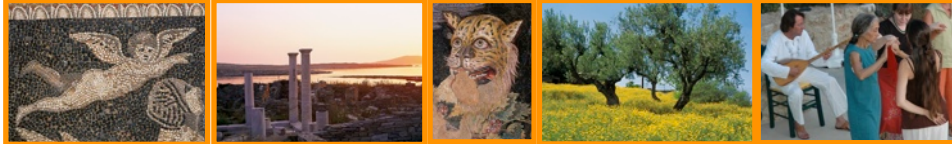




Mani - Sonnenlink

Magic, Tasty and Healthy Cooking Recipes



in the Mani / Peloponnese / Greece 3. July 2010

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.“*

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“*

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“

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

Organisation: Seminar dates: July 3, 2010

When: start Saturday 3rd July at 10.00,

Times: 10:00 - about 17:00 cooking, late lunch, (spontaneously) dance and music. In the afternoon we have a wonderful concert with Laura Shannon and Konstantis Kourmadias. (see flyer seminar Laura Shannon)

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: 40€ including material for food being cooked, daytime use of the seminar house facilities and the concert (Laura&Konstantis)

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)

Detailed travel info: link <http://www.mani-sonnenlink.com/en/location.htm>

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