



## 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, ADVANCED & RAW CHEF CERTIFICATION: OCTOBER 16-30

All three courses in the program include hands-on raw food preparation of each meal, informative discussions and are fragrance free. Experience how you feel eating only raw vegan food. 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 or 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.

### **BASICS (3:30 Friday, October 16 - 1:30 Monday, October 19)**

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

### **ADVANCED (3:30 Monday, October 19 - 1:30 Saturday, October 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 Sunday, October 25 - 1:30 Friday, October 30)**

Five days to build on skills learned in Basics & 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 you will become a Certified Raw Chef. Includes recipes and course materials. PLEASE NOTE: \* Double and single prices for Raw Chef Certification 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 for Double rate. Commuter price = no accommodation):

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 by October 5th.

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)