

WORKSHOP TEAM BUILDING "BREAKFAST ENERGY"

- Gather your colleagues and / or guests around a workshop 'breakfast ENERGY' to start the day the perfect way... At your office!
- During a 30-minutes workshop, discover a few tips to recharge your batteries with good recipes for breakfast to boost your day!
- Workshops of 30 min (for 15-20 people)
- Nutrition tips:
What is a perfect balanced breakfast?
- Complete breakfast recipe
- Tasting of ENERGY breakfasts
- Price: \$ 25 / pers (min 2 groups)



WORKSHOP TEAM BUILDING "LUNCH"



- Gather your colleagues and / or guests around a 'lunch-workshop' to truly enjoy your break ... At your office!
- Eat a vibrant meal, receive a lot of nutritional tips and experience the benefit of this amazing energy the entire afternoon.
- 1h workshop (for 15 – 20 people) – min 2 groups
- Nutritional advice and complete information:
The impact of your diet on your energy
- Cooking class with salad recipes and tasting
- Price: \$ 40 / pers

WORKSHOP TEAM BUILDING "COOKING CLASS"

- Meet your colleagues and / or guests around a vibrant and savory workshop.
- You will discover the impact of food on your body, prepare a perfect balanced menu and enjoy the food all together at the office or in an unusual place!
- As a team, learn healthy and tasty recipes for energy and challenge yourself through a cooking contest.
- 3h workshop (per group of 15 people)
- Price: \$ 85 / person *

* price = cooking class + documentation + material + food but price variation depending on location - addition if room rental



EVENTS / RETREATS



- Greatful Kitchen organizes well-being retreats between colleagues.
- The kitchen is under the sign of a gastronomic detox, with its executive chef Aurélie Glorieux trained in nutrition and healthy cooking by great chefs.
- From breakfast to dinner, she offers you a modern and refined cuisine, made of local products. She works with the techniques of rejuvenating cooking for a sublime result on the plate.
- You will alternate yoga practice, gastronomic detox meals, information on the healthy-nutrition cooking as well as free time to arrange according to your desires.
- Stays are organized throughout California for a period of 1 to 4 days, in exceptional places.
- Let us know your request and we will make you an offer adapted to your desires for an unforgettable stay.

PICNIC AND YOGA ON THE BEACH

- Take a deep breathe with us during a yoga session on a wonderful beach and enjoy a vibrant and savory picnic.
- Learn how to keep quiet, stay strong during the effort and then enjoy the recomfort.
- 2 hours ½ workshop (minimum 10 persons)
- Price: \$45

