

Learn, Eat, & Be Well

Southwest France



Includes:

- Transfers to/from train station & Field trips
- 6 nights Accommodation (arrive Monday, depart Sunday).
- Breakfast, lunch, dinner., afternoon tea.
- 4 days nutrition instruction, 5 field trips.
- Maximum 4 participants per retreat.
- Private groups of 1 or 2 students available.
- 1975 € pp, CANNP members receive a 150 € discount).
- 30% deposit at time of reservation.
- Approved by CANNP for 36 hours of continuing education credits.

Your Host:

Bianca Church, R.N.T.

Registered Nutritional Therapist (CANNP)

MSc Clinical Nutrition Candidate

Qualified Adult Educator

Visit: www.learneatbewell.com

Reservations: bianca@biancachurch.com

Continuing Education Nutrition Retreat

Monday - 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: Le Petit Bijou with program orientation

Dinner: Al fresco at Le Petit Bijou, Coly village tour and stone bridge walk

Tuesday - History of Medicine & Detoxification

Brunch: Classic French — riverside

Lesson: The Four Humors & Detoxification

Field trip: Musée de la Médecine & treasure hunt exercise

Late Lunch: Chateau Hautefort with Chateau tour

Dinner: Al fresco at Le Petit Bijou

Wednesday - Plant based Diets & Microbiome Building

Breakfast: Vegetarian/Vegan

Morning Lesson: Plant Based Diets & the Microbiome

Lunch: Vegan lunch

Field trip: Chateau de Losse tour, local potager tour

Dinner: Al fresco at Le Petit Bijou

Thursday - Paleo / Ketogenic Diets & Cancer Metabolism

Breakfast: Fasting or Keto Breakfast

Morning Lesson: Keto/Paleo & Cancer Metabolism

Lunch: Riverside restaurant in Saint Leon-sur-Vezere

Field trip: La Roque St. Christoph troglodyte village

Dinner: Al fresco at Le Petit Bijou

Friday - The Mediterranean Diet & CVD

Breakfast: Mediterranean

Morning Lesson: Mediterranean Diet French Paradox & CVD

Lunch: Riverside restaurant in Terrasson-la-villedieu

Afternoon Field trip: Organic bread making tour and tasting

Dinner: Al fresco at Le Petit Bijou

Saturday - Sarlat Market Day

A trip to the Perigord would be incomplete without a day at the famous Sarlat Market and lunch at a French restaurant.

Afternoon Tea: riverside with time to pack.

Dinner: Farewell dinner al fresco at Le Petit Bijou.

We will cook and eat what we buy at the market.

Sunday - Farewell

French Breakfast and transfer to train station

***Tea time creates space for group discussions/homework**