

Live Cooking Classes

with
Erika Tangari

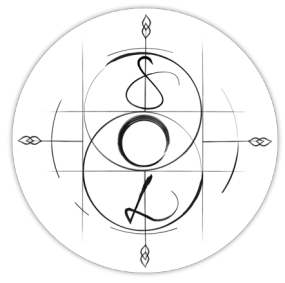


**5 WEEKLY SESSIONS
LIVE IN IBIZA
LEARNING THE
SOL METHOD**

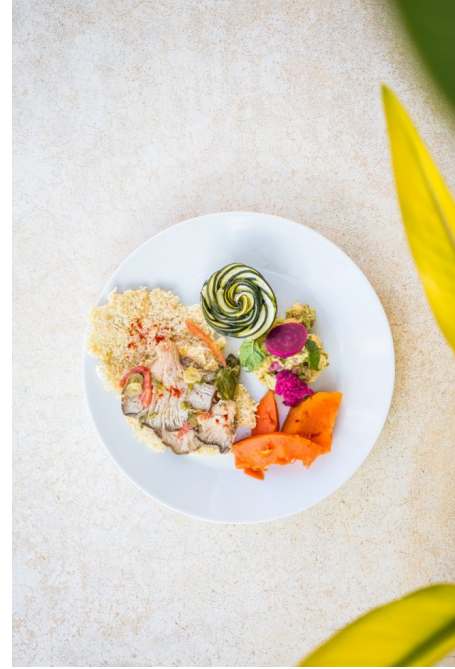
TUESDAY'S 4PM - 8PM
2 HOUR COOKING LESSON &
DINNER AFTERWARDS
7TH JUNE - 5TH JULY 2022

€450 FOR 5 WEEK PACKAGE /
€100 PER CLASS

HOSTED IN SANTA AGNES 8 PLACES AVAILABLE
FOR MORE INFO CONTACT ERIKA
+34 635 910 519 | INFO@SOLMETHOD.ME



Weekly Topics



Week 1 topics - Intro to the SOL Method, prebiotics, you biome and microbiome, economic food revolution, how to store food & the truth about sugar.

Week 2 topics - The difference between food that's dead or alive and how to activate your food, the benefits from cereals and grains, how to cook and wash, fermentation methods and the benefits.

Week 3 topics - The power of salt and acid, avoid common mistakes, discover the magic of water and it's life force, how to make kefir, kombucha, rejuvelac, fermented cheese and yoghurts

Week 4 topics - We'll be diving in the real green revolution, deeper theory into fermentations, the fridge and the end of it's health, how to make sauerkraut, fermenting with sea water, global sea fermentations, why clean is better and life lessons from my italian family.

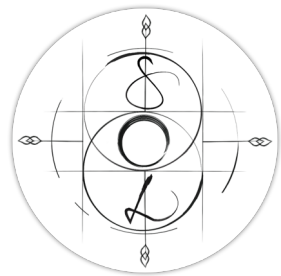
Week 5 topics - Find out what foods are the personal trainers for your gut and discover the power of the 5 elements - WATER - WOOD - FIRE - EARTH - METAL and how to effectively make these work in concert together.



This method is a collection of tools and techniques that are able to bring your body back to aliveness and holistic health. You will learn how to activate your food, unlocking the real nutrients available to you.

The way you eat will never be the same again.

to book email info@solmethod.me / text +34 635 910 519



Next Steps

W1 - Intro to SOL Method	7th	June	4pm - 8pm
W2 - Open Sesami	14th	June	4pm - 8pm
W3 - The Secret Of Life	21st	June	4pm - 8pm
W4 - Fer-Menti-Amo	28th	June	4pm - 8pm
W5 - Personal Trainer for your gut	5th	July	4pm - 8pm

SOL Method

DETOX DISHES WITH INTRIGUING TASTES

My aim is to dismantle an obsolete and totally wrong approach to nutrition, proposing detox dishes with intriguing tastes, explaining and describing the desired effects for a deep and durable nutritional comprehension.

The goal of SOL method is to assist people in making food choices that aid to their physical and mental health – but also compassion towards other human beings, respect for other life forms and preservation of our planet Mother Earth. We are on the cusp of a worldwide food revolution and it's time for us to take a bit of responsibility, open our hearts and our minds... and start to make a difference.

It's highly recommended to purchase the package, but each class can also be done on it own.

We'll start off with a 2 hour lesson followed with a group dinner to experience exactly what SOL food tastes like.

Only 8 spaces available so book now to avoid disappointment.



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