

INTRODUCTION TO LIVING FOODS WORKSHOP



Achieve Total Clarity on:
What are Living Foods, Why are they indispensable to health.

How to eat them, and how to transition into Living Foods in a sustainable manner!



SPECIAL BONUS TREAT from
Light Love Laughter Team

Raw Organic Cacao “Swoon-to-Heaven” Brownie!

Savor a piece of this insanely tasty Choc dessert made with Superfood Raw Cacao!

Make Super-Licious Living Smoothies!

Learn how to mix living ingredients to create different textures as well as taste;

Easy variations to suit your family's and your taste preferences;

Have a different Smoothie everyday!



Savory Sensational Simple Salads!

Learn the shortcuts to making awesome tasting salad dressings.

Chop-and-go salads, literally!



Maintaining a Living Foods Lifestyle is totally possible and sustainable in Singapore. Come join us for a fun and engaging session, be introduced to a revolutionary new way of eating, and let us show you all the short cuts! This is not your standard demo class where you learn a designated

number of recipes; rather, it is about empowering you with all the skills and short-cuts on creating delicious recipes with your favorite foods for yourself and your loved ones.

One workshop is **ALL YOU NEED** to get started!

Be Aware
Be Empowered
Be Inspired!

Details:

You will leave the Workshop with:

- 1) A transformed view of how Diet & Lifestyle impact our Beauty, Energy and Health.
- 2) Awareness on how to obtain the best nourishment from each meal you partake.
- 3) Skills & tools on how to live a LIVING FOODS LIFESTYLE on your own sustainably!

100% of our participants leave the workshop very full, satisfied, and extremely empowered!

Duration: 2.5 hours

Workshop Fee: S\$198 *includes all sampling ingredients, abundant Smoothies and complimentary Raw Gourmet Snacks available for that session.

How to Register:

Email:

info@rawfoodlifestyles.com or send a sms to 65 90096862 with your full name, contact details and D.O.B.



“Intro to Living Foods Workshop (TM)” is brought to you by Light Love Laughter Pte Ltd - The very First, Original Living Foods Lifestyle Training Group in Singapore!

LLL Pte Ltd reserves all rights to determine venue & accept/reject registrations for every held event.