



A Beautiful Weekend

Yoga and Organic Gardening with Friends

This weekend is for friends and family and those who have always wanted to start their own manageable vegetable patch, but just didn't know where to start! Throughout the 2 days, Paddy, an experience organic vegetable grower, will demonstrate and talk us through the necessary basics of organic vegetable production. We'll also be getting our hands into the soil and help create Can Lluire's very first veggie patch! There'll be yoga and meditation in the mornings for those who are interested, and in the afternoons we'll plant a few trees and enjoy a hike into the valley.

Daily Outline:

8-9.30 Yoga
9.30-10 Breakfast
10-1.30 Organic Principles and "getting stuck in"
1.30-2.30 Lunch
2.30-3 Organics Chat/demo
3-6.30 Tree planting / Hike
6.30-8 Free!!
8.00 Dinner

Come and join us for a relaxing, fun and informative weekend and discover you've got green fingers!!

