

- [Blog](#)
- [Contact](#)



Jan Buhrman Kitchen Porch

- [Home](#)
- [About](#)

Martha's Vineyard Catering, Culinary & Agricultural Experiences [About Culinary Experiences](#)

- [Culinary Experiences Testimonials](#)

- [Kitchen Porch Newsletter](#)
- [Press](#)
- [Folks we love to work with](#)
- [Frequently Asked Questions](#)
- [Services & Products](#)
 - [Boxed Lunch and Beach Picnics](#)
 - [Clambakes](#)
 - [Farmer's Market](#)
 - [Porchetta](#)
 - [Private Chef](#)
 - [Stock the Fridge](#)
- [Weddings](#)
 - [Wedding Reception and Dinner](#)
 - [Rehearsal Dinners](#)
 - [Rehearsal Image Gallery](#)
 - [Wedding Brunch](#)
 - [Wedding Blog](#)
- [Events & Menus](#)
 - [Special Events – Book Now!](#)
 - [Brunch](#)
 - [Cocktails & Hors D'Oeuvres](#)
 - [Dinner](#)
 - [Luncheon](#)
 - [Sample Menu Items](#)
 - [Thanksgiving](#)
- [Diaeta Way](#)
- [Culinary Experiences](#)
- [Recipes](#)

Eat, Paint, Love Your Body

Eat, Paint, Love Your Body

December 5th, 10:00 a.m. – 5:30 p.m.



Join Jan Buhrman and Melissa D'Antoni in a one day retreat on Martha's Vineyard to empower, embrace, and celebrate bodies, our sensuality, and our relationship to food as women.

Through humor, wonder, textures and tastes, we will tap into your inner wisdom allowing you to create and celebrate through painting and eating.



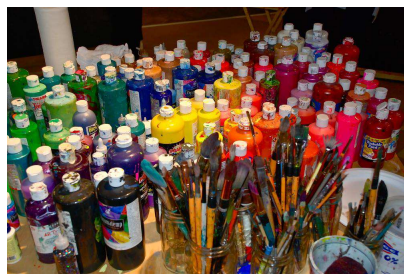
The full-day painting and cooking immersions are a great way to dive into the intuitive painting process and experience the magic of the brush, and tap into our inner spirit, while nourishing our bodies.

Discover your intuitive wisdom and emotional body.

With Jan's philosophy of food is medicine and Melissa's coaching in finding your voice on authentic self-expression, we will create a day of exploration.

“The only way I see people make lasting change is by connecting to their spirit. When there's the awareness that we are more than just bodies, that we are spirit embodied in physical form, it changes how we relate to ourselves. It wakes us up, makes us consider our choices and how to care for ourselves in ways that truly align with the spirit.” **Halé Sofia Schatz**

This workshop is an opportunity to explore. You will have a private paper canvass, plenty of paints and materials, and the expert guidance of Melissa.



Stretch your imagination and experience how creativity can inspire clarity, passion, purpose and the ability to overcome obstacles. Nutritious, yummy nourishing foods and sensual plants from Martha's Vineyard will cascade our table. No artistic experience or skill level is necessary, as the workshop will focus on the process of breaking through limiting beliefs and discovery.

“Transformational nourishment means that our bodies, hearts, minds, and spirits are open and willing to take in the nourishment that's offered. To do this, we have to believe that we are valuable and worthy to receive.”— from **If the Buddha Came to Dinner**

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ABOUT MELISSA: Melissa D'Antoni is the Founder of Tree Studios specializes in intuitive, expressive and visionary painting experiences, integrated within a solid coaching framework.

Melissa celebrates pure creativity as a channel to nurture deep connection, foster rapid self-awareness, fuel personal evolution and grounded-in-reality expansion. She is deeply inspired and committed to working with people who desire to create and manifest profound change and transformation in their lives and want to do it in a unique way that holds reverence for divine intelligence of the creative process as inner teacher.

Melissa is a graduate of Tulane University with a Master's in Clinical Psychology with a focus on Creative Expression. (MACP) from the Institute of Transpersonal Psychology. She is a Certified Yoga Teacher and has completed multiple trainings and certifications in expressive arts and therapeutic interventions.



ABOUT JAN: Jan Buhrman, M.S. Ed., has been cooking locally sourced meals on Martha's Vineyard for over twenty five years. She combines her passion for food with a love of teaching to enhance people's understanding of their food through farm tours, cooking classes, and nutritional workshops.

All programs are designed to connect people with local food systems and understand the importance of the relationships of our health. Jan holds a masters degree in teaching and has been exploring eating as with a food is medicine approach for the

past 7 years. Jan is committed to supporting and preserving our communities and land.



Schedule

9:30-5:30 Tentative schedule Please be Prompt

10 – 10:45 Welcome and Share

11:00- 12:0 Jan and Melissa Food Meditation and Exploration

Food is Medicine

12:00- 12:30 Cooking Demonstration

12:30 Lunch

1:00 Painting

3:00 Meditation

3:15 Self Discovery

4:00- 4:30 Painting Conclusion

4:30 5:00 Clean Up

5:00 Wrap it Up and Share

When We are Nourished..

We know who we are, we know how to feel, we understand our priorities and we have a deeper understanding of our life's purpose.

When we properly nourish our bodies, an amazing transformation takes place.

Ask yourself: Who are you feeding?

Join us!



#1 Photo credit: [Milena Lowe](#)

#2, 3 Photo credit: [Melissa D'Antoni](#)

#4 Photo credit: [Randi Baird](#)

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