

ROSE VASILE

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

RAWROSE CULINARY ARTS PROGRAM

All three courses in this 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 the 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 in the Library. Holistic Therapies and Infrared Sauna available at extra cost. Please note this event is fragrance free.

BASICS (3:30 Friday, June 12 to 1:30 Monday, June 15)

Get hands-on experience preparing smoothies, soup, sauces, dressings, dips, entrees, desserts. Learn about tastes, menu planning, dehydrating, sprouting, and knife skills. Enjoy a raw facial and informative discussions. Includes a copy of “Uncooking With RawRose – Your Guide to Raw Foods”.

ADVANCED (3:30 Monday, June 15 to 1:30 Saturday, June 20)

Five days to get indepth knowledge of info learned in Basics. Make fermented seed cheese, wraps and juice. 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, June 21 to 1:30 Friday, June 26)

Five days to build on skills learned in Basics and Advanced, plus garnishing, plating. Make delightful desserts and ethnic meals to please the eye and palate. 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 (www.oceanresort.ca) – 20 minutes north of Courtenay, BC
Contact Ocean Resort for pickup from Courtenay or Campbell River airports, or Little River Ferry Terminal.

COSTS:

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

IMPORTANT: \$150 deposit per course to reserve (\$75 per course is non-refundable).

Final payment required by June 1st.

Book early for single accommodation with an oceanview.

To register or for info: Email rose@rawrose.com or Call 250 334-2251

www.rawrose.com