



**MIND
your
BODY**

Your Life. Live It.

**Green
diets**

Yogi teacher Linda Loo eats just raw fruit, nuts and vegetables. There are more people like her **pages 12-15**

INTRO TO LIVING FOODS TALK/DEMO

Join Live Foods Teacher & Yoga Instructor Linda Loo in a fun and engaging session of discovery about Health, Longevity and the Fountain of Youth!

Learn all the short-cuts on starting on a Living Foods



“Eating Living Foods is common sense to me. When you plant an apple in soil, it grows. Why? Because it has Life Essence – which holds the key to the Fountain of Youth.” Linda



Workshop Elements

1) Special Talk on “Introduction To Living Foods”

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.

2) Live Foods Demo for Beginners!

Watch and learn how to harness the super powers of blended foods, and sample the wholesome goodness – live! Learn the easiest, no-frills way to start a Living Foods Lifestyle.





Be introduced to the world of Raw Organic Cacao!

Workshop Bonus Element:

- 3) Special In-House Take Away Raw Cacao Brownie Treat for every participant!**

Workshops are held on Weekday evenings. Total Workshop fee is **SS\$138 nett per person, including all Smoothie Samplings, Food Tasting and In-House Treats.**

From experience, all our participants leave the house with happy and satisfied stomachs! To register for the next upcoming session, write in to Info@RawFoodLifestyles.com now to reserve your seat!