

The Raw Advantage

Raw Food n Yoga
Retreat Booklet



Welcome

to the Raw Food n Yoga Adventure Retreat with Chris Kendall and The Farm of Life!

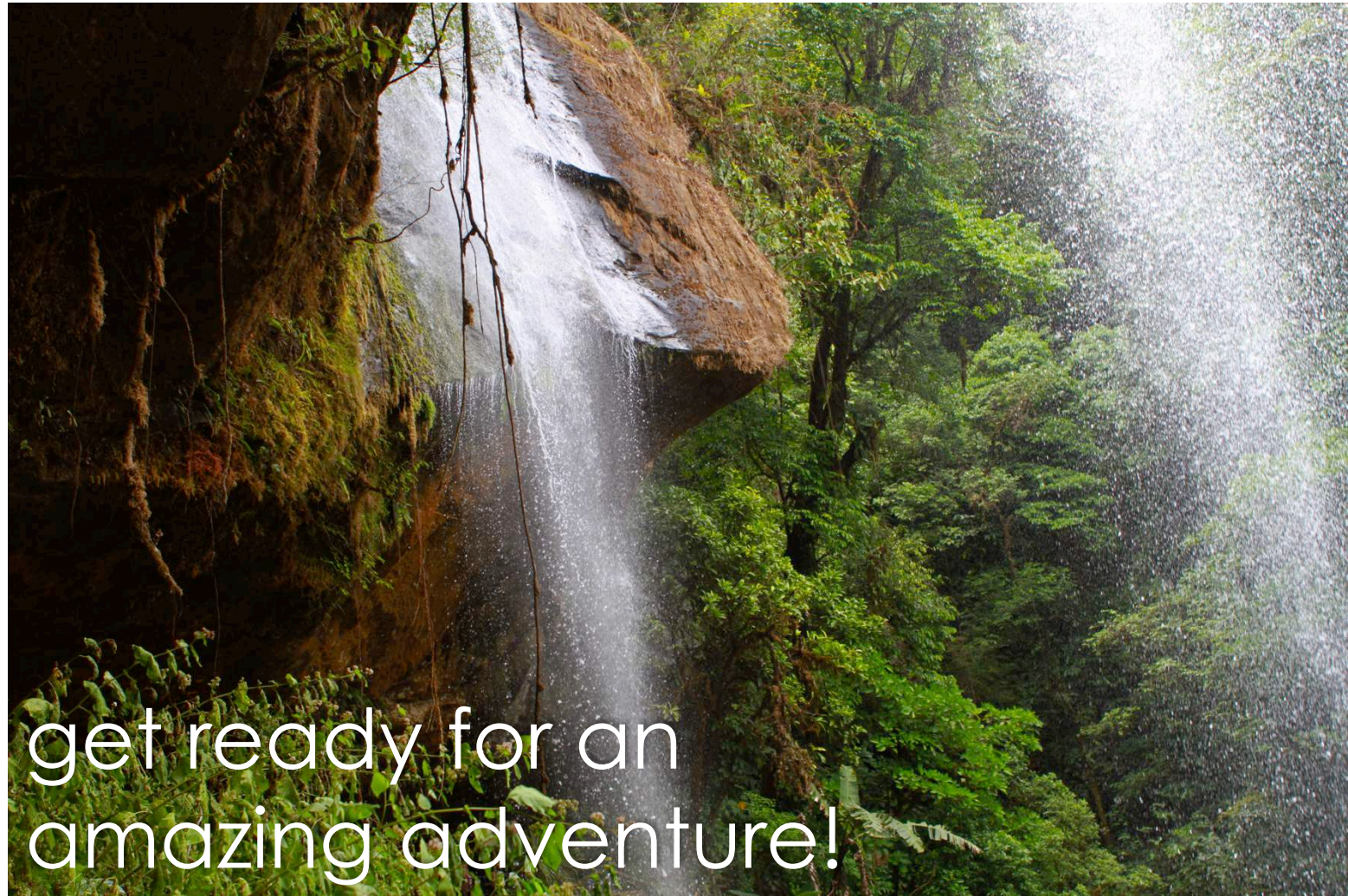
I couldn't be more excited that you will be joining me on this epic retreat to one of my favorite places in the world. Both Costa Rica and the Farm of Life are amazing locations for a raw food and yoga retreat and I know that you are going to have the time of your life.

This simple booklet should help you prepare for and enjoy all that Costa Rica, and indeed we, have to offer.

If you have any further questions be sure to reach out!!

much peace, love n seasonal fruit,
CK





get ready for an
amazing adventure!

Preparation for the Retreat

- You may want to go for a few tanning bed sessions to get a bit of a base tan, the Costa Rica sun is hot, hot hot!
- You can also eat your sunscreen! Lycopene found in tomatoes and watermelon are a natural sunblock from the inside out. Drinking carrot juice has also found to prevent/reduce your risk of burning.
- If not already acclimated to a low fat raw food diet we recommend you eat **low fat vegan diet** for a week before.
- You may also want to reduce your caffeine intake before the retreat to prevent experiencing caffeine detox symptoms while on your holiday.
- If you have not been active before the retreat you may want to take some medium length walks and hikes to prepare for the nature hikes / waterfalls!



Raw Food n Yoga Retreat



Yoga

There will be at least one daily yoga class for everyone to enjoy.
4 - 5 different styles yoga of will be offered.

Chris will be leading:

Kendalini Yoga - a mix of kundalini, Tibetan rights, calisthenics and tom foolery

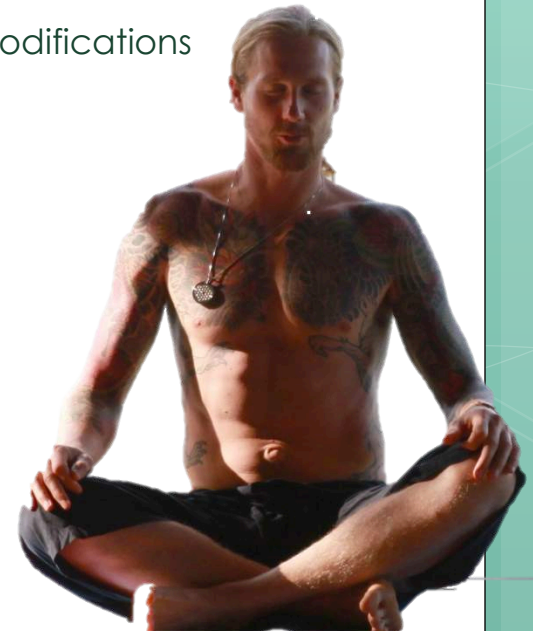
Kendalini's Kundalini Yoga - a kundalini comedy class

Raw Power Yoga - Power yoga catered to each person with modifications

Brian and Jody will be leading:

Yin Yoga - breathing and holding postures for a deep stretch

Qi-Gong - working with our chi to balance energy



delicious tropical meals



Our Meals

- We will be eating meals based on 80/10/10 low fat raw vegan cuisine
- You will be provided with three delicious meals a day
- Fresh, whole, tropical fruit will be available at all times
- We will be trying some exotic fruits together as well!
- Breakfast and lunch will be fruit meals
- During the week, we will be making 3-4 low fat raw gourmet dinner options from Chris Kendall and Ashley Clarks favorites. - We will send out a survey 3-4 weeks before the retreat and you will have a chance to vote on what we will be creating together.
- The other dinners will be simple low fat salads, stews, or zucchini noodles with fresh made sauces and delicious salad dressings.
- There will be a fruit starter before every dinner meal.
- Fresh, local organic greens provided from the Farm of Life and neighboring greenhouses.





low-fat gourmet dinners
and food demos

How to eat before the retreat

- If you are familiar with low fat raw vegan 80/10/10 - that's the flow
- We will be starting every meal with fruit, all you care for
- If you are used to another diet we recommend eating Low Fat High Carbohydrate Vegan meals for at least a week prior
- If enough fruit is eaten at each meal and the start of the dinner meal there is less likelihood of intense cravings for fat or cooked foods



simple 80/10/10 meals
and tropical fruits



What to bring

- o A pair of beach shoes and hiking / running shoes
- o Bathing suits
- o Shorts and summer clothing
- o Pants, long sleeve shirts for a longer hike and cooler evenings
- o Yoga clothes
- o Rain jacket (just incase)
- o Camera to capture the moments
- o Beach towel (the retreat will provide these as well)
- o A hat for sun protection and natural sunscreen
- o A rash-guard for surfing, if you own one.
If not, we will be providing them free of cost
- o Eco-friendly personal care items
- o water bottle
- o beach bag/small backpack for hikes
- o journal
- o you can bring your own yoga mat but the farm will provide one for you

Miscellaneous money if you are interested in shopping





Make your own sunscreen

Ingredients

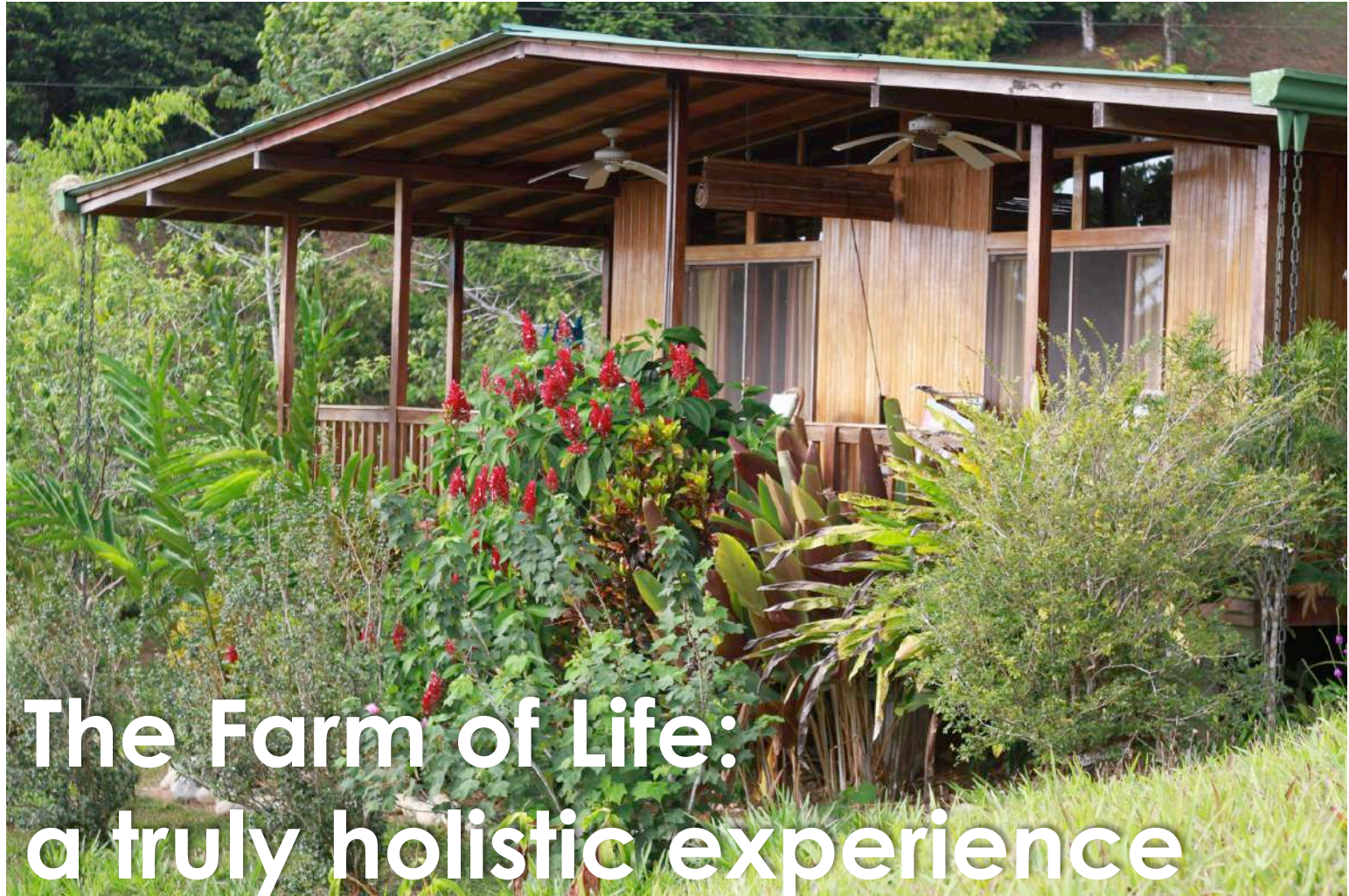
- 1 ounce coconut oil
- 1 ounce butter (shea butter, mango butter, or cocoa butter)
- 20 drops of carrot seed oil
- 1/2 ounce raspberry seed oil
- 1 teaspoon vitamin E oil

Instructions

1. In a double boiler, over low heat, melt the coconut oil and butters.
2. Remove from heat and allow to cool slightly prior to adding the carrot seed, red raspberry, and vitamin E oils.
3. Pour into a glass jar or BPA free plastic jar.
4. Allow to cool and harden on the counter overnight and then you're good to go!

*This sunscreen is not waterproof. During times of heavy sun and swim exposure be sure to reapply often for the best coverage.





**The Farm of Life:
a truly holistic experience**

About the Farm

A Boutique Hotel Retreat in a Mountain Setting in Costa Rica...

This beautiful, peaceful and remote location is the perfect backdrop for your journey to wellness. At an elevation of 2,000 feet, the hotel sits atop a lush green valley with outstanding views of the Pacific Ocean, pleasant temperatures and cool breezes. They are an organic farm situated on 37 pristine acres of fruit orchards, permaculture gardens, and old-growth forest. Eco-style accommodations include hilltop cottages and private cabin rooms. The hotel is located in the South Pacific zone of Costa Rica, 45-minutes from Dominical Beach and San Isidro.

Enjoy inspirational and comical farm tours from the owner, Brian, as he leads you through the healing properties of all the herbs that grow on the farm, including ylang ylang and holy basil.

The farm also has a new salt-water pool for all guests to enjoy!

Please only bring eco-friendly products with you, including soaps, shampoos and other personal care items.

Laundry Service will be available once during your stay.



amenities:

- ◉ yoga hut overlooking a lush green jungle (with mats)
- ◉ salt water pool
- ◉ community kitchen and dining area
- ◉ hammocks to relax in
- ◉ hot water showers
- ◉ free wifi
- ◉ airport shuttles/taxi to and from airport
- ◉ laundry service
- ◉ on-site fruit trees
- ◉ organic greenhouse
- ◉ health and wellness mini-library

- ◉ Brian also offers amazing reiki sessions by donation



sun-gazing, barefoot walking,
and Tibetan singing bowls

This is YOUR Retreat

- ◉ We are here to serve you!
- ◉ Ask for what you want/need
- ◉ You are not required to take part in all the excursions
- ◉ Take time to relax if needed and enjoy all the Farm of Life has to offer.





paradise awaits...

Bonus Recipes:

Persimmon Mulberry Oatmeal



Persimmon Mulberry "Oatmeal"

A hearty and warming treat for a cold winter breakfast lunch or dinner. When persimmons are in season they grab my full attention, if you try this recipe I am sure it will have yours!

Ingredients:

5 Fuyu Persimmons
1 Cup White Mulberries
3/4 Cup Organic Raisins

Directions:

Pulse the mulberries in your trusty Vitamix. Pulse at a low speed just enough to break them up into small bits. Place the pulsed mulberries into a medium bowl, add the raisins. Remove any seeds from your persimmons and then puree them in the Vitamix. You might need to add a bit of water – I added about 1/2 Cup – to finish blending them. Next, pour the persimmon puree over the mulberries and raisins. Let this set for about 1-3 hours so the berries and raisins can absorb some of the liquid and soften a bit. Enjoy!!

Stewmainia!



Sweet n Savory Stew

Ingredients:

10 tomatoes (2 pounds / 920 grams)
2 zucchini (.5 pound / 230 grams)
2 mangoes (1 pound / 460 grams)
1 bunch of bok choy (1 pound / 460 grams)
1 bunch of cilantro (.2 pound / 90 grams)

Instructions:

Rough chop or dice half of the tomatoes, all of the zucchini and the stems of the bok choy (reserve the greens for later). Toss all three ingredients together in a bowl. Blend the remaining tomatoes and all of the mangoes to make a smooth sauce. Add the bok choy greens and cilantro to the blender and pulse until you have a chunky sauce.. Dig in and enjoy!

If you'd like to kick it up a notch, try adding half of a cubed avocado or 2 diced green onions.

Excited to see you there!

