

vegan cooking courses

Gilmiths Garden
Ayurveda Massagen und
naturnahe Ernährung

Let's cook together!

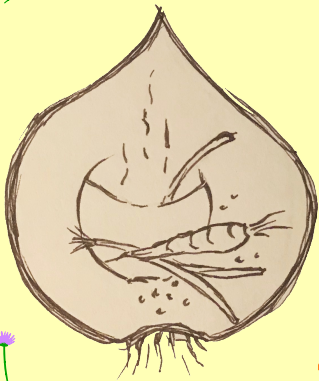
→ With simple and
little processed ingredients

→ seasonal and of course vegan ♥

On March 22nd, April 5th and May 3rd
from 11am to 16pm and on request.

This time with recipes on the topic:

Welcome Spring! "Fresh herbes in
easy recipies for high-energie food."



Visit me in Dirbach, in
the beautiful Öttersauer Natur Park,
between Wiltz and Ettelbruck.

Costs: 90-120€ per person
Registration via phone, SMS,
WhatsApp → 691 306 724
or e-mail: info@gilmiths-garden.com



Instagram: [gilmits_garden](https://www.instagram.com/gilmits_garden)
www.gilmits-garden.com

