

Ann Wigmore Natural Health Institute
Special Program:
Living Foods Tropical Retreat
October 19 – October 25, 2008



We Work With Nature

\$100 Discount and a Free Therapy*!!!

Don't Miss Your Living Foods Tropical Retreat!!!

The Ann Wigmore Natural Health Institute has added this highlight program to offer students additional training in the Living Foods Lifestyle®. This event will feature raw living gourmet food preparation and exciting off-campus Island excursions designed to both enhance the Lifestyle experience and be fun!

Who should attend?

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

What can this special retreat offer?

Enjoy a health conscious retreat where you will work with certified instructors 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 while experiencing the beauty and culture of Puerto Rico.

Ann Wigmore Natural Health Institute, Inc.
P.O. Box 429, Rincon, Puerto Rico 00677
Phone: 787-868-6307 Fax: 787-868-2430
E-mail: info@annwigmore.org
Website: www.annwigmore.org

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What is included in the program?

This event will consist of the basics of the Living Foods Lifestyle® classes and off-site excursions:

- Lodging at the Institute
- All meals
- Outings targeted to teaching students how to live raw in a cooked world with a:
 - Trip to an organic farm
 - The restaurant experience
 - An afternoon outing in a cooked world
 - A day trip to experience the beautiful island of Puerto Rico
 - The opportunity to take part in extra outings offered at an additional charge.
- Classes will include the basics of the Ann Wigmore Living Food Lifestyle®
- Living foods gourmet food preparation interactive classes
- Structured exercise and relaxation classes
- Airport shuttle
- Snacks
- Wheatgrass juice
- Use of the facilities

What is the cost of this special program?

The Ann Wigmore Natural Health Institute is a nonprofit organization dedicated to teaching wellness to as many people as possible. Thus this collaborative program is being made available within the standard fee range of \$865 - \$1500 depending on your choice of accommodations. (Please see our rate page for specific accommodation rates) minus the \$100 per student discount.

Space is limited. Reserve today so you do not miss this unique event!

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*The specific course outline will be posted within a few weeks.

* Only single discounts will be honored. Students who are eligible for a discount will be given the option to choose the \$100 discount or the discount for which they may be eligible.

*Offer of one free therapy session is limited to the following therapy services: massage, reiki, yoga therapy, and Feldenkrais.

*Participants must register for the full program; no partial program participation will be available.

*The program must be paid-in-full 2-weeks in advance and is non-refundable program.

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