

## Next Raw Food Workshop 5-6 Feb

Bijgedragen door Alec Boswijk  
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Whether you are new to this interesting lifestyle or not, these classes are the perfect way to integrate a healthy lifestyle for you and your loved ones.

Welcome to the beautiful Kitchen of Raw Food

Food will never be the same

- \* enjoy and create in a beautiful and casual environment
- \* get involved, inspired and experienced with fundamental skills
- \* practise new tricks for optimum efficiency, taste and heal
- \* prepare simple raw cuisine with local seasonal winter vegetables

Classes are small (maximum of 8 people) to guarantee that everyone gets first-hand experience. You'll go home with quick and easy recipes that are adaptable in any kitchen and lifestyle. Bring your questions and appetite!

Because of limited class size, we require full payment in advance, with a 80% refund within a minimum of 48 hours notice.

This is a group event, so please come in time (15min earlier), we'll start punctually.

Dates and times: Sun 1st & Mon 2nd of April 2012

Workshop: 14:00 &ndash; 17:00; Dinner 17:00-18:00

Price: &euro;50 on Sunday, &euro;40 on Monday, &euro;80 for two days, incl. tea & raw food meal

Payment: by bank 78.15.36.235, refering to 'raw food workshop + date(s) + amount of persons'; or at the center:

Centrum voor Energieregie, Overtoom 409, 1054 JP Amsterdam

Tel: 020-334 33 35 / 06-13541422

Email: [info@energieregie.nl](mailto:info@energieregie.nl)