

Beneath the tourist veil... Marieke's art of seductive journeys & explorations

Amongst her many enthusiasms, three abiding ones, travel, cooking and yoga have continued to fuel Marieke Brugman's life since her relocation from Howqua Dale to the beautiful Rye back beach. Thirty years in Victoria's North East saw her work cement an international reputation in hospitality and gastronomy.

She was also the inspiration behind innovative community and artistic developments, environmental awareness and women's enterprise and visibility. Appropriate to this year's time for renewal, all three passions entwine in their capacity for people to experience expansion, growth and connection.

Last month saw Marieke travelling, once again, to India where for fifteen years she has led creative and imaginative tours that travel well beneath the tourist veil to ignite both the mind and senses. This trip was to Gujarat, where tribal life and artistic sensibility is striving to reinvent itself after the devastating 2001 earthquakes in Kutch. Other themed trips to India have investigated the culture, history, cuisines and spiritual, yogic and ayurvedic roots of this ancient and timeless subcontinent.

Whilst India is her first love, Marieke also creates magical journeys to China, Turkey, Ireland, France, Spain, Bali, Portugal and beyond. Journeys which unite us in our humanity and allow a deeper reflection on the challenges faced across our world yet bring the joy of new experiences shared.

Closer to home, Marieke has once again opened her kitchen to those who seek to enhance their cooking skills. A gifted teacher, with three decades of experience, Marieke conducts classes which relate in turn to each of the four seasons, her thriving kitchen garden and eastern precepts of wellness.

These classes include conscientious sourcing of, and shopping for, quality

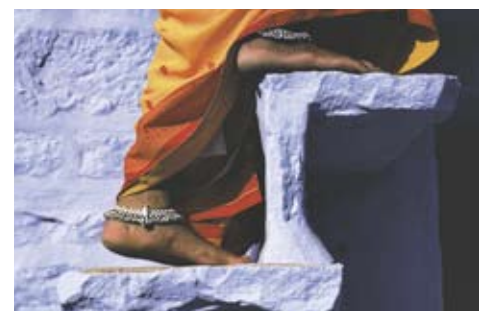
ingredients, how to establish a basic pantry and demonstrations of the techniques needed to effortlessly produce beautiful meals. At least ten dishes are featured in each session and classes segue into happy lunches at a long, shared table of up to 12 guests. To those who know Marieke, it's no surprise that much discussion ensues. For her, wonderful food is not only an important foundation to good health but also has a profound and binding social function.

The past six years have seen Marieke observing the ritual of daily yoga practice. One from which she said she has learnt life transforming skills of observation, self awareness and dynamic lightness of being. This practice has led Marieke to develop yoga journeys in India and Bali

and assisting Baxter from Palate Earth, in a series of popular yoga workshops at Rye.

To find more information about Marieke's tours, culinary holidays, yoga journeys and cooking classes go to her website: www.mariekesartofliving.com or call 0419 580 381.

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