

Traditional Nutritional Practices for Well-Being

INSPIRE yourself to explore the diet-wellness connection and the Longevity Diet Program™'s roots in healing nutrition. ENERGIZE your ability to understand and practice a nutritional system that synergizes thousands of years of natural medicine practice and knowledge. ELEVATE your knowledge of the tenets of healing nutrition and how they easily fit into life in the modern, Western world. GROW your business by offering your guests valuable information for personal growth and wellbeing.

This 2 day course involves theory/lecture activities and cooking workshops.

learning objectives:

You will gain a full understanding of---

- Diet principles of the East and West
- Strategies and guidelines for a healthy lifestyle
- Basic concepts of the Longevity Diet™ Program
- A guide to food selection
- How to prepare grains and seeds
- Seasonal eating concepts
- Rejuvenating teas and tonics
- Introduction to probiotic foods
- Sample recipes for success
- Breathing, meditation and Yoga exercises
- Bath therapy, body compress and body scrub recipes



what to bring:

Materials are provided
Wear comfortable clothing

dates:

October 4/5, 2009 - Minneapolis, MN
March 7/8, 2010 - Minneapolis, MN

price:

\$300
concept benefits eligible

how to register:

800.283.3244

website:

www.aveda.com



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