

# Learn, Eat, & Be Well - Southwest France *May and Sept 2024*



Market in Sarlat

## Includes:

- Transportation to/from local train station and field trips.
- Accommodations .
- Breakfast, lunch, afternoon tea, dinner.
- 4 days instruction with materials.
- 4 field trips with entrance fees.
- Maximum 4 participants per retreat.
- 1,950 Euros per person (CANNP members receive a 150 euro discount).
- Private groups welcome.

**Your Host:**  
*Bianca Church, RHN  
Holistic Nutritionist  
Mentor and Educator*

For more information visit:  
[www.learneatbewell.com](http://www.learneatbewell.com)

Or contact me by email:  
[bianca@biancachurch.com](mailto:bianca@biancachurch.com)

## Itinerary and Curriculum

### Tuesday - Welcome Day

Meet at Brive-la-Gaillard train station at 2 pm and transfer to Coly-Saint-Amand cottages to settle in to your room.  
Afternoon Tea: Riverside terrace at Le Petit Bijou  
Early evening: Coly village and stone bridge walk  
Dinner: Al fresco at Le Petit Bijou

### Wednesday - History of Medicin

Sleep in followed by an easy morning walk.  
Brunch: Classic French — riverside  
Field trip & Lesson: Musée de la Médecine & Chateau Hautefort / History of Medicine and the Four Humors  
Afternoon Tea: Chateau Hautefort Creperie and Tea House  
Dinner: Al fresco at Le Petit Bijou

### Thursday - Macrobiotic & Vegetarian/Vegan Diets

Morning walk  
Breakfast: Vegetarian/Vegan  
Morning Lesson: Macrobiotic, vegan, and vegetarian diets  
Demonstration: Seitan from flour  
Lunch: Macrobiotic lunch in house (Seitan burgers)  
Afternoon Field trip: Bread making tour and tasting  
Afternoon Tea: Saint Amand de Coly café with Abbey tour  
Dinner: Al fresco at Le Petit Bijou

### Friday - The Paleo Diet

Morning walk  
Breakfast: Paleo  
Morning Lesson: The origin of Paleo diets  
Lunch: Riverside restaurant in Saint Leon-sur-Vezere  
Field trip: La Roque St. Christoph troglodyte village  
Afternoon Tea: Paleo snacks at La Petite Bijoux  
Dinner: Al fresco at Le Petit Bijou

### Saturday - The Mediterranean Diet

Morning walk  
Breakfast: Mediterranean  
Field trip: Sarlat Market  
Lunch: Sarlat Market square restaurant  
Afternoon Class: The Mediterranean diet and the French Paradox with “*Le goûter*” (French style afternoon snack).  
Dinner: Farewell dinner al fresco at Le Petit Bijou

### Sunday - Farewell

French Breakfast and transfer to train station