

Blessed Food Cooking Class

Friday 5th September 2025 | 10am – 4pm
Led by Katja Mathes – Plant-based chef & author

Join Katja for a very special day of conscious cooking, connection and nourishment. This isn't just a cooking class – it's a sacred invitation to reconnect with yourself, with the food you eat, and with the healing power of Mother Earth.

In this workshop, Katja will guide you through delicious, plant-based recipes that not only nourish your body, but also feed your soul. You'll explore intuitive, joyful ways of preparing food, honouring the ingredients as gifts from nature – with presence, gratitude, and love.

Come as you are – and leave inspired, uplifted and deeply connected.

Cost: £70 per person
(includes drinks, lunch & all recipes)

✧ *Let your hands become prayer – and your food a blessing.* ✧

To book your place, contact Clare: 07879 872892

Photo by: Grit Siwonia

