

# SPRING YOGA AND CULINARY RETREAT

## MAY 27, 2018

### 12-3PM

From Southern Maryland's healthiest soils and happiest pasture raised animals to your belly, P.A. Bowen Farmstead/Creamery and Pilates Plus studio will be hosting a spring Yoga and farm-to-table luncheon. This is a must experience event, beginning with body stretching and breathing exercises to connect you with nature and the land while working up a hearty appetite! The meal ingredients will showcase some of our local farmers and their sustainable growing practices. Chef Terrance, your local farmer's favorite chef, will prepare your meal with care and intention for these ingredients; we promise, your taste-buds will be positively stimulated at this dining event.

Tickets for this event are limited to an intimate exclusive amount and will move swiftly. To secure your invite, please contact the Pilates Plus Wellness Center at (301)952-1111 or e-mail the office at: [office@pilatespluscenter.com](mailto:office@pilatespluscenter.com). Cost for the event is \$70. This is your opportunity to (re)connect with your local nutrient dense food grower/producers in a community focused environment, with the purpose of renewing and reenergizing our faith in nourishment, decency, and one another.

**First Course:** Asparagus gazpacho with strawberry-lime coriander coulis.

**Second Course:** Tempura Summer Squash Blossoms stuffed w/ "Next Step Cannellini" curry hummus. Served with local berry chutney.

**Third Course:** Tandoori Grilled "P.A. Bowen Roasters" (Chicken) and Summer Squash served w/ Chocolate Mint and locally made yogurt sauce; Accompanied by flatbreads.

**Fourth Course:** Shredded "PA Bowen Pork Shoulder" simmered in Vindaloo sauce served on a bed of "Next Step fragrant brown rice".

**Dessert:** "PA Bowen Flan" infused w/ Orange Blossom Rose water. Topped w/ local bourbon caramel sauce.

#### RETREAT AGENDA:

**12-1PM** Nature Yoga on the Patio  
**1:15-3PM** Luncheon and Local Farm Presentations  
**3-4PM** Shopping Experience at the Farm Store

