



CLAIRE BORWIN

From Plate to Dream



Explore the connection between nutrition, the nervous system, and sleep quality, through practical, experiential, and sensory contributions.



SATURDAY 25TH APRIL 2026

10:00 am: Welcome & introduction

10:15 am: Gentle breathing exercise

10:30 am: Educational session: sleep, chronobiology, and foods that support or disrupt sleep in the evening

12:00 pm: Cooking workshop: preparing a dinner that promotes sleep and creating a 7-day evening meal plan

1:30 pm: Lunch

2:30 pm: Focus session on herbal teas and sleep-supporting phytotherapy

3:30 pm: Create your own personalized herbal tea blend

4:00 pm: Free time (walk, individual discussions, spa treatment)

