

The WILD Rawfood Gathering

Finca Safurian, Upala, Costa Rica

16. – 22. April 2007

Since we raw people are very few in relation with the world population we naturally want to gather from time to time, so we can share our lifestyle and hang out with like-minded people.

This is the time, let's leave our hiding places throughout the world and meet in the beautiful nature of Costa Rica, for a week of fun, recreation, peace, joy, nature, fruits, love, creativity and more.

We will run workshops about many interesting subjects like *tropical permaculture, meditation and awareness tools, tree climbing, primitive skills, wild edibles, medicinal plants, improved rawfood* and more. Every morning we will offer Yoga with a skilled Yoga instructor. (If you feel like you would like to run a workshop contact us as soon as possible!)

Finca Safurian is a raw-permaculture project with the goal of being 100% sustainable. The project started in 2005 and will achieve full sustainability in 2009. The land is 11 hectares, 3 of which are secondary forest. The surrounding nature is incredibly diverse and healthy and there is enough space for privacy and recreation. Because it is very sparsely populated, the area is still clean and "tranquilo". This makes it a ideal location for our gathering. There are many pure springs for drinking and creeks for bathing.

One of the reasons for this gathering is that rawfooders, who want to take this lifestyle a step further and plan on living in a tropical country, can get to know the area and our projects. Our plan is to create a raw eco-village and buy all the surrounding properties one by one, so we can protect the nature and live in peace. There are many nice plots for sale (for reasonable prices).

All the food for the participants will be provided:

Loads of young coconuts to drink, guavas, guayabas, water apple, bananas, papayas, pineapple, coconut cream, mangos, avocados, cacao seeds, sesame seeds, honey, tomatoes, edible greens, spices, veggies, raw dairy, raw cheese and raw eggs.

Everything from the farm is 100% organic. We will still have to buy certain foods (like cabbage and pineapple) that we don't grow, or don't grow in sufficient quantities. We cannot guarantee for other farmers to farm fully organic, but defiantly try to find organic sources. You can ask in the kitchen what foods are safe and which once might contain traces of agrochemicals, so you can decide to take the risk or not.

We will have a fruit meal for lunch and a vegetable/fat meal (salad, avocado,...) for dinner. In between the meals there will be plenty of coconut water and fresh fruits. Also we offer *Cassia* in the morning to help detox your body.

Life is very simple in here, because we want to make the least possible impact on the natural eco system! We prefer humus producing composting toilets to water polluting flush toilets.

There will be a refreshing river to take a bath and wash. Natural things benefit the health. Cold water vitalizes the body and strengthens the immune system. That's why we don't even have a hot shower.

We will set up a big tent where we can hang out if it rains. There will also be space to sleep in there, for those who don't have a tent. If you have a tent, please bring it since space in the big tent is limited and you will not have privacy in there.

Batteries can be recharged in the office/kitchen building where we have electricity and a phone.

Since we live here as ecologically as possible we allow participants to use only biodegradable soaps, shampoos, toothpastes, or other beauty products. To be sure do not bring products that include sodium laurel sulfate, propyl parabens, sodium benzoate. Please do not bring or use any chemicals (pharmacies, drugs, creams, paints,...) while you are in finca Safurian. If you take prescription drugs, let us know, we will find a natural alternative for you (we have a good source of herbal medicine in here).

We also expect **all** participants to eat only raw during the gathering.

No drugs! (that includes marijuana, tobacco, alcohol, mushrooms)

No pets! (dogs, cats, ferrets, monkeys, lice, elephants,...)

PRICE: pre-registered until end of February: **200 USD** per person (all-inclusive)
 last minute drop-ins: **250 USD** per person (all-inclusive)

Because we have to organize a lot of things before, we need to know how many people will come. We know you are a free spirit and you can't plan into the future. Also you don't like to feel obligated... Well, our intuition is not so good that we know already what will happen,... so we need to make some compromises.

If you want to participate (feel it out, maybe your intuition is reliable), send back the registration sheet (print it out, fill it out and sign it) and send it together with your bank receipt (?) to Martin's address. Early registration requires a \$50 deposit before. The rest (\$150) will be paid on your arrival.

Bank connection: Ask Martin Golser for more info.

Please, send your registration and your bank receipt as soon as possible, because the mail is very slow at times. Do not send cash, because we can't take responsibility if it gets lost on the way!

Once you are registered, we will email you all necessary information (how you get here, travel connections, things needed...).

For further questions and registration contact: safurian@yahoo.com

Kids are more than welcome! Infants and kids up to 10 years go for free! Teenager get a \$50 discount!

If you can't afford or don't want to pay the full price, but still want to participate, you can come 1 to 2 weeks in advance as a volunteer to help prepare the gathering and work on the farm. Also we give discounts if you run a workshop. (Ask for details)

Since this is our first gathering, we will limit the size to 30 participants.

If you have any mental or physical disability please contact us before signing up!

April is in the middle of the pacific summer season and usually very sunny ☺

There will be the opportunity to get professional massages ☺

The gathering is a co-production between two projects, Rawtreat (Ray) and Safurian (Martin).