

Are you ready to join our very special group of Certificated Practitioners and help other people on their road to health and strength through the Living Foods Programme?

As you know Elaine is a long established and experienced Naturopath, who has taught the Programme to groups and individuals for over thirty years, after learning and working with Dr. Ann Wigmore.

Elaine's unique approach to training at The UK Centre is different from other coaching and teaching models currently available.

In contrast to all the Raw Food coaching, short workshops and DIY courses (you can find lots of them on line), the full Living Foods Programme in the UK is experiential and naturopathically based. (Dr. Ann's perspective was also the naturopathic view of health) It is taught by Elaine herself and infused with her many years experience of one to one consultancy and of teaching intensive short courses. Classes are not delegated.

Definitely *not* a distance learning course, nor do you have to buy a whole lot of teaching materials, and work out what to do with them yourself!

Elaine's model of teaching is not based on a theoretical score of 100%, knocking off points for what you get "wrong".

Instead she gives you all the essential information, and helps you to prepare your classes to your own best standard. You then have the invaluable experience of practising some of your sessions in a warmly supportive setting.

You also have her support and help for as long as you need it after the course.

Her course does not require you to spend weeks on "energy exchange" schemes, or apprentice type courses which expect you to pay while you work for someone else!

What you *do* have to do

First. You work here intensively for five days in a small group, in the classroom and in Elaine's kitchen and you have her personal attention throughout.

You get the unique opportunity to learn "on the spot" in the dedicated Living Foods kitchen and in the classroom, and then have all these facilities at your disposal for your own practice presentations. All teaching materials are included, as are the authentic Living Foods menus throughout your time here.

The second stage is when you work at home on your practical class plans. These will form the basis of your own future workshops and serve as reference for consultations with your own clients. Elaine will help you to get these into even better shape, by working with you on line.

The Third stage is your presentation weekend

a weekend here when you demonstrate your practical competence and knowledge of the subjects by presenting some of the classes to the rest of your group. You are given every help and support both in preparing for this, and in your presentations on the day.

If you care about natural health we'd love to hear from you. www.livingfoods.co.uk