

# ROSE VASILE

Raw Food Chef and Author of the Canadian Bestseller

## “UNCOOKING WITH RAWROSE - YOUR GUIDE TO RAW FOODS”

is pleased to offer her popular:

### **RAWROSE CULINARY ARTS PROGRAM**

#### **2012 - BASICS IMMERSION & RAW CHEF CERTIFICATION COURSES**

Both courses include hands-on raw food preparation of each meal, informative discussions and are fragrance free. Experience how you feel eating only raw vegan food (mainly organic). You will have time to walk on the beach, inhaling ocean air while savouring views of the ocean and mountains. Relax in the Fireplace Room, exercise in the Fitness Room, walk the Labyrinth or meditate in the Sanctuary. Enjoy raw food books & DVDs from Rose’s personal library. Holistic therapies, steam room and infrared sauna available at extra cost.

#### **BASICS IMMERSION (3:00 Friday to 1:30 Monday: July 20-23 or Sep 7-10)**

Get hands-on experience preparing smoothies, almond mylk, granola, soup, sauces, dressings, entrees, desserts. Learn tastes, menu planning, dehydrating. Enjoy a raw facial. Includes your copy of “Uncooking With RawRose”. (See Event page of [www.rawrose.com](http://www.rawrose.com) for schedule.)

#### **RAW CHEF CERTIFICATION (11:00am Tuesday, July 24 to 1:30 Sunday, July 29)**

The Basics Immersion course is a prerequisite for this course. Develop knife skills. Learn raw food nutrition. Make delightful desserts (cheesecake, chocolate, ice crème and more) and ethnic meals (Italian, Mexican, Greek). Grow sprouts. Create recipes and a menu. Learn about teaching a raw food class, including pricing and forms.

**NOTE:** \* Shared and private accommodation prices for Raw Chef Certification include accommodation for Monday, July 23 so you can enjoy time off after the Basics Immersion course. Supper and breakfast are not included during that break, giving you a chance to check out raw cafes in Courtenay, Qualicum Beach or Nanaimo.

#### **ALL INCLUSIVE COSTS PER PERSON: Commuter prices exclude accommodation.**

**For Shared Accommodation, come with a friend or we can assign a roommate.**

**BASICS IMMERSION:**                      \$ 795 Shared                      \$ 965 Private                      \$ 595 Commuter

**RAW CHEF CERTIFICATION:**   \* \$1620 Shared                      \* \$1960 Private                      \$1220 Commuter

**PLEASE NOTE** - \$175/course to register (\$75/course is non-refundable)

- Final payment due July 10 (for July courses), Aug 28 (for Sep 7 course)
- Book early for accommodation with an Oceanview

**LOCATION:** Ocean Resort ([www.oceanresort.ca](http://www.oceanresort.ca)) - 20 minutes north of Courtenay, BC on Vancouver Island. Call Ocean Resort (1-877-561-3425) for shuttle from Comox Airport (YQQ).

**TO REGISTER or FOR INFO: Email [rose@rawrose.com](mailto:rose@rawrose.com) or Call 250 334-2251  
[www.rawrose.com](http://www.rawrose.com)**

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