

Living Foods for Beginners Workshop

Talk-and-Demo



Date: 10 Apr 2010 Sat

Time: 2 pm – 4 pm

Certified Yoga Teacher (500 TTC Master Level - India)

Certified Living Foods Chef /Teacher (Boston)

| Element | Description | Value |
|---|--|------------------------------------|
| “Introduction To Living Foods” Special Talk | Get to know what are Raw & Living Foods, how are they different from the conventional cooked foods we eat, and why are they indispensable to optimal health. | S\$88 |
| Beginners Live Foods Demo | Watch and learn how to harness the super powers of blended foods, and sample the wholesome goodness – live! | S\$88 |
| Special In-House Sampling Treat | 100% Raw & Organic Pure Cacao Brownie! - Made with only the most superior ingredients, this | S\$28 (Online market price) |

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|---------------------------|--|---|
| | <p>Cacao brownie is guaranteed to make your cells sing with bliss</p> <ul style="list-style-type: none"> - Each participant gets to enjoy a serving of Super Raw Cacao Brownie - the one-and-only chocolate treat you can find in Singapore which is dairy free, wheat/gluten free, chemical free, processed sugar free, additives/preservatives free, egg free, hydrogenated fats free! It is the best way to enjoy the Super Raw Cacao! <p>Increase your metabolic fire with the Raw Cacao! Feel your whole system rejuvenated just after indulging in this divine Super Food from Nature!</p> | <p>US\$14 per 5 oz/140 g pc, excl. shipping)</p> |
| <p>Total Value</p> | | <p>S\$204/-</p> |

***Special One Time Offer* on Workshop Price: **S\$108**, full settlement before 3rd April 2010. Hurry to take advantage of this offer now!**

****Students who have attended any of our Yoga/Live Foods Demo workshops before pay only S\$98!! Please specify clearly the date and name of workshop you have attended previously in your registration email.**

In case you are unaware, there are already many people in Asia using this new way of conscious eating for improved

physical and emotional health. Read what our students have to say about our live foods classes:

<http://rawfoodlifestyles.com/raw-food-testimonials-from-real-people/raw-food-coaching-testimonials>

Resume responsibility for your own health; take action now for the better good of you and your family!

More about Linda:



Linda now conducts Yoga classes, Yoga & Live Food Workshops as well as special Transformational Yoga classes. You can connect with her at Linda@rawfoodlifestyles.com

<http://www.rawfoodlifestyles.com>
<http://yoga-alliance-asia-pacific.com>

Linda is dedicated to a purpose of teaching people on conscious living through diet and lifestyle. She has been practicing Yoga for 5 years, and completed the Yoga Master 500 TTC Level Training in India under the direct guidance and discipleship of Sri Swamiji Vidyananda - Founder and President of Yoga-Alliance-India and Yoga-Alliance-International.

She is also a certified Living Foods Chef & Teacher from Boston, and has been teaching Live Foods for more than 2 years. Linda's immense passion for the secret of lasting youth, vitality and longevity, led her to probe deep into the realms of Vedic Yogic wisdom and Living Foods Science.

By marrying the 2 ancient schools of wisdom, Linda is a living example of the effect of conscious living through lifestyle and diet with her abundant energy, stamina and youthfulness. She believes that by combining Yoga and Living Foods intelligently, one can unleash the natural healing as well as rejuvenating powers latent in every living human being.