

Gateway to a Healthier You: Ann Wigmore Introduction to Living Foods Lifestyle™

When: Aug. 19 – 22, 2010

Where: Venture Valley Retreat

Corralitos, CA

Registration: \$1,250



The health and healing benefits of a lifestyle rich in living foods are numerous. Dr. Ann Wigmore, a pioneer in living foods, recognized the healing powers of eating uncooked foods. Thousands of individuals from around the world, suffering from diseases and chronic illnesses, and those seeking a healthier lifestyle, have visited the Ann Wigmore Institute in Puerto Rico to learn about the teachings of Dr. Ann Wigmore.

In this abbreviated AWI program, participants will:

- Learn the benefits of living foods
- Participate in daily yoga
- Enjoy living foods meals and snacks daily
- Leave the program with the knowledge to begin a healthier lifestyle through living foods!



Lalita Salas began her journey with the Ann Wigmore Institute in 1991 and was a protégé of Dr. Ann Wigmore. As an educated and experienced pharmacist, Lalita has a depth of understanding and a wealth of knowledge in the areas of digestion, colon health, chemical and enzyme interactions and reactions to food and how cooked and living foods influence the human body. She is an expert in the area of Candida, having struggled with the illness herself for a number of years.

Registration Includes:

- Three night accommodations
- Meals and snacks each day
- Yoga classes
- Lectures

**Personal consultations available for an additional fee.*

Register by July 7, 2010 and receive a 10% percent discount on registration - a \$125 savings!
Register at www.Annwigore.org/gateway or call +1 787.868.6307, ext. 31. Space is limited to 35!

www.annwigmore.org