

# ROSE VASILE

RAW CHEF and AUTHOR of  
"UNCOOKING WITH RAWROSE –YOUR GUIDE TO RAW FOODS"  
is very pleased to offer

## RAWROSE CULINARY ARTS PROGRAM

**BASICS ONLY: AUG 14-17**

**BASICS, ADVANCED & RAW CHEF CERTIFICATION: OCT 16-30**

All three courses in the program include hands-on raw food preparation of each meal. Experience how you feel eating only raw vegan foods. You will have time to walk on the beach, while inhaling Ocean air, and enjoying gorgeous views of the Ocean and mountains. Walk the Labyrinth, meditate in the Sanctuary, exercise in the Fitness Room and relax by the fireplace in the Library. Enjoy raw food books & DVDs from Rose's personal library. Holistic Therapies and Infrared Sauna available at extra cost. Please note these events are fragrance free.

**BASICS (3:30 Fri, Aug 14 - 1:30 Mon, Aug 17 ) OR (3:30 Fri, Oct 16 - 1:30 Mon, Oct 19)**

Get hands-on experience preparing smoothies, almond mylk, soup, sauces, dressings, entrees, desserts. Learn tastes, menu planning, dehydrating. Enjoy a raw facial and informative discussions. Includes a copy of "Uncooking With RawRose – Your Guide to Raw Foods" and a nut mylk bag.

**ADVANCED (3:30 Mon, Oct 19 - 1:30 Sat, Oct 24)**

Five days to gain indepth knowledge of info learned in Basics. Make fermented seed cheese and wraps, grow sprouts, develop knife skills. Feel comfortable preparing various types of raw foods. Learn the science of raw foods. Includes a binder with recipes and course materials.

**RAW CHEF CERTIFICATION (\* 3:30 Sun, Oct 25 - 1:30 Fri, Oct 30)**

Five days to build on skills learned in Basics and Advanced. Make delightful desserts and ethnic meals to please the eye and palate. Create recipes and a menu. Learn ways to add that special touch so that you will become a Certified Raw Chef. Includes recipes and course materials.

PLEASE NOTE: \* Double and single prices include 6 nights accommodation because you will enjoy a day off after the Advanced course. Meals for that day are not included, so you may want to check out Courtenay and Campbell River's 3 raw cafes.

LOCATION: Ocean Resort - 20 minutes north of Courtenay, BC ([www.oceanresort.ca](http://www.oceanresort.ca)). Contact Ocean Resort for pickup from Comox airport (YQQ), or Little River Ferry Terminal.

COST PER PERSON (sign up with a friend or partner for double rate):

BASICS:	\$535 double /	\$690 single /	\$360 commuter
ADVANCED:	\$950 double /	\$1210 single /	\$645 commuter
RAW CHEF CERTIFICATION:	* \$1010 double /	* \$1325 single /	\$645 commuter

Members of RawBC, EarthSave or CANNP: Please show your membership card at the start of the course to receive \$10 off Basics, \$15 off Advanced, \$15 off Raw Chef Certification.

IMPORTANT: \$150 deposit per course to reserve space (\$75 per course is non-refundable).  
Final payment required Aug 2 for August program & Oct 5 for October program.  
Book early for accommodation with an Oceanview.

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)