



The Conscious Gourmet: Natural cooking guru Diane Carlson's Conscious Gourmet offers inspiring retreats with the accent on healthy, delicious food. While learn-

ing culinary techniques, you also explore the physical, mental, and emotional impact of food. Ingredients are organic; no wheat, dairy, or refined sugar is used; and the cuisine is mostly vegetarian. Sunday-to-Friday retreats (often with yoga) take place in Sedona, AZ; Santa Fe, NM; West Palm Beach, FL; Asheville, NC; Aspen, CO; and Woodstock, NY. Guests stay in either a retreat center or a luxury home with a gourmet kitchen. A 5-day retreat is \$1,495, plus \$90 to \$135 per night for lodging. theconsciousgourmet.com