



4 Day Raw/Living Food Series at Healing Soles Wellness Centre



Hello Everyone,

Whether you are new to raw foods or not, this 4 day class series is to help you with all the basics for creating easy, delicious and nutritious living food. Yes, living foods, because everything you eat should be in its living high energy state, therefore, an addition (asset) to you. Whether you are suffering from disease, lack of energy, trouble staying focused, wanting to shed some weight or just simply trying to make better choices for a healthier you, these classes are aimed to inspire you to a healthier, vibrant lifestyle.

It is from my own experience, and the experience of others with whom I have worked with, that when you prepare food from its raw and natural state, preserving the nutrients and of course the life force in it, it transitions on to you thereby healing, or rather, giving your body the opportunity to heal itself from whatever ailment.

Raw/Living Food Series includes:

- An understanding of the basics of digestion, raw/living foods, smoothies, fresh juices, nut mylks, a touch on gluten-free grains, special teas
- Proper kitchen tools to facilitate food preparation
- A quick lesson on chakras, meditation, emotional stresses, proper breathing exercises and proper fitness
- Session on cultured vegetables, soaking and sprouting (with group participation)
- Healthy and kid friendly snacks, dehydrated crackers, breads and cookies, hearty salads, blended soups, nut based pates
- Session on detoxification/cleansing, what kinds and an actual 7 day detox/cleanse for those who wish to experience it with full support
- A raw living meal prepared together, including desert

PRICE: \$199 for 4 classes

DATE: April 4, 11, 18, 25 2013.

WHERE: Healing Soles Wellness Centre, 627 Park Rd. N. Brantford

RESERVE YOUR SPOT: Contact Paula at 905-574-5743 or email at paulafaiazza@purevidanutrition.ca

OR Healing Soles Wellness Centre
905-973-5488 or check website www.healingsoles.ca

It's comforting to know where your foods come from and what you are feeding yourself and your family. Having the knowledge about which foods to eat and when, how to eat consciously and having a full awareness of everything that surrounds you in your everyday life, is one less thing to worry about...giving you more time to focus on other aspects of your life that you have always dreamed of...being who you really are...are you ready?

With love and gratitude, *Paula*