

a few more smiles..



A) CIRCLE OF GRATITUDE

Each person says what they are grateful for before eating (5 rounds)

B) EATING IN THE DARK OR WITH YOUR EYES COVERED

It has a great impact on disinhibition, minimises the social impact of eating

C) FOOD ART AND DESIGN for kids

D) 360 Meal

Amuse bouche of Body Relaxation, Appetizer of Mindfulness, Main course of ME



Thank you for your
attention

Any fun question?

