

# ROSE VASILE

RAW FOOD CHEF and AUTHOR of  
Canadian Bestseller

“UNCOOKING WITH RAWROSE – YOUR GUIDE TO RAW FOODS”

is pleased to offer:

## RAWROSE CULINARY ARTS PROGRAM

### BASICS, ADVANCED & RAW CHEF CERTIFICATION: JUNE 4-18, 2010

All three courses include hands-on raw food preparation of each meal, informative discussions and are fragrance free. Each course builds on the previous one; therefore each course is a prerequisite for the next level. 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. Walk the Labyrinth, meditate in the Sanctuary, exercise in the Fitness Room or relax 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, June 4 to 1:30 Monday, June 7)

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”. (See [www.rawrose.com](http://www.rawrose.com) for schedule.)

#### ADVANCED

(3:30 Monday, June 7 to 1:30 Saturday, June 12)

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, including ‘superfoods’. Learn about raw food nutrition.

#### RAW CHEF CERTIFICATION

(3:30 Sunday, June 13 to 1:30 Friday, June 18)

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. NOTE: \* Shared and private accommodation prices for Raw Chef Certification include 6 nights accommodation so you can enjoy a day off after the Advanced course. Meals are not included that day, giving you a chance to check out the 3 raw cafes in Courtenay and Campbell River.

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

For Shared Accommodation, come with a friend or we can assign a roommate of the same sex.)

<b>BASICS:</b>	\$ 595 Shared	\$ 765 Private	\$395 Commuter
<b>ADVANCED:</b>	\$ 995 Shared	\$1270 Private	\$695 Commuter
<b>RAW CHEF CERTIFICATION:</b>	* \$1150 Shared	* \$1475 Private	\$740 Commuter

**PLEASE NOTE** - Deposit of \$150/course to register (\$75/course is non-refundable)

- Final payment due May 25th
- Book early for accommodation with an Oceanview
- In 2010, courses are only being offered in June.

**LOCATION:** Ocean Resort ([www.oceanresort.ca](http://www.oceanresort.ca)) - 20 minutes north of Courtenay, BC on Vancouver Island. Contact Ocean Resort for pickup 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)