



Satyam Healing Arts

Yoga and Ayurveda

Inspiring health and wellness through the tradition of Yoga and Ayurveda

Namaste, salutations and a sweet welcome from Chef Goyo.

I'm looking forward to meeting you and sharing high vibration meals and secrets from the Ayurvedic kitchen during your upcoming retreat. I greatly appreciate and treasure every opportunity to serve and inspire a deeper connection to food and soul nourishment from the kitchen.

The Ojai Valley is a special place, I consider Villa Ojai and extension of our home and trust our time together will both nourish and promote wellness at many levels... and most importantly kindle a love and appreciation for mealtime at the heart level.

Guided by Ayurvedic principles, intuition and creativity we draw from the seasonal, local and organic harvest of the Ojai Valley and Central Coast region. We stock the pantry with quality organic spices, oils, teas, coffee and dairy and prepare using cast iron and stainless cookware – and we never use a microwave. In addition to nourishing meals, freshly prepared herbal teas, juices, tonics and elixirs will be added to the menu.

Ayurveda promotes food as a key ingredient to optimal health and also shares that most often it's how we eat that makes the difference. I extend an invitation to make yourself at home and consider our kitchen as your kitchen. You are welcome to ask for what you need, extend a helping hand, share your personal experience of our meals and inquire as to why certain foods are featured or prepared.

We ask that you respect and treat the kitchen and dining area as sacred space. Serving a group of any size requires a tremendous amount of energy. We encourage awareness and help to ensure a sustainable flow of energy by observing the following. Please do not bring personal items into the kitchen! Please ensure cell phones, water bottles and other personal belongings don't clutter the dining and patio area and mindfully use your cell phone away from the dining area. You will be encouraged to offer a small amount of kitchen karma (service) as part of the yogic path. We ask that when serving the group you remember the energetic concept of Sattvic (purity) and Saucha (cleanliness).

We will offer three nourishing vegetarian meals daily with tea and fruits available between meals. Every effort is made to accommodate all reasonable requests and support individuals with dietary requirements. *Trusting is part of any transformational process.* You are encouraged to bring certain foods and or supplements you require to maintain your health and energy. Ojai offers two good health food stores – Rainbow Bridge and West End Market. Note that there is a limited amount of refrigeration space for personal foods, Please keep this area tidy and use only what you bring.



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Please let us know how we may support your retreat experience. We request that you email the "Dietary Request & Allergy Form" below to info@offthematintotheworld.org two weeks prior to your arrival (by Wednesday 11/18). It is your responsibility to let the training organizers and chef know if you have allergies or medical conditions related to foods, oils, spices etc.

In Health - Namaste,

Goyo Fawley

Ayurvedic Practitioner & Chef

Health & Allergy Form

Name:

Phone:

Email:

Medical Conditions or health issues related to foods & spices:

Allergies:

Intolerances:

Sensitivities:

This may include but not limited to Gluten Free, Grain Free, Dairy Free, and Vegan

Any additional information, concerns, issues: