

## AN INTERNATIONAL EVENT

With teachers from all over the world and translation into English

Italy's largest natural foods **cooking school** (Italian style macrobiotic) presents 3 weeks of vacation and study in a 4 star hotel in the heart of the Austrian Alps.

[www.nockresort.at](http://www.nockresort.at)

**Cooking** The main event is cooking, with three balanced meals a day prepared by Italian chefs of the school as well as daily cooking class with international teachers and a cooking intensive program for more serious students.

**Courses in natural healing** use of Macro principles, as well as an intensive program in healing

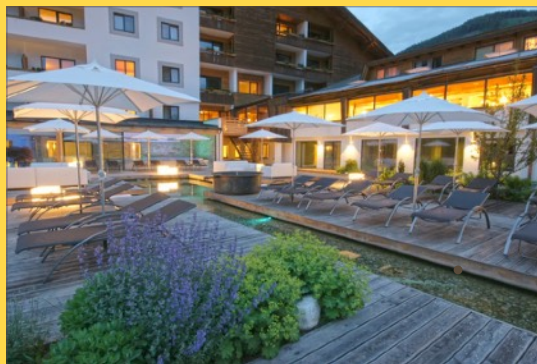
**Energetic Body** Work Barefoot shiatsu Foot reflexology Acupressure and Do-In

**Relaxation and vacation** yoga and tai-chi



*La Sana Gola*

## ITALIAN "MACRO" COOKING IN THE AUSTRIAN ALPS



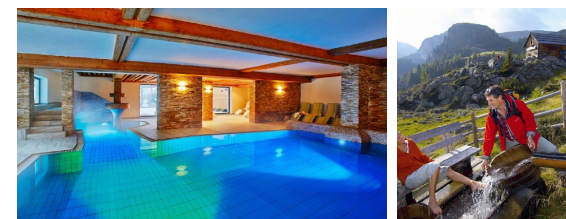
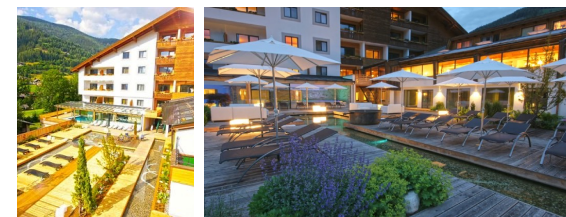
The NockResort with its welcoming environment, the new wellness area, the rooms all with balconies, furnished in a comforting and refined way, offers everything for a relaxing but also active holiday. You will be immersed in nature, lakes and surrounding mountains; the hotel is located in the town of Bad Kleinkirchheim Nock Resort 4 stars.

LA SANA GOLA  
Via C. Farini, 70 20159 Milano  
02 6687188 - 348 5800869  
[www.lasanagola.com](http://www.lasanagola.com)

## HEALTHY SUMMER HOLIDAYS

*La Sana Gola*

Italian cooking school based in Milan, invites you to a special vacation for the whole family in the heart of the Austrian alps



**Bad Kleinkirchheim Austria**

**From 20/6 to 11/7 2020**

**(1, 2 or all 3 weeks)**

Also featuring special training program in cooking and holistic healing. For more info please email to:

[community@lasanagola.com](mailto:community@lasanagola.com)  
t. 02 6687188 - 3485800869  
[www.lasanagola.com](http://www.lasanagola.com)



*La Sana Gola*



Daily program (A. Basic)

**Children's program included**

Arrival: Saturday June 20th from 16:00

7:00 Morning exercises, yoga or tai chi

8:00 - 9:00 Breakfast

Morning free for discovering the area,  
relaxing, treatments, rest, SPA, dietary  
counseling

13:00 Lunch

15-16:30 COOKING CLASS\*

16:30-18 ENERGETIC BODY WORK\*:  
FOOT REFLEXOLOGY-BAREFOOT SHIATSU

19-19:30 SPECIAL HEALING PRACTICE  
(BATH, SCRUBS, ACUPRESSURE AND DO-IN)

19:30 Dinner

21:30-22:30 Evening lecture

+ NOT INCLUDED IN THE PRICE (see prices)

## PROGRAM AND PRICES

**A. Basic** - full board, morning exercises and evening lectures and many local touristic opportunity. Choose 1,2 or 3 weeks

**B. Cooking Intensive** (3 week certification program)

**C. Food therapy** (2 week certification program) from 20/06 to 4/07



### PROGRAM BASIC A:

FAMILY ROOM: €830,00

DOUBLE: €890,00

SINGLE: €990,00

Daily beginners cooking class 25€ each or 100€ for all 5.  
Barefoot shiatsu, foot reflexology course 100€

**PROGRAM B:** 900€ family room (from 3 to 4 people) \*

**PROGRAM C:** 1290€ family room (from 3 to 4 people)\*

\*ADD 300€ for single room - double 150€

Please quote this discount code **EN2320** for registration by  
April 10th

The family rooms (3/4 places: double bed + 2 bunk beds) must  
be occupied in full, it is not possible to occupy them as double or  
single. To view the arrangements, consult the hotel website  
[www.nockresort.at/en/rooms-apartments/](http://www.nockresort.at/en/rooms-apartments/)

Prices are per person per week - children under 3-6 years 50% discount - 7-14 30% discount. The  
prices shown are exclusive of the tourist tax to be paid locally for over 17 years. Delayed arrivals  
and early departures do not give any right to a reduction. The fee includes dinner on the day of  
arrival and breakfast on the day of departure. Enrollment in the school is mandatory (40€)



Single room



Double



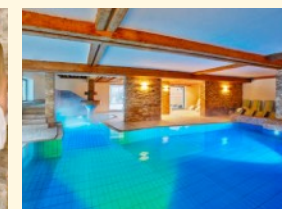
Family room



Family room



Hotel SPA relax space



SPA swimming pool internal  
+ external