



## Mindful Marmalade Meditations

**Instructor:**

Ms. Citrus Clementine

**Location:**

Lake District

**Course Type:**

Mindfulness

**Cost:**

£65.00

### Learning Objectives

- Master the art of mindful marmalade creation
- Understand the calming effects of citrus scents
- Learn meditation techniques using everyday kitchen tools
- Develop a deeper appreciation for slow, deliberate cooking
- Explore ways to integrate mindfulness into daily activities

### Provided Materials

- Selection of seasonal citrus fruits
- Meditation mandala recipe cards
- Glass jars for marmalade
- Aprons with citrus prints
- Relaxing herbal tea blends

## Skills Developed

Mindfulness

Cooking

Meditation

Sensory Awareness

Creative Relaxation

## Course Description

Join us for 'Mindful Marmalade Meditations', a delightful class where mindfulness meets marmalade making. Set amidst the tranquil beauty of the Lake District, this class promises to be a refreshing retreat from the hustle and bustle of everyday life. Led by the charming Ms. Citrus Clementine, known for her zestful approach to mindfulness and citrus crafts, you will embark on a journey of sensory exploration and peaceful creation. Begin your day with a calming meditation session using the soothing scents of freshly sliced oranges, lemons, and limes. Discover how these citrus aromas can enhance your focus and relaxation. As you chop, zest, and simmer your way through the art of marmalade making, you'll learn to appreciate the slow, deliberate process that transforms simple ingredients into a vibrant preserve. Between stirring and tasting, Ms. Clementine will guide you in using everyday kitchen tools as meditation aids, helping you find calm in routine tasks. You'll explore the transformative power of mindfulness, discovering how to infuse your daily activities with tranquility and joy. By the end of the class, not only will you take home jars of your very own handmade marmalade, but you'll also carry away new meditation techniques and a deeper appreciation for the mindful magic found in cooking. Whether you are a seasoned chef or a culinary novice, 'Mindful Marmalade Meditations' promises a uniquely enriching experience designed to nourish the soul and invigorate the senses. Join us and let the citrusy serenity sweep you off your feet!