

DETOX AND REJUVENATE - The Bi-Monthly Maintenance Workshop for Health & Youth!

Exclusively with Living Foods Chef/Teacher and Certified Yoga Teacher Linda Loo:



Certified Yoga Teacher (500 TTC Master Level - India)
Certified Living Foods Chef /Teacher (Boston)

Date: 3rd Apr 2010 Saturday

Time: 2 – 4 pm

Venue: Details will be emailed separately to confirmed participants

Event Details:

Duration	Element	Price
90 min	<p>Exclusive Detox & Rejuvenate Yoga Session</p> <p>A proven Yoga Sequence to achieve rapid detox and cleansing within the shortest possible time.</p> <p>Experience deep cleansing on all physical, mental & emotional dimensions in just a short 90 min</p> <p>Enhances elimination and jumpstarts your metabolic fire instantly</p> <p>Relieves water retention & improves thyroid functioning</p>	S\$90

30 min	<p>Talk session on EMF radiation</p> <ul style="list-style-type: none"> - What is EMF - Why is it harmful - How to identify the sources of EMF radiation & protect yourself 	S\$65
	<p>Organic Smoothie Meal (Homemade Style, and Specially Formulated with Super Foods!)</p> <p>In one single smoothie, you get more nutrition than a whole week of conventional hawker meals!</p> <p>Live minerals, vitamins, enzymes, anti-oxidants, phytonutrients, amino acids, chlorophyll, oxygen blended to the finest particle size & delivered right to your individual cells. You deserve only the best food!</p>	S\$28
Special In-House Sampling Treat	<p>100% Raw & Organic Pure Cacao Brownie!</p> <p>Made with only the most superior ingredients, this Cacao brownie is guaranteed to make your cells sing with bliss.</p> <p>Each participant gets to taste 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!</p> <p>It is the best way to enjoy the Super Raw Cacao!</p> <p>Increase your metabolic fire with the Raw Cacao!</p> <p>Feel your whole system rejuvenated just after indulging in this divine Super Food from Nature!</p>	S\$28 (Online market price is US\$14 per 5 oz/140 g pc, excl. shipping!)
TOTAL		S\$211*

***Special workshop price for all early bird registration at only S\$98! Scroll down for more details.**

****Repeat students pay a special exclusive price of only S\$88!**

More Details:

How often do you service your car?



And how often do you clean the house you live in? Weekly or once every fortnight?



Now, how often do you clean the body which you are dwelling in...



Our bodies are constantly subject to wear and tear, pollution from environmental, food & emotional toxins, as well as attack from free radicals. Over time, when we do not detox the body, we cannot maintain an optimal state of health and wellness. Nutrients cannot be assimilated properly, and toxins accumulate to possibly cause illnesses.

All diseases and illnesses are simply states of health which can be changed through certain variables in life – like diet/nutrition, lifestyle & exercise.

“Yoga can be an incredible way of reversing the deepest health issues, provided it is administered properly & consistently. I believe that Yoga should be practiced everyday – at least 7 – 10 min each day, and not only once a week. The individual should attend an intensive quarterly workshop or once every 2 months to learn, then apply the practice daily privately. Only then can they progress and go deeper each time they attend a workshop. And they will definitely see results much faster than any other ways.”

Our commitment & mission is to bring the ancient wisdom of Yoga, married with the intelligence of Raw Foods Nutrition to the world. Our objective is to present this knowledge in easy-to-apply ways for the greater good of all mankind seeking the natural path to wellness.

Come join us for a full 90 min special Yoga session aimed at targeting detoxification and rejuvenation. The workout consists of a set of Asanas (Yoga Postures) written specifically for cleansing the body, jumpstarting your internal metabolism and speed up fat burn as well as reduce water retention.

This unique sequence of postures is planned to flow in a manner to enhance quick and safe detoxification for weight management. With special Pranayams (Breathing Exercises) interwoven into the Asanas, the workout not only cleanses the body rapidly; it also clears accumulated emotional stress and mental pressure.

After the intense detoxification, you finish with a unique set of stretches and breathing to reactivate your energy centers, thus re-setting the body’s natural harmonious cycle. You emerge lighter, more energetic and more radiant afterwards. Just what you need as a Bi-monthly maintenance routine to keep that metabolic clock in top shape!

This will be followed by a fresh living smoothie made out of the best organic fruits, charged with super-foods (spirulina, maca, red algae and more!) to feed first class live nutrition to your renewed cells. The smoothie recipe is exclusive to RawFoodLifestyles and you can only get it from the workshop!

And it keeps getting better! You will get to enjoy the mouth watering signature Raw Cacao Brownie from Linda’s personal Raw Food Kitchen - a completely guiltless indulgence guaranteed to make your cells come alive with bliss! Made only with the best raw ingredients, it is wheat/gluten free, processed sugar free, egg/dairy free, chemical/preservatives/addictives free, this 100% raw & natural Chocolate Brownie has all of the good stuff and none of the bad!

We give you the best because you deserve only the best!

As you enjoy your superfood smoothie, we have an interesting session for you on the presence of EMF radiation in our environment, and some useful tips on how to minimize their harm on you and your family.

Who is this for?

This is for you, if:

- 1) You want to “service” your body, so that it looks and operates better!
- 2) You are a complete beginner. Yoga is an individual sport where you practice for yourself, and benefits are experienced as long as you are tuned into your body. We have variations for the intensity level, modified for each individual’s comfort; hence the benefits are equally great regardless of expertise/flexibility levels.
- 3) You have practiced Yoga before and/or have been practicing regularly; you will be able to bring your own practice to a whole new level, giving deeper benefits.
- 4) You believe that the intelligent combination of lifestyle and diet is vital for optimal wellness.
- 5) You have attended our workshops before. If you come regularly for the Bi-Monthly Detox sessions, you will discover new ground which enhances your personal practices. No matter what form of Yoga you practiced on your own, you will reach deeper learning each time.

Read what our participants have got to say about our workshops:

<http://rawfoodlifestyles.com/yoga/workshop-testimonials>



WORKSHOP FEES

Duration	Element	Price
90 min	Exclusive Detox & Rejuvenate Yoga Session	S\$90
	Specially Formulated, Fresh Homemade-Styled Super Foods Organic Fruit Smoothie Meal	S\$28
Special Raw Cacao Brownie	100% Raw & Organic Pure Cacao Brownie!	S\$28
TOTAL		S\$211*
WORKSHOP SPECIAL		S\$138
EARLY BIRD PROMO (payment before 3rd Apr 2010)		S\$98!
REPEAT STUDENTS EXCLUSIVE		Only S\$88!!

Because we want to make sure every participant gets personal attention, workshop space is extremely limited. Don't miss this unique opportunity to experience the wonder of Yoga combined with Living Foods!

To sign up, email Linda@rawfoodlifestyles with your contact details now, and we will get in touch with you shortly.

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



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.