



Create a food with incredible flavours
that you can easily recreate at home.

WITH RICHARD THOMAS

VEGETARIAN Cooking

& YOGA



For inquiries, please call
+351 916 700 304 or email
bookings@greenfarmretreats.com



WHEN:

28-30 January 2022

WHERE:

Quinta Carvalhas, Santarém



VEGETARIAN

Cooking & YOGA

Quinta Carvalhas is famous for its yummy vegetarian food - and the love and passion that goes into each meal. What stands out are the flavours in the dishes, and the quality of the ingredients.

Join Richard Thomas for three days of cooking, with a masterclass, hands-on cooking classes and gentle yoga. You will prepare popular Quinta Carvalhas dishes and learn how to create food with incredible flavours that you can easily recreate at home. Over the course of the weekend you will learn how to prepare a four-course meal using readily available ingredients.

RICHARD THOMAS

During this retreat Richard brings you two of his passions: cooking & yoga. He began teaching yoga in 2017, growing to appreciate more and more the inner journey as well as the physical practice. He has been experimenting in the kitchen since he was 7 years old, and still enjoys exploring new flavor combinations. Join him on this, the first of many cooking retreats.

Gentle yoga classes to suit all levels round off this popular retreat.

Small groups ensure individual attention with 4 - 6 guests per retreat



Inclusions

- 2 night / 3 day stay in one of our comfortable rooms
- Full board: healthy, nutritious, home made meals
 - 2x lunch, 2x dinner, 2x breakfast
- Two days of workshops led by Richard Thomas, including use of all materials & ingredients
- Daily Yoga and Meditation Class

Prices

- Private room EUR 675 per person
- Shared room EUR 575 per person

Payment & Cancellations

Full prepayment required at time of booking
100% refund for cancellations made before 28 December 2021
50% refund for cancellations made before 14 January 2021

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