

Ann Wigmore Natural Health Institute
Living Foods Tropical Retreat
August 10 – August 16, 2008



We Work With Nature

Don't Miss the Ann Wigmore Living Foods Tropical Retreat!

The Ann Wigmore Natural Health Institute is offering this highlight program to offer students additional training in the Living Foods Lifestyle®. This event will feature raw living gourmet food preparation and off campus excursions designed to enhance the Lifestyle experience.

Who should attend?

The Tropical Retreat Program was developed to offer extended training for *living raw in a cooked world* and to gain experience with gourmet food preparation. Although this program is geared toward graduates, all participants will benefit on their individual journeys of improved health.

What does this special retreat offer?

Enjoy a health conscious retreat where you will work with certified raw food chefs preparing gourmet delicacies. This program provides students with hands-on living food gourmet preparation techniques. Students will enjoy the hosted off campus ventures to some of the beautiful Puerto Rican natural wonders. The program also offers additional health conscious excursions to provide additional instruction on "taking the lifestyle home." This program offers great hands-on training with the added benefit of experiencing the beauty and culture of Puerto Rico.

What is included in the program?

This event will consist of select classes from the Living Foods Lifestyle® program, hands-on living foods gourmet meal preparation classes, one \$60 gift certificate for any therapy service, and several hosted off-site excursions.

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What type of outings can I expect?

- Outings targeted to teaching students how to live raw in a cooked world with a:
 - Field Trip
 - Visit the Institutes organic farm
 - Snorkeling at Playa Escalera "Steps Beach"
 - Sea view from Rincon's famous lighthouse
 - A morning outing to one of the islands beaches
 - Art Fest in Puerto Rico
 - A trip to a local Art Gallery
 - Visit a Raw kitchen
 - Dining in the Raw*

What is the price?

- The rates for this program are \$100 over the standard 6-night rate.
- Students are responsible to pay for meals at the raw dining restaurant experience. (Standard cost is approximately \$20 per person.) Reservations and transportation will be provided.

No discounts will be honored for this program.

Participants must register for the full 1-week program; partial program participation is not available.