

earth shiatsu retreat

@NorthernLightsCenter

DELICIOUS IT WITH DANIEL'

Ingredients:

5-6 apples, cinnamon to taste, 3/4 cup pure maple syrup, 1/2 cup whole wheat flour, 1/2 cup oatmeal, 1/2 cup applesauce, 1/2 cup brown sugar.

As always, an incredible journey into my heart and soul. I have learned more about nature on these retreats than any where else. To feel the energy of a tree and a rock, is to truly know life.
-- MARIA PRATTAS, E.S.T., C.A.C.



The sun shone on us all even though it rained for 2 days. It was a Shiatsu retreat I will always remember.

- * 5:30 AM meditation walks in our soggy runners.
 - * connecting with nature - there was much to learn and much to share.
 - * a taste of martial arts and yoga awakened our bodies.
 - * the smells from the kitchen reached us as we worked to improve our shiatsu techniques.
 - * our stories unfolded in the sweat lodge cleansing.
- Thank-you Living Earth for helping to open my heart.

-- MARILYN BAKER, E.S.T.



Method:

- Chop up the apples and place them in a 8x8 inch baking pan (use a bit of PAM or an equivalent to lightly "grease" the pan. But you can probably get away without it).
- Pour the maple syrup over the apples and then sprinkle cinnamon over it all (I like to use lots! :)).
- In a bowl, mix together the flour and oatmeal. Then add the apple sauce and brown sugar, and mix until the flour is just moistened and even a bit dry in some parts.
- Spread (or sort of "spoon and pat") the flour/oatmeal/applesauce/brown sugar mixture onto the apples. It doesn't have to spread from edge to edge - just spread it out best you can and don't worry about empty spots! :)
- Bake this in the oven at 375° F for about 35m. When done, just "scoop" out of the pan, making sure to get both the crunchy part (the croustarde) and the apples. This is definitely not something you can cut! I usually just stand right over the oven and eat it all straight from the pan! :) kwvegan vegan!

-- DANIEL KATZ, E.S.T.

Scent of wet earth... sitting on a mossy rock, I rest my head on a tree branch as the pouring rain drops tap on my shoulder... I listen... I lose myself... I find myself... the simple feeling of being... 'I am'.

Connection once again in awareness... earth and us... sensing touch - shiatsu feels delightful, so powerful! ... we are here now... one. We burn our fears, then sit tightly by each others side - a small circle - (in a big circle) cleansing ourselves - each other... as we listen... ... we can feel being part of each other... connected so deeply - to creation... to one another... always will be.

...And so we go away... better than we were before...

-- SELIN ALBAYRAK, E.S.T.

