

## Application Form for entry to the basic certification in Living Foods

Course starting April 2010. Application required as soon as possible.

**Name:**.....

**Address:**.....

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**Gender:**..... **Age:**.....

**Phone:**..... **Fax:**.....

**Mobile:**..... **Email:**.....

**Your present occupation:**.....

**Your circumstances** (partner/children/etc):.....

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**Any medical or health issues**, past or present, including any current medication, treatment or supplementation. (Please be concise but comprehensive):

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continue overleaf if you need more space for any of the questions

**Why do you wish to join the course? Include an account of your own experience in healthy nutrition, or your personal path to Living Foods to date.**

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**What are your future plans** (immediate, short term, long term)?

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**Please list your personal qualities** in terms of how you perceive your own strengths and weaknesses, and tell us why you will make a good teacher of The Living foods Programme

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**What will be your chosen area** of therapy/therapies?

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If you already have qualifications, please list them in full, with how long you have practiced each one:

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### Terms and Conditions of the Basic Course

Each applicant is required to submit a full accurate response to the questions listed. Each student will first attend Week One partly to experience the full Living Foods Programme and partly to attend classes geared towards their future presentation of the introductory course as outlined. Note that all certification students, at all levels, must fulfil all requirements of the course as here described.

Students are required to present themselves for classes punctually, well prepared and alert. The full week can be demanding, personally and physically. We strongly advise all students to prepare themselves as thoroughly as possible before attending so that they are able to gain full benefit from the lectures and discussions. Although there are some evening activities, the schedule also allows for early nights.

Following the first week's attendance, each student will prepare and submit written class plans for the introductory classes namely:

Care of sprouted seeds

Planting and care of indoor greens, including mineral supplementation with natural fertilisers

Basic protocols for care of the digestive system including food combining, acid/alkaline balance and colon cleansing.

Preparing sprouted raw hummous and seed crisps, including introducing the use of a dehydrator. Preparing rejuvelac and seed sauce.

The importance of water (pollution, re-energising water and rehydration)

Eliciting basic health goals from course participants.

These class preparation notes must be submitted before attending the practical presentation weekend. During this weekend students will present or co-present any or all of the classes listed above, supported by the Director. This is designed for you to demonstrate how you will present your classes in a real setting, and for assessment of your class teaching, including peer feedback, with a view to recognising strengths and strengthening weaknesses.

The inclusive fee for the basic level course is £1850. This includes one week and one weekend non residential attendance, all tuition, providing all materials and aids for the practical presentations, appraising written assignments, assessing practical presentations and final certification. During attendance here all meals from breakfast to supper inclusive are provided, for the full experience of the Living Foods Programme. Accommodation is not provided.

Certificates of competence will be awarded to those students reaching the required standard in 1) knowledge of the subject matter, 2) presentation of a range of classes, and 3) the final written assignment. Certificates of attendance will be awarded to those who do not attain the required standard at the first attempt, but who have otherwise completed the course requirements. The Director's decision in this matter will be final.

### **Schedule and Payment of Fees**

The tuition fee of £1850 includes all classes and teaching materials, all meals during the course, detailed help in preparing and revising your class plans, assessment of class plans, the practical presentation weekend (again all meals provided) and assessment of your written project.. After certification you will be given a full set of approved handouts for your own use, and ongoing listing on the Living foods website..

Fees are payable in full on your acceptance of a place, and at latest by 16<sup>th</sup> March 2010. please note we have held down the cost of the course to you since 2007.

Fees are not returnable, once a place has been accepted.

Your class preparation plans are due on or before 1<sup>st</sup> June 2010 The schedule is designed to keep the momentum going for you,, so please note this gives you five weeks after your week here to submit your class presentation plans. To help you prepare them time will be allocated for detailed discussion of each module during the initial week.

Each class plan should be sent as a separate Word Document, clearly labelled. It should be sent on line in 14 point bold type and double spacing. After revision, the final version should be sent on line, in the same format, and also sent in hard copy, single sided A5, to be used for reference by the director during your presentations, and also for safekeeping in paper form. These must arrive by 1<sup>st</sup> July. It is a tight schedule.

The final written assignment, maximum 2000 words, which will be on a subject related to Health, Nutrition and the Living Foods Programme, proposed by you and approved by the Director, should be submitted no later than three months after your practical weekend, ie by November 1<sup>st</sup> 2010. This should be presented in double spacing, and sent both online as a Word document and also printed out on single sided A5. Please be aware that all written assignments submitted as part of the course requirements remain the property of the Centre.

### **Certification**

Upon certification the student will be authorised to present the basic level of the Living Foods Programme, that is the Introductory Course to Living Foods, in their own therapeutic context. They will be supplied with authorised teaching materials, in the form of handouts, and will also use their own class presentations which will have been approved by the Director. They will be expected to use the book Living Foods for Radiant Health as their basic text and for reference.

All certificated students will be listed on the register of approved Living Foods presenters, and to maintain their listing will attend Practitioner Development days as required. The Director will be available for questions and support.

After certification any student may apply to attend a future (non training) course alongside self-practitioners in order to refresh their presentation skills and will be welcome to do so (at a token fee to cover costs). In this way we hope to nurture and strengthen the ties between certificated students and the Centre in an on-going, dynamic way. Students may be invited by the Director to co-present on these courses.

### **Statement of compliance**

Please read carefully the following statement before signing and returning a copy of the complete document to us. **Please keep a copy for your records.**

I have read, understand and accept the terms and conditions as set out herewith. I have taken particular note of the conditions concerning the use of nicotine and any social drugs, and declare that I do not use any such substances. I understand that transgression of this condition will result in immediate dismissal from the course.

I apply for a place on the basic level of the Certificated Practitioner Course in the Living Foods Programme, and if accepted, undertake to forward the fees by the due dates, and to submit the required written work on schedule as outlined.

Signed.....Please print name.....