



Mani - Sonnenlink

Magic, Tasty and Healthy Cooking Recipes



in the Mani / Peloponnese / Greece 2. – 6. June 2009

with: *Niki Theoka-Hill*

*„I will teach you what I have learned from my mother and grandmother.
Greek cooking is tradition and humbleness.
When you cook, you must think with love about those that you will feed.
The art of cooking means first of all the love for the human being.“*

Everyday a four-hour session of cooking and eating enriched by music and dancing with people who keep this wisdom alive in their heart.



Seminarcenter Mani-Sonnenlink



Μαγευτικές, νόστιμες και υγιεινές συνταγές μαγειρικής

θα σας διδάξει η

Νίκη - Θεόκα - Χίλλ:

*“Εμαθα από τη μητέρα μου και τη γιαγιά μου.
Η ελληνική μαγειρική είναι παράδοση και ταπεινοτητα.
Όταν μαγειρεύεις πρέπει να σκέφτεσαι με αγάπη αυτούς που θα ταΐσεις.
Η μαγειρική τέχνη σημαίνει πρώτα απ΄ όλα την αγάπη για τον άνθρωπο “.*

ΚΑΘΕ ΜΕΡΑ ΕΝΑ ΤΕΤΡΑΩΡΟ ΜΑΘΗΜΑ ΜΑΓΕΙΡΙΚΗΣ ΚΑΙ ΓΕΥΜΑΤΑ.
ΕΜΠΛΟΥΤΙΣΜΕΝΑ ΜΕ ΜΟΥΣΙΚΗ ΚΑΙ ΧΟΡΟ, ΜΕ ΑΤΟΜΑ ΠΟΥ ΦΥΛΑΤΤΟΥΝ ΑΥΤΗ
ΤΗ ΣΟΦΙΑ ΖΩΝΤΑΝΗ ΜΕΣΑ ΣΤΗΝ ΚΑΡΔΙΑ ΤΟΥΣ.

Magische, köstliche & gesunde Kochrezepte aus Griechenland

Kochkurs mit *Niki Hill*.

„Ich will Euch das lehren was ich von meiner Mutter und Großmutter gelernt habe: Griechisches Kochen ist Tradition und Bescheidenheit.

Wenn Du kochst, musst Du mit Liebe an diejenigen denken, welche Du nähren wirst. Die Kunst des Kochens bedeutet vor allem Liebe zum Menschen“

Jeden Tag 3 Stunden Kochen, Essen bereichert durch Tanzen und Musizieren mit Menschen, die das Verborgene noch lebendig im Herzen tragen.

Organisation: Seminar dates: 2. - 6. June 2009

When: start Tuesday 2nd June at 17.00, end Saturday 6th June after 21:00 with dinner.

Times: 17:00 -22:00 cooking, dinner, (spontaneously) dance and music all day until 17:00 free for rest, swimming, lunch

Languages: Mainly English and Greek, with translation into German as necessary

Where: Seminarhausfotos: In the Sonnenlink with Amphitheatre in the Mani, South Peloponnese, Greece, 24024 Pyrgos-Lefktrou (near Stoupa & Kardamyli)

Cost: 70€ **each** seminar day, including material for food being cooked and daytime use of the seminar house facilities.

Overnight stay in the Sonnenhouse (1- 3 persons/apartment): cost between 30 and 85€/night. www.mani-sonnenlink.com

Breakfast and lunch can be arranged, but each apartment has its own kitchen for self service.

How to find us:

Drive to Patras or fly to Athens. From there via Kalamata towards south to Stoupa. (4,5 hours)

The most comfortable and relaxing solution: transfer arranged by Mani - Sonnenlink - Arrival in Athens.

- **Transfer** from the airport gate to Sonnenlink, approximately 4.5 hours

- **Car hire** directly at Sonnenlink

Transportation arrangements and car rental by Mani-Sonnenlink.

Cost: A whole taxi (3 or 4 persons) Special Price: about 170 € per route.

Car rental: Special price: 26-30 €/ day

Group taxi from Athens airport: 95 € per person, for 2 persons 145€ per route

Detailed travel info: link

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