

Energise Nurture Transform

NAVIGATING THE 2020 PANDEMIC
ONLINE RETREAT 22 AUGUST



RETREAT WORKBOOK

DISCOVER vitality,
nurture yourself and
cultivate optimism.

IGNITE your health
journey with a day of
self-care



RETREAT PROGRAM

Sessions are fun,
inspiring and easy to
follow.

Join us for the full
day or pick and mix
your classes!

Stay positive during the
Pandemic with a day of
fun



0800 -0840: Opening Circle and Intention Setting
Set yourself up for today with Lisa Allwell

0845-0915: A Journey through Sound.
Mantra with Eva Andrea

0930-1030: It All Begins with You.
Yoga with Sharon Spencer

1100-1200: Mostly For Blokes.
Yoga with Danny McGrane

1230-1330: Living well. Secrets from a Blue Zone.
Cooking with author Meni Valle

1400-1500: Living from the Inside Out.
Self-enquiry with Lisa and John Mathews

1530-1630: Awaken Your Senses.
Self-Massage + Accupressure with Taryn Ipenburg

1700-1745: Go with the Flow of Life.
Yoga Nidra with Vanessa Hollo

ENERGISE NURTURE TRANSFORM

CONGRATULATIONS!

You have decided to take time out to nourish yourself inside and out today. The first step on this Online Retreat is to know that you truly deserve this. It is time to slow down, go inside and recharge.

The most valuable thing we can do during this strange time in history is to nurture ourselves and find meaning and connection. As someone wise once said, everything will work again if you unplug it for a few minutes...including you.

So let's experience ourselves as vibrant and connected beings and strive to be we can be for ourselves, our loved ones and our lives.

To make this retreat day happen for you, some of you will need to ask for help and support. Do it! It is time to commit to you. You deserve it. Have a wonderful day. Indulge yourself fully, with no apologies.

The Happiness Team
Seed Yoga +Wellness





TIPS FOR CREATING YOUR BEST RETREAT EXPERIENCE

Clear all the things on your 'to do' list : (Or leave them until later) so that you can immerse yourself in a true retreat experience.

Digital Detox: Consider turning off your phone for the day and only using the technology you need to access your Online Retreat Sessions. You can catch up on the COVID count tomorrow, today is for you!

Prepare a beautiful space to practice and learn: Roll out your yoga mat, have plenty of cushions and blankets on hand. An eye pillow made from a facewisher is perfect to cover your eyes for meditation, sound healing and yoga nidra. Use candles, essential oils or a posy of winter flowers from your garden for extra beauty. Spotify playlist of yoga tune, to set the mood.

Food Shopping: Plan a day of healthy food and herbal tea. Have everything on hand to prepare nourishing meals. Have a selection of your favourite nuts, dried fruit, seeds and vegetables for snacks between sessions.

Journalling: Have a pen and journal ready to make notes and to write down insights. It's rare to put pen to paper in this digital age; enjoy some good old fashioned writing.

Remember that you don't have to do everything: Join in on the sessions that you like the look of. This is not about pushing yourself to do it all. Unless you want to!

Enjoy the space between sessions: Take a walk in nature, have a nanna nap, doodle in your journal, do what lights you up!

Dress Code: Comfy yoga pants of course!

AYURVEDA

AWAKEN YOUR SENSES

Notes and recipes for the **Awaken Your Senses** Class at 1530 with Taryn Ipenburg.

Your Ayurvedic Constitution: *Am I Vata, Kapha or Pitta?*

Our composition can vary a lot through out our life depending on season, lifestyle, emotional and mental health. Generally speaking however, we would normally have one "Dosha" that is most dominant.

Visiting a traditional, Ayurvedic doctor would be the best way to gain a understanding of your composition make up. However, for the purpose of selecting appropriate skin care and massage oils

This "Dosha Quiz" on the Banyan Botanicals website will give you a general sense of your personal constitution:

www.banyanbotanicals.com/info/dosha-quiz/e



AYURVEDIC SKIN RECIPES

Vata (Air)

Massage oil - Plain Sesame seed oil or Ghee
Body Scrub -

Combine 1 tablespoon ground oatmeal and ½ teaspoon of ground lavender flowers or rose petals (you can blend the oats and flowers in a blender or coffee grinder), along with one teaspoon organic sugar and enough water to make a paste. Gently work the paste into the skin, then rinse off with warm water. Oatmeal is soothing and hydrating.

Bathing - warm bath with 1/3 cup each baking soda and ginger powder (provided there is no skin irritation) can enhance the mobility and healing of joints. Especially good for soothing excess

Vata | Kapha (Earth)

Massage oil - Sunflower or Coconut oil
Body Scrub -

For a cooling and soothing exfoliant, combine 1 tablespoon organic sugar and ½ teaspoon Coriander powder, then mix with enough water to make a paste. Gently massage the paste into your face and rinse off with cool water.

Pitta (Fire)

Massage oil - Sesame Oil, Almond Oil, or Corn Oil
Body Scrub -

Make a mixture of 1 tablespoon organic sugar and ½ teaspoon Cardamon or Ginger Powder combined with enough water to make a paste. Massage into your skin and rinse off with warm water.



COOKING WITH MENI VALLE

SOUFICO

Soufico is one of Ikaria's most iconic dishes. It was traditionally cooked every Saturday, the day when the ovens were on for the weekly baking of bread. Leftovers were used in omelettes, or sometimes sausages were added. The story told is of a woman asked by her husband 'what are we going to eat today?' She goes into the garden to collect vegetables and places them in her apron to prepare a simple dish in the kitchen. Once cooked she replies, 'Soufica,' which means 'I left you some'.

There are a couple of versions of this dish, and many of the local women tell me this is the original. You cut all the vegetables into chunks, frying each separately. The secret is the caramelised onions, which make the dish even more flavoursome. Some cooks skip frying them individually and layer them raw, making the dish lighter and a little easier to prepare as well.

100 ml (3 1/2 fl oz) olive oil
1.5 kg (3 lb 5 oz) onions, diced
5-6 capsicums (bell peppers), cut into small chunks or julienned
3 eggplants (aubergines), diced
2 zucchini (courgettes), sliced into rounds
3 potatoes, peeled and diced
2 large tomatoes, grated
1 teaspoon sugar
1 garlic clove
2 tablespoons dried oregano
3-4 tablespoons basil leaves



COOKING WITH MENI VALLE

Soufico (Method)

Preheat the oven to 180°C (350°F).

Heat 3 tablespoons of the olive oil over a medium heat in a deep-frying pan. Add the onion and a pinch of salt and cook on a low heat for about 10-12 minutes or until the onions are soft and golden. Make sure you stir them occasionally to prevent them from sticking or burning. Transfer to a plate and set aside.

Add the capsicums to the frying pan, adding another tablespoon of olive oil if needed. Cook the capsicums on a medium heat until they have softened a little but not cooked through.

Set aside. Then cook the eggplants, zucchini and potatoes, one at a time in the same manner, until they have softened and are turning golden.

To grate a tomato, first cut it in half. Then, holding the skin side in the palm of your hand, grate the tomato flesh into a large bowl. Once you have grated all the tomatoes, add the sugar to maximise the flavour, and a pinch of salt and the whole garlic clove. Allow the tomato mixture to sit for a few minutes to develop the flavours.

Begin layering the prepared vegetables in a large roasting tin. Spread half of the onion mixture on the base of the baking dish and layer half the potatoes on top, followed by half the capsicums, zucchini and eggplant. Ensure you are seasoning between layers as you go with some salt, pepper and dried oregano. Repeat until all the vegetables are finished.

Pour the tomato mixture over the top of the vegetables, covering them completely, and cover the dish. (If using a casserole dish, cover with the lid, or you can use aluminium foil.) Place in the oven.

After 10 minutes, take out of the oven and remove the garlic clove. Place back in the oven, and continue cooking for a further 20 minutes or until all the vegetables are cooked. Remove from the oven and arrange the basil leaves on top.

Allow to cool uncovered. Serve at room temperature.

COOKING WITH MENI VALLE

KOLOKITHAI PITA (Zucchini pie)

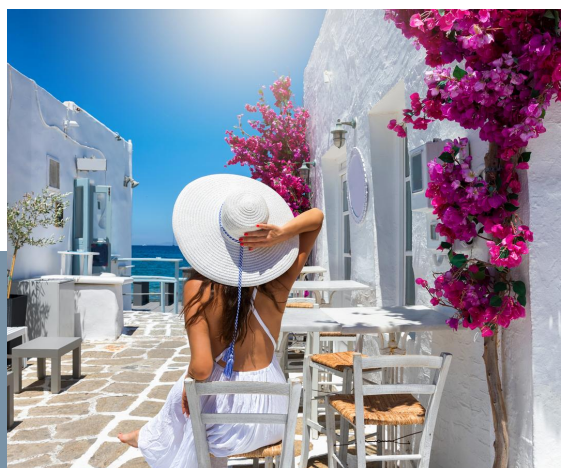
This open rustic pie is similar to a galette: the more rustic it looks the better. You can use any of the fillings in this section for this pie.

4 large zucchini (courgettes)
1/2 batch Filo dough (above)
1 small handful of combined parsley, mint and dill, finely chopped
250 g (9 oz/11/3 cup) crumbled feta
4 eggs
1/2 teaspoon nutmeg
Olive oil, for brushing

Cut off the ends of the zucchini – there is no need to peel them – and grate into a large colander. Let sit.

Prepare the filo dough (below).

Preheat the oven to 180°C (350°F). Squeeze out any liquid that remains in the zucchini and place in a bowl. Add the herbs, crumbled feta and eggs, mixing well with a wooden spoon. Season with salt and black pepper and add the nutmeg. Cut the dough into three equal pieces and flatten into rounds, brush each with olive oil and stack on top of each other.



COOKING WITH MENI VALLE

KOLOKITHAI PITA (Zucchini pie)

Roll out the filo dough into a large circle and place on an oiled 32 cm (12³/₄ in) round baking tray. Spoon the filling into the middle of the dough, leaving a large border. Fold the edges of the dough over part of the filling, crimping as you go around.

Brush the edges with a little olive oil and bake for about 30 minutes or until the dough is golden and the filling is firm. Serve at room temperature.

FILO DOUGH

500 g (1 lb 2 oz/3¹/₃ cups) plain (all-purpose) flour

1 teaspoon salt

60 ml (2 fl oz/1/4 cup)

Olive oil

1 tablespoon white-wine vinegar

250 ml (8¹/₂ fl oz/1 cup) lukewarm water

Cornflour (cornstarch), for dusting

To make the filo dough, place the flour in a bowl with the salt. Make a well in the centre and pour in the olive oil and vinegar. (The vinegar here helps with the flakiness of the pastry.) Start mixing, either with a spoon or your hands, adding lukewarm water until it resembles a soft dough. You will need about 250 ml (8¹/₂ fl oz/1 cup) water, more or less. Tip the dough onto a floured surface and knead lightly until it is smooth, then place back in the bowl and cover with a tea towel (dish towel). Allow it to rest for an hour while you make the filling.





ABOUT US

Seed Yoga is a beautifully crafted yoga studio that looks across the treetops of Laburnum Village, Blackburn, in Melbourne's east. In response to the pandemic we have taken our studio online, offering yoga classes seven days a week.

If this retreat has inspired you to start or restart a yoga practice, we would love for you to join us online.

We have an [Introductory offer of \\$50 for 30 Days of Unlimited Online Yoga.](#)

Our experienced nurturing teachers will help you to get the most from each pose, each breath and each moment on the mat.



SEED
YOGA
+ WELLNESS

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