes.

For safety reasons, please make sure you have close-toed shoes for our cooking class. Long, fitted sleeves are best in the kitchen. If you have a favorite chef's knife, please feel free to bring it along (making sure to check it in your luggage, of course!). Whether you're new to the kitchen or a professional chef, you're sure to feel comfortable and inspired in this session.

Please bring along a journal or notebook and your favorite pen or pencil. We'll be doing written exercises, and it would be helpful if you journaled on your own over the weekend.

Should you wish to reach me prior to our time together, feel free to contact me at shannon@shannonkring.com. I'd be happy to answer any questions you may have.

I'm so happy you're taking this step for yourself, and am honored you've chosen to do it with me.

With Love and Gratitude,
Shannon