

**The UK Centre for Living Foods,
49 Gravel Hill, Ludlow, Shropshire SY8 1QS
phone 01584 875308 www.livingfoods.co.uk**

Our new look Comprehensive Teaching Course

(Fees held down since 2007—hope that helps a bit!)

Now includes: full tuition programme, including naturopathic and herbal protocols; Copy of Living Foods for Radiant Health, recipes, practical sessions, enema and implant kit. Individual advice for your transition and beyond. All meals (breakfast to dinner inc). Fantastic Food Prep class and final feast. Optional Manual Lymph Drainage sessions, (very helpful when detoxing). Optional; Professional Naturopathic Assessment and advice. This course is non residential. We can help you choose local accommodation. 6th to 12th March 2010 fee £765

“Taster” Weekends (the first weekend of the full course)

When we have space and you only have a weekend, we invite you to join us for the first 2 days of the Week Course. All the essentials and the practicalities. Class notes, book, recipes, some hands-on kitchen sessions. All meals from Saturday lunch to Sunday lunch incl. Not residential. Next opportunity 6th/7th March 2010 space permitting Fee £285.

NEW The Living Foods House Party NEW

A great introduction to the Programme. All the essentials as in the Taster weekend, plus our new Party Food class and Feast. Plan your transition and personal agenda in a relaxed setting. 28th/29th November. Also 19th/20th February 2010 Fee £285 residential option, please ask.

We advise holiday insurance in case you have to cancel. Sterling cheques payable to E. Bruce, address above, or for bank transfers, details on request.

The UK Centre for Living Foods

**Holmleigh Gravel Hill Ludlow Shropshire SY8 1QS
telephone 01584 875308 www.livingfoods.co.uk**

Booking Form

The courses are for small groups only and are usually booked well in advance, so contact us to check we can offer you your preferred dates.

A deposit of half the fee will ensure your place. Please note the balance is due six weeks before the start date

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**I enclose £765 per person for the Teaching Week commencing.....
This course is non residential**

**I enclose £285 per person for Living Foods House Party weekend.....
Please phone if you would like to stay at the Centre**

**I enclose £285 per person for the "Taster "weekend
This course is non residential**

Sterling cheques or bank drafts are payable to Elaine Bruce or contact us to arrange a direct bank transfer.

Name/s.....Phone.....

Address.....

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Deposits and fees are non returnable. We advise holiday insurance in case of cancellation, especially if you know that you may have to attend for medical tests or treatments. However, if you tell us well before the course, and we have a waiting list, it may be possible to fill your place and transfer your booking to a later date. Please note that re-bookings will incur an admin charge of £50.