

# The Raw Food Revolution Northern Lights Tour 2008

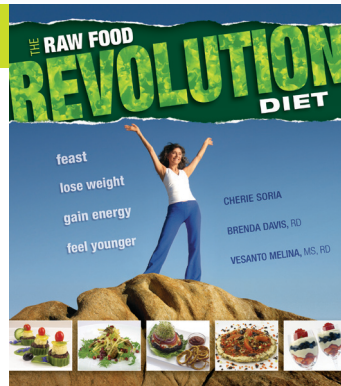
Coming to the Montréal Area in November/December  
Sponsored by Living Light International

**The Raw Food Revolution** with Cherie Soria

**December 2, Montréal** Location TBA

**December 3, Ottawa** Teva Health Food Store

Cherie Soria, Director of Living Light Culinary Arts Institute will offer talks about the Raw Food Revolution at several locations. She will cover topics from her new book, *The Raw Food Revolution Diet: Feast, Lose Weight, Gain Energy, Feel Younger* and share tips about how to achieve permanent weight loss, make great tasting healthy food, save time in the kitchen, eat raw on the go, and get the nutrients your body needs. There will also be a culinary demonstration that will show how to create flavor, texture, and appearance that mimics cooked food, but tastes even better! **Cost: \$20 at the door**



**FUNDamentals of Raw Living Foods™** with Cherie Soria and Martine Lussier

**December 7, Montréal** Institut de sante naturelle Fleury + Rodet

Take advantage of this opportunity to take Living Light's entry-level class as a one-day intensive workshop. Dozens of superb culinary presentations will show you everything you need to know to create a wide variety of delicious, easy-to-prepare raw recipes. No prerequisites are required. This class is open to participants of any skill level, novice to professional. **Tuition: US \$325**

**Introduction to Raw Food Nutrition™** with Drs. Rick and Karin Dina

**November 26, Ottawa** Dahn Yoga Centre

**November 27, Montréal** Teva Health Food Store

The Raw Food Doctors™ Rick and Karin Dina present Introduction to Raw Food Nutrition™. This four-hour course will provide an abundance of scientifically based raw food education via multimedia presentations and group participation designed to help you gain a greater understanding of raw food nutrition and give you confidence in the role of raw foods for greater health and vitality. Open to all participants—there are no prerequisites required. **Tuition: US \$95 in advance, US \$125 at the door**

**Science of Raw Food Nutrition™ I** with Drs. Rick and Karin Dina

**November 29–30, Montréal** Institut de sante naturelle Fleury + Rodet

This 2-day comprehensive course takes you deeper into the scientific basis for raw food nutrition. This course will provide answers to common questions about raw food, vegan, vegetarian and plant-based diets and is presented in a fun and easy to understand format. There is no prerequisite for this class—the course content builds upon topics covered in Introduction to Raw Food Nutrition™ and much more. **Tuition: US \$375**

**Full tour schedule, tickets, directions, and  
class times available online at RawFoodChef.com  
or call 707-964-2420 or 800-816-2319**

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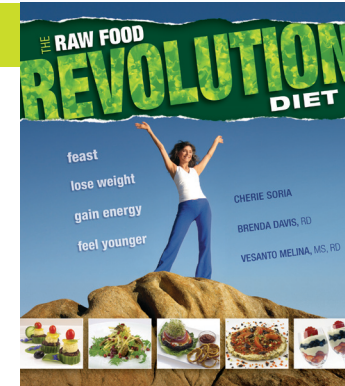
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