

# ROSE VASILE

**RAW FOOD CHEF & AUTHOR OF CANADIAN BESTSELLER  
"UNCOOKING WITH RAWROSE – YOUR GUIDE TO RAW FOODS"**



is pleased to offer the

## **BASICS COURSE**

**3:30 Friday, August 13 to 1:30 Monday, August 16**

## **RAWROSE CULINARY ARTS PROGRAM**

This popular course includes hands-on preparation of 9 raw food meals, informative discussions, and a raw facial. 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. You can 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. Fragrance Free.

See how easy it is to prepare smoothies, almond mylk, soup, sauces, dressings, entrees and desserts. Learn tastes, menu planning, dehydrating and much more. Includes a copy of "Uncooking With RawRose". See schedule on Events page of [www.rawrose.com](http://www.rawrose.com). Check out RawRose 2010 Culinary Arts Program on Facebook for pictures and comments from the June 2010 courses.

### **ALL INCLUSIVE COST PER PERSON:**

\$ 495 - **COMMUTER** (No Accommodation)

\$ 675 - includes **SHARED** Accommodation (come with a friend or we assign a roommate)

\$ 845 - includes **PRIVATE** Accommodaton

**PLEASE NOTE** - \$150 deposit to register ([www.rawrose.com](http://www.rawrose.com) re cancellations)

- Final payment due August 3rd

- 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. 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)**