

**ZEN AROUND THE TABLE**  
**Cooking Workshop: Summer Season**

Retreat starts on 20<sup>th</sup> June 2025  
Ending 24<sup>th</sup> of June 2025  
At Borisa Zen Center, Spain

We will have 3 cooking class  
Morning 9.30am-12.30am class  
Optional yoga and hiking in the afternoon  
Optional Zen Practice Morning and Evening

**SCHEDULE:**

**FRIDAY JUNE 20 (ARRIVAL)**

17.30h Dinner  
19.00h Evening Practice (optional)

**SATURDAY JUNE 21**

6.30h Morning Practice (optional)  
8.30h Breakfast  
9.30h-12.30h Cooking Class  
13.00h Lunch  
15.30h Yoga (optional)  
17.30h Dinner  
19.00h Evening practice (optional)

**Recipes:**

- Vegan spring roll with mushrooms
- Tofu balls with coconut yellow milk
- Asian Papaya salad
- Carrot soup

**SUNDAY JUNE 22**

6.30h Morning Practice (optional)  
8.30h Breakfast  
9.30h-12.30h Cooking Class  
13.00h Lunch  
15.30h Hiking (optional)  
17.30h Dinner  
19.00h Evening practice (optional)

**Recipes:**

- Endive boats stuffed with macadamia feta

- Ziizika salade, with cucumber and cashew yogurt
- Fava Greek Beans
- Tofu schnitzel

### **MONDAY JUNE 23**

- 6.30h Morning Practice (optional)
- 8.30h Breakfast
- 9.30h-12.30h Cooking Class
- 13.00h Lunch
- 15.30h Yoga (Optional)
- 17.30h Dinner
- 19.00h Evening practice (optional)

### **Recipes:**

- Beet pillows stuffed with almond spread
- Tabbouleh salad with quinoa and greens
- Focaccia bread
- Oyster mushrooms on the grill
- Chickpea with tomato sauce

### **TUESDAY JUNE 24**

- 6.30h Morning Practice (optional)
- 8.30h Breakfast
- 9.30h Recap and farewell