The Nourishing Wisdom- Mindfulness and Social Change

2 Credit | Spring 2005 Semester | IRC Travel and Learn

An in-depth discussion of how culture and food are intertwined. We will look at culture and food as see how this gives meaning to our connection to self, community and society. We will explore why in American society we are often left feeling an unfulfilled wanting for something more and we will look at other cultures for lessons of fulfillment. The craving appears to be a relationship connection. The relationship is first inward to our own power, knowing and intuition, then to others in a compassionate connection and lastly our connection to community with spirit and collaboration. We will discuss how to enhance these three important relationship connections using mindfulness. In addition, we will explore food politics and how to use mindfulness in creating sustainable social change. We will discuss the energetic’s of food as well as the energy of relationship. You will leave the class gaining the knowledge and experience of the joy of savoring food as well as the importance of savoring life!

This course is limited to 12 students. You must be an IRC resident. Class will meet weekly beginning Jan 2005 Spring Semester. Day and time to be determined.

Selected Readings:
Fast Food Nation: The Dark Side of the All-American Meal by Eric Schlosser
The Pleasures of Slow Food by Corby Kummer
Food Politics (video) by Alice Waters

About the Slow Food Movement: [http://www.slowfood.com/](http://www.slowfood.com/)

IRC - International Travel Experience: Slow Food Movement in Greece
Spring Break 2005 | Saturday, March 5 – Sunday March 13
Estimated Cost: $ 800.00

Explore the slow food movement by living it! We will stay on a local farm or villa and participate in the community by preparing meals together. There will be opportunities explore local sites and hiking. Much of our evening will be spent taking cooking classes, eating in community and savoring the relationships we develop with the European friends and their environment. Meals will be prepared with local, fresh and seasonal foods. Along with an application, the above class is a prerequisite for this trip.