


\*Stamina..... \*Serenity..... \*Vitality..... \*Sound Sleep..... \*Equipoise.....  
\*Endurance..... \*Resistance to Winter Ills..... \* Zest for Life.....



Need more of these for yourself or your family??

Then come to this workshop and "GET GOING WITH GRAINS!" 

Become better acquainted with the seven archetypal grains in all their many guises.....whole, kibbled, flaked, milled....as breakfast cereals, beverages, savoury dishes, baked goods .....so many ways to enjoy these complex carbs!

- " Hands-on preparation of grains (barley, millet, maize, rice, rye, wheat, oats)
- " Cooking and eating together
- " Recipes to take home
- " A chance to share with others your own expertise and tried-and-true recipes

Workshop facilitated by Debbie ter Borg and Fiona Walker

Minimum of 7 participants required and limited to 12

When: Saturday 21st August, 8am - 4pm

Where: Eurhythmy Kitchen

Cost: \$50 (includes breakfast, lunch, morning/afternoon tea)

Bring: Apron, favourite grain recipes (optional), containers in case of leftovers

To register please send completed form with payment to:

D. ter Borg, 70 Hill Rd, Belmont, Lower Hutt 5010 or email [debyterborg@hotmail.com](mailto:debyterborg@hotmail.com) for online registration and payment.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_


Amount enclosed: \_\_\_\_\_

(Please make cheque payable to Wendy Cook 2010 Tour):

\*Stamina..... \*Serenity..... \*Vitality..... \*Sound Sleep..... \*Equipoise.....  
\*Endurance..... \*Resistance to Winter Ills..... \* Zest for Life.....



Need more of these for yourself or your family??

Then come to this workshop and "GET GOING WITH GRAINS!" 

Become better acquainted with the seven archetypal grains in all their many guises.....whole, kibbled, flaked, milled....as breakfast cereals, beverages, savoury dishes, baked goods .....so many ways to enjoy these complex carbs!

- " Hands-on preparation of grains (barley, millet, maize, rice, rye, wheat, oats)
- " Cooking and eating together
- " Recipes to take home
- " A chance to share with others your own expertise and tried-and-true recipes

Workshop facilitated by Debbie ter Borg and Fiona Walker

Minimum of 7 participants required and limited to 12

When: Saturday 21st August, 8am - 4pm

Where: Eurhythmy Kitchen

Cost: \$50 (includes breakfast, lunch, morning/afternoon tea)

Bring: Apron, favourite grain recipes (optional), containers in case of leftovers

To register please send completed form with payment to:

D. ter Borg, 70 Hill Rd, Belmont, Lower Hutt 5010 or email [debyterborg@hotmail.com](mailto:debyterborg@hotmail.com) for online registration and payment.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Amount enclosed: \_\_\_\_\_

(Please make cheque payable to Wendy Cook 2010 Tour):