

## About Lisa

As a dancer, yogi, athlete and chef, Lisa Mueller has been travelling the world in order to study various cultures, movement styles, cuisines and healing techniques for over 15 years. Her passion was leading her to Berlin, Germany where she was working as a chef, recipe developer and nutrition coach for various sports, yoga and movement event. She is the founder and previous owner of the Lab Kitchen - in collaboration with the Adidas Runbase - a restaurant that is dedicated to a holistic approach of an active body and mind. Her desire is to create food, elixirs and healthy desserts and snacks for active people, athletes and anyone who is interested in experiencing the power of vibrant food and healing plants. Lisa has worked within the Budokon community for many years and has also spent a month in Miami training and testing for the red belt so she fully understands the needs and requirements for this moving art form and can translate her philosophy on nutrition to your needs.



## About Matcha



Originally Matcha has been used in Japanese Buddhist temples before long meditation sessions and also as a preparation for the samurais, in order to stay mentally focused while relaxing the body.

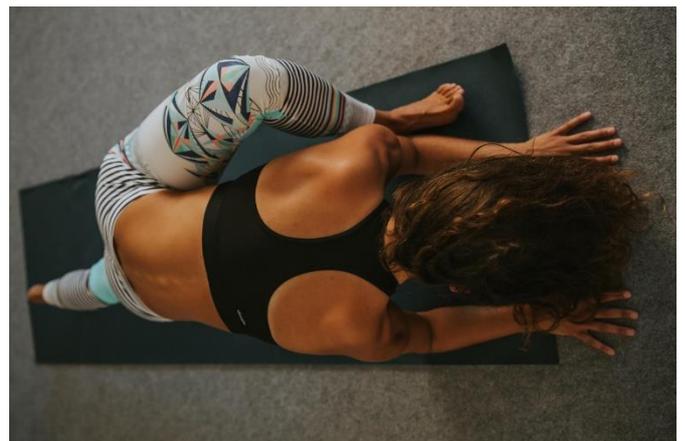
## MATCHA RITUAL & NUTRITION FOR MOVERS WORKSHOP

This workshop will introduce you to the traditional way of preparing a pure matcha while offering a modern-day approach for your everyday life:

- *A nourishing Matcha Latte with plant-based milk, unrefined sweetener, handmade bowls by a local artist and a printed recipe for you to take home.*
- *You will be able to experience your first sip with all your senses and truly taste the unique matcha flavour and its nourishing qualities.*
- *Following this, there will be a guided & silent meditation practise that will prepare you for the day and your next movement practise.*



*We will round up the workshop with a “Nutrition for Movers” talk that will give you more insights about my approach to food and different diets and help you answer some of your questions when it comes to a healthy and mindful approach to nutrition.*



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