



GOCO

SPA
DAIOS COVE

HEALING MASTERS

NUTRITIONAL COACHING AND
HEALTHY COOKING CLASSES

9 - 29 JUNE 2019

SARAH SAFARIAN

CERTIFIED CHEF & HOLISTIC SPECIALIST

VISITING DAIOS COVE FROM
9-29 JUNE



Learn how your diet affects your health and how to eat better with holistic coach Sarah Safarian



ABOUT SARAH

Sarah Lea Safarian is a certified chef and holistic specialist. Her culinary journey began when she first attended the Paris-based Ferrandi National Culinary School of Art from which she graduated with a Professional Certificate in French Cuisine. After the completion of her master's degree in Project Management, she fully devoted herself to Humbly Healthy, which focuses on offering clients the food services based on both culinary expertise & holistic nutrition knowledge.

INDIVIDUAL SESSIONS

Nutrition & Lifestyle Coaching – Initial Consultation 60 min / 155€

Based on a questionnaire and food diary, your first consultation with Sarah will focus on a discussion of dietary concerns and lifestyle. Sarah will introduce you to plant-based eating and set realistic goals with you. A one-week meal plan will further set you up for success.

Nutrition & Lifestyle Coaching – Follow-up 45 min / 125€

Following the initial session, Sarah will adapt and further develop your meal plan, as well as provide you with the right tools for sustainable lifestyle changes. She will help you reconnect with your body, provide support with emotional eating and also continue her health education (on topics such as digestion, intuitive eating and food sensitivities).

One-on-one Cooking Classes 90 min / 175 €

Book Sarah for a private cooking class and learn fun and easy ways to include plant-based recipes in your daily life.

GROUP SESSIONS

Cooking with Sarah 90 min / 75€ per person

Choose between a Cretan-inspired class featuring local produce, quick and easy breakfast dishes that can easily be implemented at home, and a Buddha Bowl Haven class that lets you create Instagram-worthy bowls.

Little Chefs Workshops 60 min / 35€ per child

This fun one-hour cooking class is tailored to children 6-12 years old, teaching them delicious and nutritious versions of their favourite dishes.



YOUR SESSION

To reserve your session or obtain further information,
please contact GOCO Spa Daios Cove on Tel. 450.

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