



LET MOTHER NATURE HEAL YOU

Take the first step towards vibrant living

One day of demonstrations by NZ's leading Raw-Food coach and educator
Renata Holicova.

4 Workshop Series in one month

1.

**Introduction to the
Whole Food Lifestyle**

24th September, 2011 (Saturday);
12noon – 4pm

2.

Raw Vegan Cultured Creations

1st October, 2011 (Saturday);
12noon-4pm

3.

Flavours Of The World

8th October, 2011 (Saturday);
12noon-4pm

4.

Divine Desserts

15th October, 2011 (Saturday);
12noon-4pm

Learn about:

- optimal food balance
- what to eat for health, vibrancy & energy
- about optimal digestion & absorption of nutrients
- how to heal your gut with fermented foods
- how to create mouth-watering dishes from fresh produce
- how to create guilt free desserts

**Come to
one workshop
or the other, better
still come to all!**

WHERE: Rua Resort; 170 Foster Road; Temple View, Hamilton

TUITION: Single workshop \$145; or \$490 for the 4 workshop series

To register e-mail Renata, info@fromgreytogreen.co.nz.
Registration closes 5 days before each workshop;
places limited to 20 people.

www.fromgreytogreen.co.nz

 from **GREY** to **GREEN**
LIVING FOOD CREATIONS

