

Learn, Eat & Be Well

Holistic Nutrition Camp South West France September 2017



**Bianca Church, RHN
Registered Holistic Nutritionist
& Program Instructor**

Learn about Holistic Nutrition with Registered Holistic Nutritionist, Bianca Church, RHN while you commune with fellow CSNN students and graduates.

4 educational sessions include content about the four most prominent diets and how you can use them to create wellness.

5 field trips include visits to a museum, churches, castles, villages, day markets, night markets and gardens.



(705) 724-9190

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NUTRITION CAMP HIGHLIGHTS

- 7 day schedule with 4 days of holistic nutrition training and 5 days of field trips.
- Includes 6 nights of accommodations with breakfast and dinner, educational materials, transfers to and from train station, and field trip entrance fees.
- Curriculum is designed to teach various diets and their uses for restoring health and wellness.
- Conducted in one of the most beautiful and frequently visited regions in France known for its food production and quality.
- Training by Bianca Church, Registered Holistic Nutritionist with 16 years experience in Holistic Health and 5 years of curriculum development.

Learn, Eat & Be Well

South West France - 2017



Market in Sarlat

Includes:

Transportation to/from local train station.

Accommodations:

- Singles and Couples welcome
- Shared living space (2 or 3 per room)

Breakfast: included

Lunch: not included

Dinner: included

4 days in-class instruction with materials

4 field trips with transportation and entrance fees

Tax receipts for professionals

Maximum 6 people 1,650 Euros per person



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ITINERARY AND CURRICULUM

Day 1 - Afternoon/Evening - Welcome

Pick up at train station at 3:30 pm.

Transfer to your accommodations to settle in.

Evening reception with a light meal offering an opportunity to meet fellow CSNN students and guests.

Evening: walk through the village/countryside.

Day 2 - Detoxification and Elimination Diets

Raw food breakfast

Morning Class: Fasting, juicing and raw foods.

Lunch: restaurant in the hilltop village of Badefols D'ans

Field trip: Chateau Hautefort and Musee de la Medecine

Evening: Vegetarian dinner at home base.

Day 3 - Restorative and Healing Diets

Vegetarian/Macrobiotic breakfast

Morning Class: Macrobiotic and vegetarian diets.

Lunch: restaurant in Rocamadour

Afternoon: Visit the village church and shop in Rocamadour.

Evening: Macrobiotic dinner at home base.

Day 4 - Sarlat Market day

French Breakfast. No class time.

Field trip: Sarlat market

Lunch: restaurant in the Medieval city.

Afternoon field trip: Chateau du Loss to view the castle and gardens

Evening: Co-op dinner from the day's shopping at the market.

Day 5 - Mediterranean Diet

Mediterranean breakfast

Field trip: Canoe the Dordogne river

Lunch: La Roque Gageac riverside restaurant.

Afternoon Class: Healthy fats and the French Paradox

Evening: Mediterranean outdoor dinner at home base

Day 6 - Paleolithic Diets

Paleo Breakfast

Morning Class: Understanding the origin of Paleo diets.

Field trip: Lascaux IV

Lunch: Les Ezyies restaurant and venture through this riverside town.

Field trip: La Roque St. Christoph troglodyte village

Farewell Dinner: Paleo dinner at home base OR evening market dinner with music and dancing (seasonal only).

Day 7 - Farewell

French Breakfast and transportation back to train station

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South West France - Class of 2015/16



Nature's Wellness

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