

SHILLIM INSTITUTE

The Shillim Institute is a CSR initiative of Writer Corporation Pvt Ltd. The mission of the Shillim Institute is to generate ideas and facilitate positive action in the areas of conservation, sustainability and healing. The Institute is a platform for knowledge and action, a forum for people to share ideas and life works, a gathering place to share information and solve problems, and a site of cultural exchange, in music, art, comparative literature, beliefs, faiths, and practices. The Institute supports a range of visiting master programs, cultural exchanges, fellowships, exchange programs and residencies with a special emphasis on:

- Ecology & Environment
- Economics of Conservation and Sustainable Design
- Agriculture & Foods for the Future
- Alternative Healing & Perfect Health
- Earth Ethics & Community Connectivity
- Arts and Culture

As part of this initiative the Shillim Institute brings to you a **Life Enhancing Cooking Workshop** by Dr. Nandita Shah and her team of professionals from SHARAN India; an organization with the goal of spreading awareness about holistic health and an ecologically sustainable compassionate lifestyle.

Workshop Dates: 15th and 16th of October, 11 am to 1 pm, on both days

Venue: Shillim Cooking School, Hilton Shillim Estate Retreat & Spa

Registration Fee: Rs. 2,500 plus taxes, per person, per session

To Register, please dial +91 211 4712 468

LIFE ENHANCING COOKING WORKSHOP WITH DR. NANDITA SHAH & THE SHARAN TEAM

Learn about healing through food, simple cooking techniques and nutritional thumb rules to apply in everyday lives to ensure healthy lifestyles.



This Life Enhancing Cooking Workshop forms a prelude to NUTURE - A One-week Sustainable Lifestyle Workshop curated by Dr. Nandita Shah of Sanctuary for Health and Reconnection to Animals and Nature (SHARAN), at the retreat from the 4th to 11th December.

At NUTURE one will be able to set health and happiness goals. One will also learn how to achieve them and apply them in everyday lives. Gift yourself a week of wellbeing coupled with a range of fun activities, including cooking, pottery, trekking and more.

To avail the early bird offer, register on or before 5th October on sharan-india.org/events.

In case you need any more information about the cooking classes or the one-week workshop later this year, please feel free to call SHARAN directly on 04132622637 or visit SHARAN on www.sharan-india.org