

CULINARY RETREAT EXPERIENCE

HARMONY & FLAVOR

Embark on a culinary odyssey of mindfulness and flavor in the heart of Puglia, where tranquil landscapes, plant-based cuisine, and cultural immersion converge to create an unforgettable retreat experience.

www.veganwirtin.at/wien

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About

Welcome to Harmony & Flavor, your gateway to mindful living and culinary exploration in the enchanting landscapes of Puglia.

Our immersive **weekend retreat** offers a sanctuary for those seeking balance, featuring **plant-based cuisine**, rejuvenating **yoga sessions**, and cultural immersion **experiences**. Indulge in relaxation with poolside lounging, soothing **massages**, and hands-on **pottery** workshops.

Elevate your culinary skills with **private cooking lessons** led by our talented chef. Join us as we journey together towards inner harmony and flavorful discoveries



retreat experience

Join us for three unforgettable days in October, where warm weather and stunning scenery await, inviting you to savor the beauty of Puglia.

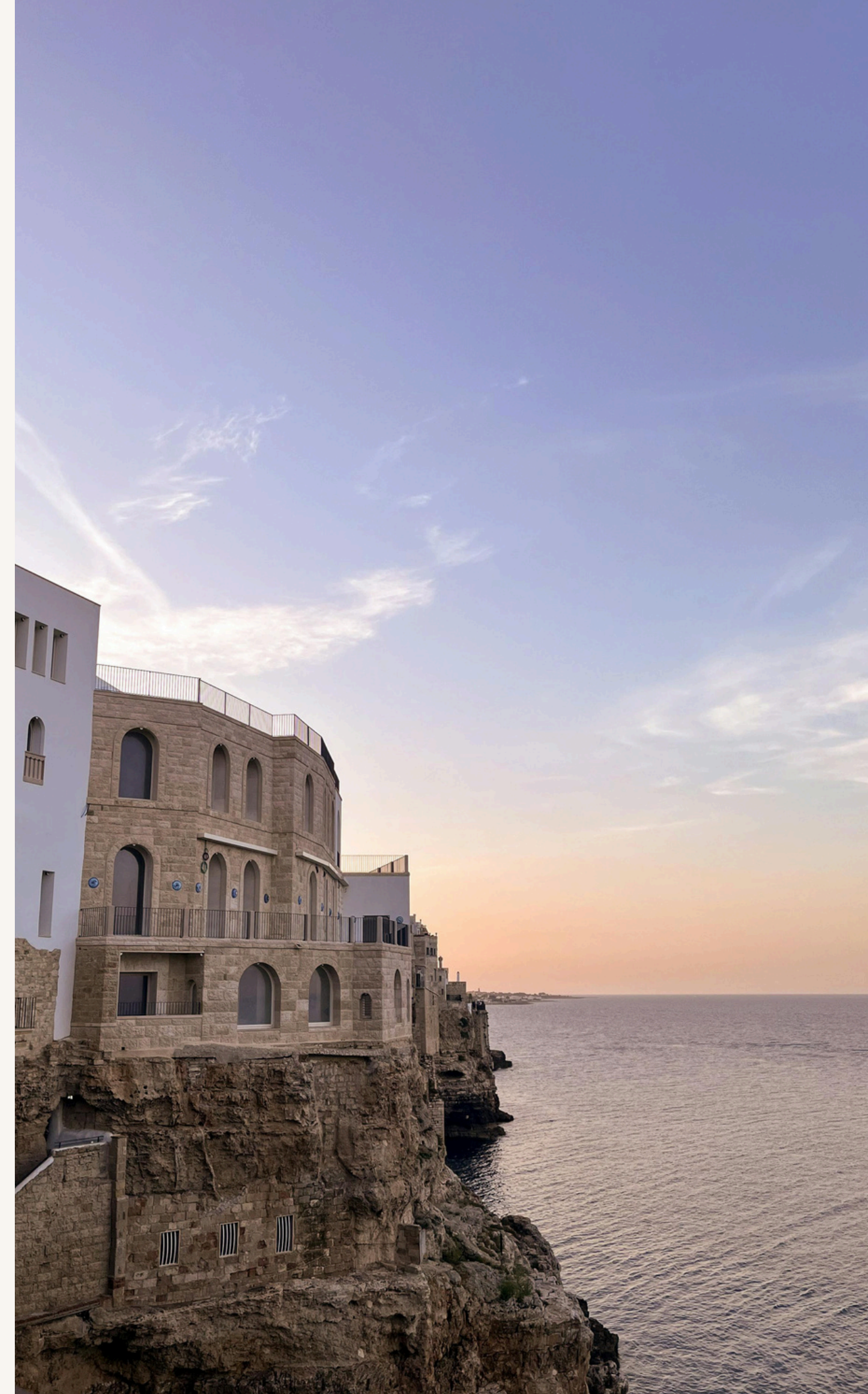
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Our Vision



Our vision for this retreat is to offer a sanctuary amidst the chaos of city life, where guests can reconnect with themselves and the beauty of Puglia.

With Oana's **deep-rooted knowledge** and Laura's **culinary expertise**, we invite you to explore the tranquility of slow living, embrace simplicity, and savor the authentic flavors of a region cherished by both our diverse backgrounds.



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Program

Date: **4-7 October 2024**

Place: **Masseria Pugliese DELUXE, Italy**

Price: **1.800 Euro / person**

The price includes accommodation in a shared double bedroom with a private bathroom, gourmet meals, and all activities.

Harmony & Flavor will also provide trip insurance for the entire duration of your stay with us.

Please note that the retreat does not cover travel costs.

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Day 1

- Arrival at the airport: pick-up service by our friendly team.
- Warm welcome as we introduce you to the retreat and fellow guests.
- Indulge in relaxation with an optional massage session (**booking required in advance**).
- Enjoy a tranquil poolside session and unwind from your journey.
- Welcome-Dinner by our private vegan chef Laura.

Day 2

- Morning yoga session
- Breakfast cooked by our chef Laura
- Private surrounding area tour
- Lunch break by chef Laura
- Pottery session
- Evening meditation & yoga
- Dinner by our chef Laura
- Poolside relaxation

Day 3

- Morning yoga session & meditation.
- Breakfast cooked by our chef Laura.
- Sea-Side Lunch on-the-go
- Dinner Cooking Class: learn the art of cooking with chef Laura.
- Wind down with poolside meditation.

Day 4

- Conclude your retreat with a peaceful morning yoga and meditation session.
- Indulge in a final breakfast prepared by our chef Laura.
- Check-out and depart, carrying the tranquility of your retreat experience with you.

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Our Team

Laura brings a diverse array of experiences to our team. With a background in Art History, she possesses a deep understanding of artistic movements and cultural contexts, enriching our team's creative perspective.

She is the owner of VEGAN WIRTIN, a vegan catering company, based in Vienna, where she organizes a variety of vegan events, including private dinners, brunches and cooking classes.

Laura has demonstrated her organizational skills through her involvement in vernissage and finissage events, showcasing her ability to manage and coordinate art exhibitions effectively.

Beyond her professional endeavors, her passion for nutrition led her to undertake a traineeship in the field, broadening her knowledge and understanding of healthy living practices.



Laura
vegan chef

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Our Team

Oana brings a wealth of experience in organizing and coordinating cultural events, with a particular focus on film festivals. Her role has honed her skills in team collaboration, communication, and logistical management.

These experiences have equipped her with the ability to effectively navigate diverse challenges and ensure the smooth execution of projects.

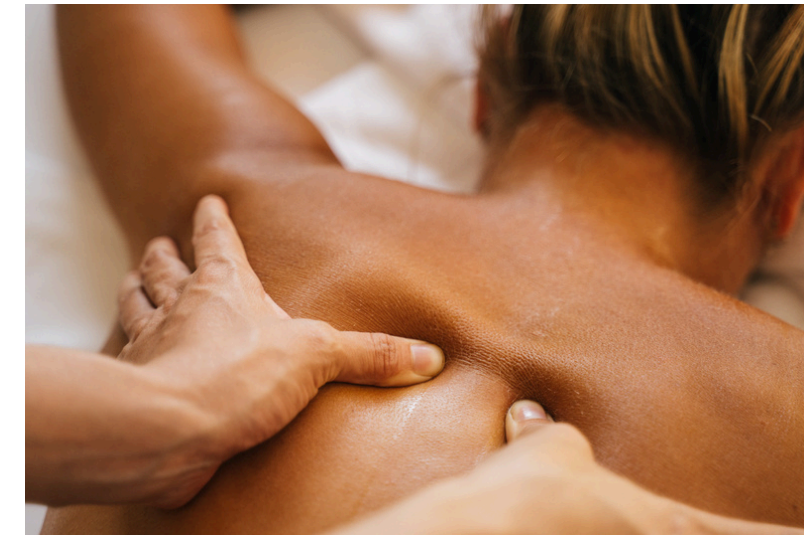
Additionally, her proficiency in communication, both business-to-business and client-facing, further strengthens our team's capacity to engage with stakeholders and create meaningful connections.

Furthermore, Oana possesses expertise in stationary design and creative photography. Her experience includes creating visually appealing and informative menus for culinary events in collaboration with Vegan Wirtin and Unikat Essen.



Oana
event designer

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Activities

Discover the essence of Puglia through our immersive **activities**: from crafting **mouthwatering dishes** in our **cooking lessons** to unwinding with luxurious **massages**. Experience serenity with **yoga** and unleash your creativity with **pottery** sessions. Your retreat awaits, promising unforgettable moments of **relaxation** and **inspiration**.

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**Ciao,
Let's get
in touch!**

We would be happy to meet you



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