



Why should I take a certification class with you, Linda?

Because I've been taught by Jinjee & Storm Talifero, Lynda Carter, & Alissa Cohen that's why!

Jinjee & Storm Talifero gave me a lot of tools & information about raw food. From them, I learned the basics as well as how to incorporate this into my life.

Lynda Carter showed me how easy it is to make delicious gourmet raw foods. She showed me how to open a coconut, how to sprout, how to make seaweed salads as well as nut milks, pizzas, marinara sauces, cheeses & a slew of other rich & seemingly decadent raw foods.

Alissa Cohen has taken me to the next level in raw & living foods. By her book & her class, Alissa has taught me how to be gentle to myself, how to listen to my body, my mind & my spirit. Best of all, she encourages me to be me! I love Alissa's approach so much that I am teaching her Level 1 & 2 certification classes. What you learn from me is what I learned from her. You'll be recognized by Alissa as one of her students. With these certifications, you can teach demos & instruct the Level 1 class.

I can't wait to share with you what I've learned & see where it takes you in your life's journey.

Have a rawsome day!
Linda

Linda Wooliever
Certified Living on Live Food Teacher
P.O. Box 305
Worcester, VT 05682
802-229-4496 • fax: 802-408-1000
linda@vt-fiddle.com
www.rawvermont.com

The time is now! You've been reading about raw & living food & you want to be certified to teach. Start today & give yourself 30-days to do it!

In 30 days, you'll

- learn the Level 1 & Level 2 certification classes
- learn 3 new recipes a week for a total of 12 new recipes
- have support from me as you transition into a raw food lifestyle
- gain new insights on how to listen to and really feed your body.
- be certified to do food demonstrations & teach the Level 1 class!

Ask yourself if you are ready to do this & then call me or email me! I'm here, ready to begin with you. I can't wait!



Combined Guided 30-day Raw Food Challenge & Certification Classes



Commit to 30-days, get certified & gain support, recipes, education, tips & me!

30-Day Guided Raw Food Challenge

So you'd like to get certified by Alissa Cohen & also have help transitioning into a raw & living food diet? This is a great opportunity for you!

By taking the Level 1 & 2 certification classes over a 30-day period, you will accomplish both your goals.

Over our 30-days together, I will:

- support you in your raw food journey in person & via the phone & email
- teach you Alissa's Level 1 & Level 2 certification classes
- teach you 3 new recipes a week for a total of 12 new recipes
- show you ways to listen to & really feed your body.

At the end of our 30-days, you will

- be certified to do food demonstrations & teach the Level 1 class!

We will meet for four afternoons (or mornings or evenings) in a 30-day period:

WEEKS 1-2:

- Level 1 Certification (\$125.00)
- Basics of food prep
- Prepare and share incredible raw food
- Cover all the tools you need to kick off and support your 30-day challenge

WEEKS 3-4:

- Level 2 Certification (\$650.00)
- Gourmet & dehydrated recipes
- Sprouting techniques
- Explaining "detox" & answering questions

Our last meeting together will include a celebration of our 30 days together.

DATES: You pick them! Call me at 802-229-4496 to sign up & get me on your calendar!

INVESTMENT: \$775.00

What we cover in the Level 1 & 2 classes: (read the info in the next two columns)

Level 1 – Living on Live Food Chef Certification Course

This course is the fundamental course that will teach you the basics of the raw food diet through the teachings of the Living on Live Food book/plan.

IN THIS CLASS YOU WILL LEARN:

- What a raw & living food diet is
- How to prepare delicious, gourmet raw food meals, simply & easily
- How to shop for raw foods
- How to stock your kitchen & set up your environment for easy raw food preparation
- Kitchen equipment use
- Basic Sprouting techniques

WE WILL MAKE 7 RECIPES:

- mock salmon pate
- stuffed portabella mushroom caps
- collard roll ups
- date nut torte
- broccoli soup
- fettucine alfredo
- angel hair pasta with marinara

Level 2 – Living on Live Food Instructor Certification

This course is designed to give you the skills to go beyond the basic food prep & into more extensive gourmet raw food. You will come away from this course able to prepare fantastic gourmet meals that will keep you eating this way by choice for optimal health.

IN THIS CLASS YOU WILL LEARN:

- how to prepare 5 gourmet raw food dishes
- sprouting & dehydrating techniques
- people's experience while raw
- what happens emotionally & physically on living foods
- how to adjust the raw food diet for personal needs
- about some of the raw food products that are out there
- how to encourage/help yourself & others stay raw
- ways to deal with daily raw food living such as environment, friends & family
- how to travel while raw

WE WILL MAKE 5 RECIPES:

- pizza
- calzone
- enchilada
- rye bagels
- chilli with onion dip

Please note that the recipes I am demonstrating are of the vegan live food variety. This means fruits, vegetables, nuts, seeds & sprouted grains.