



Living Light International
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Organizing your visit



This brochure includes information regarding:

- *Course Enrollment / Cancellation Policy*
- *What to Expect*
- *What to Bring*
- *Transportation*
- *Accommodations*
- *Things to Do on the Mendocino Coast*

Registration Cancellation Policy

Attendance in Living Light training classes is limited. Therefore, classes fill up quickly. A deposit is required in advance to hold your space. If the class is filled and you wish to be on a waiting list, a fully refundable deposit is required to hold your place. Your journey begins as soon as you are fully committed, so we encourage you to pay in full—it is a pledge you make to yourself that you are serious about attending. When you make this commitment, life will open up to support you in your desire to participate in this life-affirming, transformational experience. There is no better guarantee than a non-refundable deposit. This helps you clear away obstacles and achieve your goals!

To reserve your place in the class or to be placed on the waiting list:

- A minimum deposit of \$500 is required for classes over \$1,000.
- For classes under \$1,000, a minimum deposit of 50% of tuition is required. If the class is full, you will be notified immediately so that you may choose to be on our waiting list or have your deposit refunded.
- Tuition must be received in full no later than 30 days prior to the class.

Notice of cancellation prior to the event	Cancellation policy for tuition deposits and tuition fees prior to the event
Over 60 days	Full refund* or full credit for a future class.
30 to 60 days	Minimum Deposit is non-refundable but may be carried forward to another class. ** Remainder of tuition is fully refundable.*
15 to 30 days	50% of your full tuition is non-refundable. ***
Less than 15 days	100% of your full tuition is non-refundable. ***

*All refunds on amount paid by credit card are subject to a 3% administration fee.

**A \$100 administration fee will be withheld for deposits carried forward to another class to be completed within one year.

***If you must cancel within 30 days and someone on our waiting list can take your place, any nonrefundable tuition fees may be carried forward to a future class.

Complete Chef Training Series: FUNdamentals, Essentials, Associate Chef and Instructor Training

- 10% discount on Chef Training Series and any advanced classes registered for at the same time.
- Full payment for all classes must be received 30 days before first class to qualify for 10% discount.
- If full payment is not received 30 days prior to the start of class, space cannot be guaranteed and no discount will apply.

Complete Living Lightly Series: Gentle Transition Week, Detox Week, FUNdamentals & Essentials

- 10% discount on Living Lightly Series (3 weeks)
- Full payment must be received 30 days prior to start of first class to qualify for 10% discount.
- If full payment is not received 30 days prior to the start of class, space cannot be guaranteed and no discount will apply.

Discount Notes

- Multiple discounts cannot be combined unless explicitly stated.
- Standard deposit and cancellation policies apply with the following clarification: If portions of discounted packages must be canceled, for any reason, in addition to the regular cancellation policy, tuition for classes already attended will be charged at full (non-discounted) price. For example, if someone purchased the complete Chef Training Series and received a 10% package discount and then chose to cancel the Associate Chef & Instructor Training portion for any reason, FUNdamentals and Essentials would be charged at the full price before calculating any refunds due under the cancellation policy.

Fort Bragg City Map



Mendocino Village Map



Fine-Tuning

Health Clubs:

Curves for Women	(707) 962-0400, Redwood and McPherson, Fort Bragg
Redwood Health Club	(707) 964-6336, 401 Cypress St, Fort Bragg
Mendocino Sports Club	(707) 964-6290, 18660 N Hwy 1, Fort Bragg

Massage, Energy Work and Day Spa Services:

Bamboo Garden Spa	(707) 962-9396, in the Company store Fort Bragg
Transformative Body Therapy	(707) 964-4343, 247 N. Main St, Fort Bragg
North Star Massage	(707) 964-4271, <i>in-room hotel service</i> , Fort Bragg
Natural Healing/Coast Motel	(707) 964-2852, 18661 N Hwy 1, Ft Bragg
Sweetwater Spa	(707) 937- 4140, 955 Ukiah St. Mendocino

Yoga

Fort Bragg Yoga Studio	(707) 367-3741 426 S. Franklin Street, Fort Bragg
The Center - Iyengar Yoga	(707) 961-1477 or (707) 813-7117 near the school

Enjoy the Great Outdoors

Old Haul Road, just north of Fort Bragg, past Pudding Creek, is where most locals get their exercise walking or jogging along the seven miles of paved walkway along the ocean. Take a walk on one of Fort Bragg's lovely beaches, **Pudding Creek Beach** (north end of Main Street) or **Glass Beach** (end of Elm Street)

Bicycle Rentals:

Fort Bragg Cyclery	(707) 964-3509, 221 N Main St, Fort Bragg
Catch A Canoe & Bicycles, Too	(707) 937-0273, Hwy 1 at Comptche-Ukiah Rd, Mendocino

Horseback Riding:

Ricochet Ridge Ranch	(707) 964-7669, Cleone www.horse-vacation.com
Lost Coast Trail Rides	(707) 964-7071, 31901 Bruhol Rd, Fort Bragg

Kayaking:

Catch A Canoe & Bicycles, Too	(707) 937-0273, Hwy 1 at Comptche-Ukiah Rd, Mendocino
Lost Coast Kayaking	(707) 937-2434, 8211 N Hwy. 1, call for reservations

Whale Watching Excursions (Noyo Harbor):

All Aboard Adventures	(707) 964- 1881
Lady Irma II	(707) 964-3854
Telstar Charters	(707) 964- 8770

State Parks: Enjoy the flora and fauna along the coastal and forest hiking trails of our local State Parks and reserves. Don't forget to bring your camera -- www.parks.ca.gov

MacKerricher State Park - 3 miles north of Fort Bragg in Cleone

Russian Gulch State Park - 2 miles north of Mendocino

Jug Handle State Reserve – 4 miles south of Fort Bragg near Caspar

Caspar Headlands State Reserve& Beach - halfway between Mendocino & Fort Bragg

Mendocino Headlands State Park - in Mendocino

Navarro River Redwoods State Park – 10 miles south of Mendocino

Point Cabrillo Lighthouse -www.pointcabrillo.org wildflower walks, tours

Point Arena Lighthouse - www.pointarenalighthouse.com

For more options and ideas please visit our local chamber of commerce at www.mendocinocoast.com, or try www.fortbragg.com, or www.mendocino.com, for a great list of services...and much, much more!

What to Expect

Location

Fort Bragg is Mendocino County's largest coastal community and is located on Coast Highway 1, about four hours north of San Francisco's Golden Gate Bridge. Facing the ocean headlands and bordered by the Noyo Harbor to the south and Ten-Mile Beach to the north, Fort Bragg offers a wide variety of activities among the beaches, rivers, and surrounding redwood forests, including beachcombing, picnicking, trail biking, kayaking, surfing, diving, walking, hiking, and jogging along the ocean paths. The Mendocino coast is well known for its excellent lodging, restaurants, antique shops, outdoor festivals, Community Theater, art galleries, breweries, and nearby vineyards. Within a few blocks of the school there is a yoga studio, health clubs, a healing center/spa, health-food store, gift shops, boutiques &a movie theater. See *Things to Do* pg.9

Climate and Clothing

Weather: The weather in Fort Bragg is delightful. The summers boast pleasant temperatures, and the winters are cool, never freezing. Average temperatures during class times are 50-67 degrees F. With its pristine air, and ocean breezes, Fort Bragg offers the perfect environment for year-round floral gardens.

Clothes: Weather along the coast is changeable, which makes it interesting. It never gets very hot and doesn't freeze, but it can be damp, at times. It is best to dress like an onion—bring a jacket, and be prepared to peel off the layers as the day warms up. You may also want to bring something nice to wear, as we have some light social occasions. During all hands on courses, starting with *Essentials of Raw Culinary Arts*, **a chef's coat and hat is required**. Those of you participating in the *Associate Chef and Instructor Training* will have an opportunity to present a culinary demonstration, so it is required that a chef's coat and a chef's hat be worn during hands-on portions of training (see below). Ladies may want to bring makeup for their culinary demonstration.

Shoes: Closed toe shoes are **required** while in the kitchen or when preparing food in our student hands-on facility. If you plan to enjoy walks along the coast bring shoes suitable for rocky terrain as our headlands boast small sandy beaches with lots of large rock formations.

Accommodations

Lodging: You can choose from a variety of accommodation options in Fort Bragg, including several tranquil ocean side camping areas. Those who prefer to set up "camp" in luxury will find everything from budget rooms to extravagant cottages with ocean views and comfortable, homey, bed & breakfasts. Refer to www.mendocinocoast.com for a comprehensive list of local hotels and B&B's. Reservations are required far in advance and fees are subject to change without notice. Accommodations are not included with your tuition and Living Light cannot assist with reservations, so please call the hotels directly for reservations.

Security: Small student lockers are available at the school for your handbags and personal culinary supplies. We will assign you a locker number when you arrive for check-in.

Telephones and Internet

Cellular phones: Most (not all) cell phones work in the Fort Bragg area. Check with your carrier .

Student courtesy phone: Living Light has a phone that can be used for short local calls or long-distance emergencies (with a calling card).

Emergency contact. If you would like to leave a number for your family to contact you in case of emergency we are happy to take a message for you at (707) 964-2420.

Internet access: There is an Internet café located across the street from The Living Light Center, as well WiFi in the Company Store, compliments of the Mendocino Cookie Company.

Laundry: There are several Laundromats in Fort Bragg. See our *Things to Do* section for a complete listing.

What to Bring

Do Bring

Do bring your own sharp knives: You will need your own knives for the hands-on instruction classes. Mark your knives clearly with your name or a symbol (in permanent ink) to identify them. You will need one 8- or 10-inch chef's knife, one small paring knife, and one 5-inch serrated knife, all with protective sheaths or in a knife case. If you do not own good-quality knives, you may purchase them at the Living Light Marketplace. We use both Henckels and Mac knives at the school and have them for sale in our store. If you are traveling by airplane, you must pack your knives in your checked luggage; do not pack them in your carry-on luggage.

Do bring appropriate clothing. **Attendees of all courses except FUNdamentals are required to wear a Chef's coat and hat.** In addition to a chef coat, we recommend two bib-style aprons to keep your chef wear clean. All chefs' apparel is available for purchase in many styles and sizes in the Living Light Marketplace.

Do bring comfortable closed-toe shoes suitable for standing, walking, and working in the kitchen.

Do bring hair control items: hair ties, cap, chef hat or other appropriate head wear to keep hair out of your face and the food. *If you do not have appropriate hair covering you will be required to wear a hair net during all hands-on portions of the training.*

Do bring student supplies, such as a notepad, pen and pencil.

Do bring your **Living Light Recipe Binder**, if you are a returning student.

Do bring a musical instrument or other performance items if you want to participate in our "talent show."

Do Not Bring/Wear

Do not bring jewelry. We request that you not wear bracelets or rings, other than a plain wedding band

Do not wear Nail polish: do not wear nail polish or artificial nails. It is *required* that nails are cut short; *if nails are not acceptable length it is required you wear gloves.*

Do not wear scented perfumes or lotions, as fellow students may be sensitive. It is important that your senses be keen and ready to take in the tastes and aromas of the gourmet foods we will prepare in class.

Do not bring any food that requires refrigeration to the school. Many hotels in Fort Bragg offer rooms with small refrigerators, so you may reserve a hotel room with a refrigerator for your own use. Living Light does not provide refrigeration space for the students.

Things to Do

Fort Bragg is a charming artists community. There are many galleries to visit just by walking out the front door of the Living Light Center. Our community hosts many locally owned charming shops and boutiques, coffeehouses and cafes, local music and events. Below is a listing of just a few of the activities in the area including Mendocino Village, a historic Victorian village just 8 miles south of Fort Bragg.

Note: Living Light offers this information as a service to our students. We are not responsible for any experience you may have with these services.

Make the most of your time on the Mendocino Coast

Sites of Interest:

Mendocino Coast Botanical Gardens (707) 964-3114, 18220 N Hwy 1, Fort Bragg
Skunk Train-Sierra Railroad (707) 964-6371, Laurel St., FB www.skunktrain.com

Museums:

Ford House Visitor Center (707) 937-5397, Main St Headlands, Mendocino
Guest House Museum (707) 964-4251, 343 N Main St, Fort Bragg
Kelley House Museum (707) 937-5791, 45007 Albion St, Mendocino
Chinese Temple of Kwan Tai (707) 937-5123 Albion Street, Mendocino - by appt. only

Theatrical Entertainment:

Coast Cinemas (707) 964-2019, 167 S Franklin St.
Gloriana Opera Company (707) 964-7469, call for schedule and locations.
Mendocino Music Festival (707) 937-1045, Mendocino second week of July
Mendocino Theatre Company (707) 937-4777, 45200 Little Lake St, Mendocino
Opera Fresca (707) 937-3636, call for schedule and locations.

Where can I....

Grab a bite to eat? There are many fine dining establishments in Fort Bragg and Mendocino; most offer vegetarian and some vegan dishes, the following are just a few:

(*100% organic, **some organics available)

*Living Light Cuisine to GO (Raw) (707) 964-2420, Downstairs Company Store
*Café One (707) 964-3309, 753 N Main St, Fort Bragg
**Mendo Bistro (707) 964-4974, Upstairs Company Store, Fort Bragg
*The Ravens Vegetarian Restaurant (707) 937-5615, 44850 Comptche-Ukiah Rd, Mendocino
**Headlands Coffeehouse (707) 964-1987, 120 E. Laurel, Fort Bragg

Buy some great organic, natural food?

Down Home Foods (707) 964-4661, 115 S Franklin St, Fort Bragg
Harvest Market (707) 964-7000, 171 Boatyard Dr, Fort Bragg
Corners of the Mouth (707) 937-5345, 45015 Ukiah St, Mendocino

Do my laundry?

Lucy's Laundry (707) 964-1713, 124 S. Main St, Fort Bragg (near Longs)
Colombi Laundromat (707) 964-5773, 647 Oak St, Fort Bragg

Find a good book to read?

Cheshire Books (707) 964-5918 345 N. Franklin Street, Fort Bragg
Fort Bragg Public Library (707) 964-2020 499 Laurel Street Fort Bragg
Gallery Bookshop (707) 937-2665 Main & Kasten St, Mendocino
Living Light Marketplace (707) 964-2420, Downstairs Company Store

Top 10 Reasons to Stay at the Living Light Inn

1. The Living Light Inn is a 1912 craftsman-style architectural jewel, located in the most beautiful residential neighborhood in Fort Bragg.
2. It has beautifully landscaped grounds with flowering trees, palms, and redwoods, and it's an easy walk to the Living Light Center, downtown shops, and restaurants.
3. All rooms have windows that open, with lots of fresh air and self controlled heat.
4. The Living Light Inn is the tallest building in the town and most rooms have lovely ocean or garden views.
5. All the rooms are beautifully decorated and are outfitted with organic bedding and linens.
6. All water in the building is filtered, including the water you bathe in, with a special reverse osmosis filtration system in the kitchen.
7. All cleaning products are vegan, non-toxic, and biodegradable. Living Light Inn also recycles and composts waste.
8. There's a wonderful, sun-filled, large raw food kitchen with lots of windows. The kitchen is equipped with high speed blender, juicer, dehydrator, food processor, and other supplies for raw food preparation.
9. Students enjoy making food together on weekends, playing together, and forming study groups. It's great to stay with other like-minded raw food students and be a part of the extended Living Light family.
10. Living Light students receive substantial discounts on rooms, with deeper discounts for longer stays, and the opportunity to share rooms with other students of the same gender.

Best of all, students tell us, "Returning to Living Light Inn after class feels like coming home!"

Transportation

There are several modes of public transportation to Fort Bragg from the San Francisco and Oakland Airports. Living Light provides this information in order to support you in arranging your own transportation to the school. Living Light does not assist in providing or reserving transportation for our students.

Bus Service

Airport Express Inc. transports passengers from San Francisco and Oakland Airports to the Sonoma County Airport in Santa Rosa, where one can catch the **CC Rider** bus to Fort Bragg, the home of Living Light. No reservations are required for any of the bus services.

When you leave the baggage claim area, exit the airport and cross over to the center island to the "Airport Shuttles" waiting area. Islands are located outside every terminal at San Francisco Airport. The regional transportation stop in the center island is the only location we board passengers at the Oakland Airport.

You pay for each trip when you are onboard the bus, at the time of travel. Payments may be made with either **cash** or a **traveler's check**. Airport Express does not accept credit cards or personal checks.

The Airport Express from San Francisco departs every 1 to 1 1/2 hours to the Sonoma County Airport in Santa Rosa between the hours of 5:15 AM and 12:30 AM. **The latest Airport Express to Santa Rosa that connects with the bus to Fort Bragg is 12:30 PM.** The Express, depending on traffic can take between 2 - 2 1/2 hours. 2007 fares are: Adults-\$28.00, Seniors 62 & over and students (12-21) - \$26.00 each way. The bus will make several stops; Sonoma County Airport is the final stop.

Departure times from the San Francisco Airport are: 5:15 AM, 6:45 AM, 8AM, 9AM, 10 AM, 11AM and 12:30 PM. (**Any Airport Express bus departing after this will not connect with the bus to Fort Bragg.**) Afternoon and evening departures scheduled at 2PM, 3:30PM, 5PM, 6:30PM, 8PM, 9:30PM, 11PM and 12:30 AM

The Airport Express departs from Oakland every 2 hours to the Sonoma County Airport in Santa Rosa between the hours of 6:00 AM and 12:00 noon. **The latest Airport Express to Santa Rosa that connects with the bus to Fort Bragg is 12:00 noon.** The Express, depending on traffic can take between 2 - 2 1/2 hours. 2007 fares are: Adults-\$28.00, Seniors 62& over and students (12-21) - \$26.00 each way. The bus will make several stops; Sonoma County Airport is the final stop.

Departure times from Oakland Airport are: 6:00 AM, 8:00 AM, 10:00 AM, and 12:00 noon. (**Any Airport Express bus departing after this will not connect with the bus to Fort Bragg.**) Afternoon and evening departures scheduled at 2PM, 4PM, 6PM, 8PM, 10PM, Midnight

Once you arrive at the Sonoma County Airport in Santa Rosa, take the "CC Rider Bus" to Fort Bragg. This bus is only available once a day departing at 3:05 PM. The ride will take approximately 3 1/2 hours. The cost is \$20.00 one way and \$30.00 round trip. The "CC Rider" can take you to the Company Store, which is the location of the school, and will arrive at 6:35 PM.

The CC Rider departs Fort Bragg to Sonoma County Airport in Santa Rosa at 7:21 AM from Footlighters Theatre on the corner of Laurel and McPherson Streets. The CC Rider arrives at the Sonoma County Airport at 10:35 AM. From here you may connect to the Airport Express Shuttles to San Francisco and Oakland Airports.


Airport Express Inc.	www.airportexpressinc.com	(800) 927-2024
CC Rider:	www.4mta.org	(800) 696-4682
Dial-A-Ride	www.4mta.org	(707) 964-1800
Hey Taxi service	(Fort Bragg)	(707) 962-0800

Rental Car:

Most major car rental companies are available at the San Francisco (SFO) and Oakland (OAK) Airports. In addition, to avoid city traffic, you may take the Airport Express from the SFO or OAK Airports and rent a car at the Sonoma County Airport in Santa Rosa. **Enterprise Rent-a-car is the only major car rental company in Fort Bragg.**

Living Light has a **Corporate Account** through **Enterprise**, which incoming students are allowed to use when reserving a vehicle. When using our corporate account, Enterprise will extend **special rates and lower drop-off fees** to Living Light Students. **Drop off fees:** no fee from SFO, OAK or Sonoma Co. to Fort Bragg. **\$100 fee from Fort Bragg to SFO or OAK.** \$50 fee to **Sonoma Co.** **The Sacramento airport does not allow one-way rentals.**

The **Living Light Inn** and other fine hotels and B&Bs are located within easy walking distance (several blocks) of the school, so a car is not required to get around in Fort Bragg. However, if you wanted to rent a car for the weekends, to explore the nearby sights: Redwood forests, beaches, quaint villages, inland wine country, Enterprise will extend **discounted rates on weekend, weekly or monthly car rentals** to our students through the Living Light Corporate Account number: [23A4605](tel:23A4605)

		www.enterprise.com ~ Phone (800) 325-8007	
San Francisco Airport (650) 697-9200		Sonoma Co. Airport (707) 570-3600	
Oakland Airport (510) 567-1760		Fort Bragg Office (707) 964-4300	
Type of Vehicle	One Day	Weekend	Weekly
Compact (Neon, Escort or similar)	\$37.99	\$90.00	\$209.99
Standard (Malibu, Grand Am or similar)	\$48.99	\$120.00	\$262.99
Full-Size (Lumina, Ford Taurus or similar)	\$53.99	\$140.00	\$295.99

Limousine or Car Service:

Mendocino Limousine Service offers transportation to & from OAK or SFO. The fee is approximately \$385.00 and they can accommodate up to 3-4 passengers with service direct to your hotels. If you wish to take the Airport Express to Santa Rosa's Sonoma County Airport this service can pick you up there for \$270.00. (Larger cars are available for larger groups. Call for a quote.) There is a 72-hour cancellation policy for this service and you are advised to make reservations early. Hey Taxi may also be willing to make runs to the above locations. Call them for a quote as prices are subject to change.

Ride & Accommodation Share:

If you are interested in sharing expenses with other students who plan to rent a car or limousine; are driving their own automobile; or staying at the Living Light Inn a hotel and desire a room mate, you may log-on to our Bulletin Board where you may post requests, communicate and share resources. There are no guarantees for this service and we take no responsibility for the choices you make concerning ride or accommodations sharing. Visit RawFoodChef.com, click on the 'Community' tab and select 'Ride Sharing Forum.'

Recommended Airport Arrival:

Remember that it will take about 4 hours or more from SFO and OAK airports to reach Fort Bragg. Bus services take longer than driving due to the added stops along the way. Since class begins on the first day of your workshop at 8:00 AM you will be wise to book your flight one or two days prior. If you are taking the two day **FUNDamentals** course, **check-in for the class is Friday, the day before, from 4PM to 6PM.**

Accommodations

An Eco-Friendly Oasis in a Busy World

When Living Light directors Cherie Soria and Dan Ladermann purchased the historic Colonial Inn, they had several things in mind. They wanted to create a beautiful, safe, comfortable environment for students at the Living Light Culinary Arts Institute, as well as an elegant, eco-friendly environment for other guests and travelers visiting Fort Bragg and the Mendocino Coast. They also wanted to maintain the "standard of excellence" that is the goal of each business associated with the Living Light name.

What makes Living Light Inn unique and special is a combination of the old and the new. There's the wonderful 1912 craftsman style architecture; the building was constructed by shipbuilders using virgin redwood lumber of a size and quality that can't be found today, and the graceful landscaped grounds add to its charm. There's the excellent location in one of the most beautiful residential neighborhoods in Fort Bragg, which is just steps away from the newly refurbished and restored Cotton Auditorium, and within walking distance of all of the city's amenities, including shops, restaurants, churches, and Living Light Center in the Company Store. There's the fact that all of the windows in the rooms actually open so that you can breathe the fresh sea air. And, Living Light Inn is also the highest building in the neighborhood, providing the ocean view rooms with sweeping vistas of the town and the ocean beyond.

Then there are the newly decorated, beautifully appointed rooms, and the state-of-the-art water filtration system, which includes filtered water to shower and bathe in and an additional reverse osmosis filtration system for drinking. All the linens and bedding in the rooms are organic, and only ecological cleaning supplies are utilized throughout the property, a boon for anyone with allergies or sensitivities to chemicals. Also, Living Light Inn recycles and composts on site as part of its commitment to protecting the environment.

There are two wood-burning fireplaces as well as beautiful original art and elegant furnishings in this architectural jewel, with common guest areas designed for visiting, reading, studying, and relaxation.

The new names for the rooms reflect both the historical ambiance of the building and the atmosphere created by the new décor. Prosperity, Adventure, Inspiration, Harmony, Well-Being, Tranquility, Abundance, Serenity, World Peace and Joy are uniquely outfitted for a variety of tastes and moods.

The first guests at the Living Light Inn have been delighted with their experience. A recent guest said "It feels like coming home—if home were a beautiful, cozy mansion", and another commented: "I like it better than the Ritz!"