



# MATT'S COOK-ASS CULINARY RETREAT

Finca Mia, Los Angeles De Rivas

Costa Rica

May 14th-17th, 2015

Improve your culinary skills deep in the heart of the Costa Rican jungle. The classes are accessible to the culinary novice or the seasoned professional. In the morning spend your time watching demonstrations of various recipes and techniques with professional chef Matt Kuerbis, former Director of Education of Le Cordon Bleu College of Culinary Arts in Portland, Oregon. On select afternoons you will cook in the kitchen and prepare a meal for your retreat mates. This is a hands-on retreat so be prepared to use a knife and get your hands dirty! When not cooking enjoy everything the lush and tropical Costa Rican jungle has to offer. Our retreat center sits directly below the highest peak in Costa Rica. At 12,530 feet, the trail to Cerro Chirripo and Chirripo National Park is accessible directly across the street from our farm. If taking it easy is more your style then relax next to the River Tilari which flows through the property, take a yoga class on our yoga deck, or get a Thai or Swedish massage from our massage therapists. At night choose between our 12 cabins to sleep in ranging in price from rustic to luxurious.

Depending on Accommodations prices range from \$720 to \$900 for food and accommodations and 4 days of culinary instruction.

Please contact [mkuerbis@yahoo.com](mailto:mkuerbis@yahoo.com) or [dancingtreesyoga@yahoo.com](mailto:dancingtreesyoga@yahoo.com) for more information or to book your culinary vacation.

