

We Love

"You find peace not by rearranging the circumstances of your life, but by realising who you are at the deepest level."
Eckhart Tolle

TIME TO SHIFT

Did you know that over 90% of the information picked up by your five senses is filtered out before it reaches your higher conscious brain? While the primary biological function of this is to prevent sensory overload, the filtering process is dependent on your past conditioning, beliefs and expectations. What you expect to see is often what you end up seeing – your subconscious attitudes and past experiences colour your perception of reality.

A Course in Miracles defines a miracle as a shift in perception. Sometimes the only thing we can choose in a situation is our attitude towards it. Stepping out of the mind-made matrix and into the pure power of the present is a sure way to transcend limiting beliefs and embrace life as it reveals itself in each moment.

Spiritual coach John Homewood runs self-realisation retreats called Awakening Shift Experience. Here, he guides participants through the gentle process of changing their minds about themselves and the world. He teaches people how to challenge the non-acceptance that fuels the ego and journey back to a place they often never even realised they had left.

For more info or to book your space at the next Awakening Shift Experience, visit www.johnhomewood.net.



CAPE TOWN'S TASTE OF THAI WELLNESS

In the heart of Green Point is a beautiful Thai-inspired heritage spa inspired by ancient wellness rituals and a passion for offering five-star treatments to discerning modern guests. Surrounded by chic restaurants, art galleries, boutiques and French-style sidewalk cafes, Mai Thai Wellness Spa has guests raving about both the service excellence and therapeutic value of the treatments. The best of Thailand is brought to Africa in this surprising little slice of paradise, where South African hospitality meets Thai tradition and a superb spa offering.

Think expertly performed Thai massages, cutting-edge European-inspired facials, luxury mani/pedis and packages tailored for everything from detoxification and muscle tension to jet lag and burnout. Add to this a boutique retail offering boasting some of Thailand's finest natural and organic wellness creations and you've got an inner city sanctum that'll leave you feeling as if you've spent a week or two on a Thai island.

We love the rich fabrics, handpicked statement pieces and exotic scents of the spa's authentic interior, the range of delicious organic teas and – of course – the otherworldly experience of their signature 90-minute massage.

Visit www.maithaiwellness.com for more.

FOR THE LOVE OF COOKING

An interactive food demo kitchen in a gorgeous home in Fresnaye, Cape Town, Ginger & Lime is the perfect place to explore your culinary genius in a relaxed and enjoyable way. While the venue hosts everything from Mediterranean and Thai to braai and basics experiences, we were drawn to a plant-based cooking workshop by private chef and health guru Arabella Parkinson.

From passion fruit smoothie bowls and colourful rainbow wraps to salad jars, vegan curry and raw cacao truffles, Arabella's plant-powered recipes are as delicious as they are nutritious. Her food philosophy is based on Ayurvedic principles, and encourages people to empower themselves to eat locally and seasonally in the most delightfully colourful way.

For more on Arabella visit www.privatechefct.squarespace.com, or check out the lineup of similarly inspiring demonstrations at www.gingerandlime.co.za.



KATE AITKEN'S GUTSY APPROACH

Wellness coach Kate Aitken has a refreshing holistic approach and gets up close and personal with her clients motivating their wellness goals. By determining innate personality traits, through an analysis of individual habits and inclinations, she helps individuals find their key values and works with them to design a programme they feel they can easily buy into. So if you're a grazer or a gastronome, you struggle with impulse control or your life is stressed to the max Kate helps facilitate lifestyle shifts and daily habits towards living with high vitality. Tailor-made programmes might include a morning meditation, a breathing routine, some new recipes, a shopping list, exciting ingredients or some superfood savvy. Whatever it takes, you'll get the tools you need to overhaul your wellness goals.

Kate's 3 tips to inspire a wellness lifestyle are:

- * 1. Deep breathing- besides the relaxation benefits, deep breathing is a form of detoxification. By breathing in oxygen and breathing out carbon dioxide our bodies release 'waste products' and left-over toxic debris. This process supports cell rejuvenation and repair. Oxygen is our number one nutrient.
- * 2. Hydrate - by drinking pure water with added salts and minerals we support optimal cell hydration. This means the body can get on with 'house keeping' and carry out vital functions. A flowing body of water is a healthy one, a stagnant one accumulates waste and toxicity.
- * 3. Eat real foods - foods as close to their natural state as possible, ethical foods preferably sourced locally, foods free from hormones, additives and preservatives.

Kate works countrywide on Skype or in person in Cape Town. Find her on [Holistica](https://www.holistica.co.za) or call her on 083 955 8245. @wellrooted

WE'RE WATCHING... GREEN ROAD

Bumping into Janet Gracie at Green Road in Wilderness - Sedgfield - was such a treat. She's one of those fiery passionate people hugely motivated towards supporting farmers and consumers connect in a 'real food' journey underpinned by a movement called Green Road.

"Real Food is a food system - from seed to plate that fundamentally respects human dignity and health, animal welfare, social justice and environmental sustainability." Having done almost everything related to food, farming, production, distribution Janet has a clear idea of all the aspects involved on every level. Green Road has 3 basic principles: The first is to connect farmers directly with consumers to minimise product waste through a replenishment system – simply put, farmers produce food that is actually needed by consumers. This means no waste.

The second is to directly benefit farmers by giving them a larger share of the income from their produce through a new economic model. This model means there is more money to invest in better production methods.

The third is for Green Road to empower farmers and consumers through a PGS (participatory guarantee system). Simply put this is an assurance system of organic produce that highlights transparency and traceability concerns in the production process.

In conclusion, the farmer takes responsibility for the health of the consumers and the consumer takes responsibility for the livelihood of the farmers. Through direct trade via an open supply chain, farmer development, participatory guarantee systems and a common economy, consumers take responsibility for healthy soils, plants, animals and people.

More information on the Green Road Project can be found on www.greenroad.co.za or by phoning 021 007 1800

GREEN & VEGAN

Two food lovers, Karin and Patrick Fletcher open their Green Point home to a pop up vegan dining adventure every fortnight and serve a multi-course meal to visitors, locals, strangers and friends. Simply because they absolutely love preparing incredible food and sharing it with others.

Hosting pop-up home-based restaurants is a trend catching on worldwide. Sites like Feastly in the U.S and EatWith in Israel allow people to make reservations in homes across the globe. Some people charge, some barter, some do it to meet new people and others to supplement their income.

Patrick and Karen adopted veganism after being on a dairy farm in the Netherlands and witnessing the cruel practices used in animal agriculture. After a number of raw food courses including Matthew Kenney's Plantlab, Deborah Durrant's Feast and Taste, they're now in the middle of Roube on-line Plant Based Pro Certification Course. Sharing their knowledge, expertise and pure food sourcing means guests get a plant-based meal that's GMO free and organic (where possible) without any nasties. Guests can expect a starter, main, dessert and vegan cheese platter. Whether vegan or not Courgette Ravioli, Lyonnaise Lentil Salad, Lavender Chocolate Truffles and other delectable treats are appealing to everyone.

Find Green & Vegan on facebook, or email: kfletch@mweb.co.za or call 021 439 7761 or 083 293 5501