

Nourish from Within: A Gut Health Workshop

Join us for a nourishing workshop exploring the wisdom of the gut. In this hands-on experience, you'll explore the foundations of gut health, why it matters for overall well-being, and how simple, wholesome food can support your digestion, immunity, and mood.

Together, we'll dive into the art of sauerkraut making—a beautiful, living probiotic food that you'll prepare yourself and take home in a jar to continue fermenting with love. You'll also roll up your sleeves to create Cacao Mood Balls, packed with gut-friendly, feel-good ingredients that support emotional balance and energy.

You'll leave feeling informed, inspired, and empowered—with tools (and treats!) to keep your belly and body happy.

Includes:

A jar of homemade sauerkraut to take home

Cacao mood balls made in the workshop

A gut health workbook with recipes and education