

# Living Light Culinary Institute

Classes in Raw Vegan Cuisine and Nutrition for Individuals, Chefs and Instructors



## SCHOOL PROGRAMS CATALOG

AUGUST 1, 2012 – JULY 31, 2013

*Explore our exciting  
culinary and nutrition  
programs*

### Raw Food Certification Programs

- Associate Chef and Instructor
- Gourmet Chef
- Advanced Culinary Arts Instructor Training
- Nutrition Educator Certifications
- Pastry Arts-Unbaked!

*On the pristine Mendocino Coast*

***Making Healthy  
Living Delicious  
SINCE 1998***

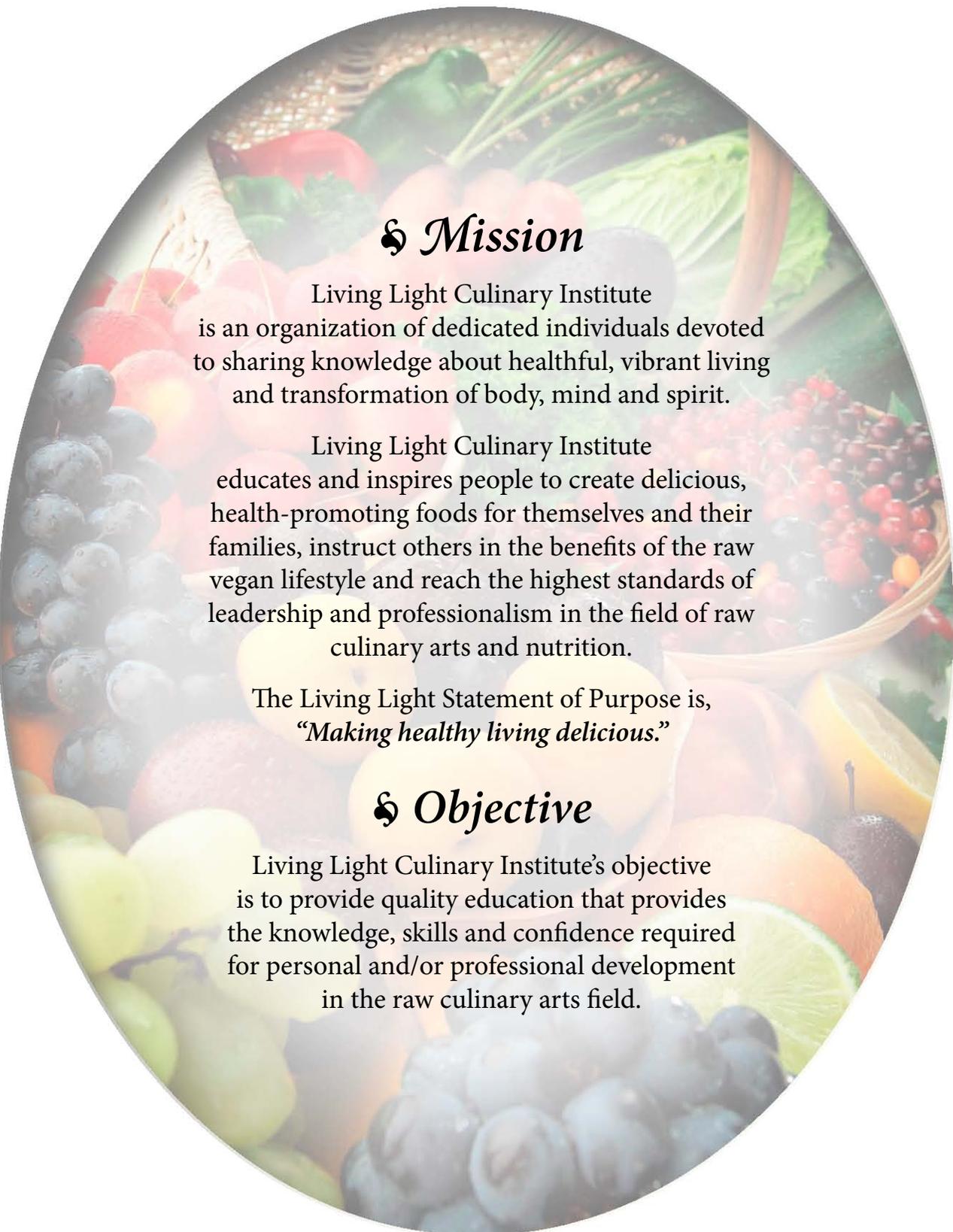
Experience  
Integrity  
Professionalism

**Cherie Soria**

Founder and Director,  
Living Light Culinary Institute



<b>Mission and Objective</b> .....	<b>2</b>
<b>State of California Oversight</b> .....	<b>3</b>
<b>Facility</b> .....	<b>4</b>
<b>Admission Policies &amp; Procedures</b> .....	<b>5</b>
<b>Culinary Certification Programs</b> .....	<b>7</b>
Raw Culinary Arts Associate Chef and Instructor Certification™ .....	7
Advanced Raw Culinary Arts Instructor Training Certification™ .....	8
Pastry Arts—Unbaked™ Certification .....	9
Advanced Pastry Arts—Unbaked™ Certification .....	10
Gourmet Raw Food Chef Certification™ .....	11
Raw Culinary Arts Professional Chef Certification™ .....	12
<b>Science of Raw Food Nutrition Certification Programs</b> .....	<b>7</b>
Benefits of Raw Food Nutrition Educator Certification™ .....	14
Advanced Raw Food Nutrition Educator Certification™ .....	15
<b>Culinary Courses</b> .....	<b>16</b>
FUNdamentals of Raw Living Foods™ .....	16
Sharpen Up Your Knife Skills™ .....	16
Essentials of Raw Culinary Arts™ .....	16
Raw Culinary Arts Associate Chef and Instructor Training™ .....	17
Advanced Raw Culinary Arts Instructor Training™ .....	18
Ethnic Flavors in Recipe Development™ .....	18
RawFusion Gourmet Spa Cuisine™ .....	18
Raw Event Catering and Elegant Entertaining™ .....	18
Pastry Arts—Unbaked!™ .....	19
Pastry Arts—Unbaked!™ II .....	19
Food Styling.....	20
Raw Culinary Arts Associate Chef and Instructor Training™ Level II .....	20
Raw Culinary Arts Professional Chef™ Training Program.....	21
<b>Recommended Elective</b> .....	<b>23</b>
Food Styling (Gourmet requirement).....	23
<b>Science of Raw Food Nutrition Courses</b> .....	<b>24</b>
Science of Raw Food Nutrition™ I .....	24
Science of Raw Food Nutrition™ II .....	24
Benefits of Raw Food Nutrition Educator Certification™.....	24
Science of Raw Food Nutrition™ III .....	24
Advanced Raw Food Nutrition Educator Certification™ .....	25
<b>Academic Policies</b> .....	<b>26</b>
<b>Student Services</b> .....	<b>29</b>
<b>Grievance/Changes/Student Records</b> .....	<b>31</b>
<b>Cancellation, Withdrawal and Refund Policy</b> .....	<b>32</b>
<b>Tuition and Fees</b> .....	<b>34</b>
<b>Books &amp; Supplies</b> .....	<b>36</b>
<b>Student Tuition Recovery Fund (STRF)</b> .....	<b>38</b>
<b>Consumer Protection</b> .....	<b>39</b>
<b>Faculty, Management and Staff</b> .....	<b>40</b>
<b>2013 Course Schedule</b> .....	<b>Inside Back Cover</b>



## § *Mission*

Living Light Culinary Institute is an organization of dedicated individuals devoted to sharing knowledge about healthful, vibrant living and transformation of body, mind and spirit.

Living Light Culinary Institute educates and inspires people to create delicious, health-promoting foods for themselves and their families, instruct others in the benefits of the raw vegan lifestyle and reach the highest standards of leadership and professionalism in the field of raw culinary arts and nutrition.

The Living Light Statement of Purpose is,  
*“Making healthy living delicious.”*

## § *Objective*

Living Light Culinary Institute’s objective is to provide quality education that provides the knowledge, skills and confidence required for personal and/or professional development in the raw culinary arts field.

**L**iving Light Culinary Institute's approval to operate in the State of California is based on provisions of the California Private Postsecondary Education Act (CPPEA) of 2009, which was effective January 1, 2010. The Act is administered by the Bureau for Private Postsecondary Education (BPPE), under the Department of Consumer Affairs. Living Light Culinary Institute is a private institution and is approved to operate by the Bureau, which means a school is in compliance with the California Private Postsecondary Education Act of 2009.

The Bureau for Private Postsecondary Education can be reached at 2535 Capitol Oaks Drive, Suite 400, Sacramento, CA 95833, [www.bppe.ca.gov](http://www.bppe.ca.gov), or their toll-free telephone number 888.370.7589 or by fax 916.263.1897.

As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the school may be directed to:

Bureau for Private Postsecondary Education  
P.O. Box 980818  
West Sacramento, CA 95798-0818  
Phone: 888.370.7589  
Fax: 916.263.1897  
[www.bppe.ca.gov](http://www.bppe.ca.gov)

**L**iving Light Culinary Institute's campus is approximately 8,000 square feet. The facility consists of a commercial kitchen, culinary studio, lecture hall/student dining room, classroom and administrative offices. All courses are taught at 301-B North Main Street, Fort Bragg, CA 95437.

Equipment utilized in the training programs include: timers, measuring spoons, metric cups, teaspoons, tablespoons, brushes, sprout/nut milk bags, vegetable peelers, piping bags, tomato sharks, garlic presses, whisks, bamboo sushi rollers, microplanes, mandolines, spiral slicers, plastic strainers, high speed blenders, plungers for blenders, small vessels, Cuisinart food processors, S-blades, shredder blades, V-slicers, citrus juicers, measuring cups, squeeze bottles, graters, spatulas, mixing spoons, board scrapers, rolling dowels, ceramic slicers, knife sharpeners, scissors, metal strainers, rulers, cutting boards, glass pans, mixing bowls, pans, jars and dehydrators.

**A**dmissions into any of the school programs require all prospective students must be a minimum age of 18 and have a high school diploma or General Education Diploma (GED). Students must provide Living Light a copy of their high school diploma or GED certificate, or transcripts from two academic classes from a post-secondary institution showing evidence of a High School Diploma or General Education Certificate.

Admission procedures include meeting with an Enrollment Advisor to review career goals, programs offered, school policies and procedures (school catalog), the school performance fact sheet, graduation requirements and English language proficiency.

If a prospective student meets the admission requirements and is accepted into a program an enrollment agreement will be executed.

## ENGLISH LANGUAGE REQUIREMENT

Living Light Culinary Institute (LLCI) does not offer visa services to prospective students from other countries or English language services. Living Light Culinary Institute does not offer instruction in any language other than English.

Students who originate from a country where the primary spoken language is not English will be required to show a level of English language proficiency by passing the TOEFL Exam or by submitting transcripts documenting at least two terms of English in post-secondary, adult, college or university schools. Since courses are taught in English, this test or proof of previous English education is required to ensure that the student has sufficient English language skills to benefit from the instruction offered at LLCI.

In the event that the TOEFL exam was taken in the student's country of origin or online, it is the student's responsibility to have the scores forwarded to LLCI.

## **TRANSFER OF CREDIT**

Living Light Culinary Institute does not accept hours or credit earned at other institutions, through challenge examinations or achievement tests, or experiential learning.

Living Light Culinary Institute has not entered into a transfer or articulation agreement with any other college or university.

Certification programs can be taken consecutively or individually within a twenty-four month period.

## **NOTICE CONCERNING TRANSFERABILITY OF CREDITS AND CREDENTIALS EARNED AT OUR INSTITUTION**

The transferability of credits you earn at Living Light Culinary Institute is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate you earn in Raw Culinary Arts Associate Chef and Instructor Certification™, Pastry Arts-Unbaked!™ Certification, Advanced Pastry Arts-Unbaked!™ Certification, Advanced Raw Culinary Arts Instructor Training Certification™, Gourmet Raw Food Chef Certification™, Raw Culinary Arts Professional Chef Certification™, Benefits of Raw Food Nutrition Educator Certification™ or Advanced Raw Food Nutrition Educator Certification™ is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at that institution. For this reason you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending Living Light Culinary Institute to determine if your certificate will transfer.



## Culinary Certification Programs

### Raw Culinary Arts Associate Chef and Instructor Certification™

**Program Length:** 145 hours (19 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor or Apprentice Chef

The highly-regarded **Raw Culinary Arts Associate Chef and Instructor Certification™** is designed for all levels of expertise, from novice to professional. This program consists of five classes beginning with a one-day intensive that includes demonstrations of a variety of techniques and the use of equipment necessary in a raw food kitchen. There are seventeen culinary presentations from sprouting and fermenting to preparing recipes from appetizers to desserts. Following this is a full day of hands-on, practical knife skills designed to provide confidence and expertise in raw food preparation. Next, students spend 5 action-packed days of hands-on experience using a variety of culinary skills including recipe development and flavor balancing. Then, students complete a two-day course in raw food nutrition to develop the foundation for the final 2 weeks of the **Raw Culinary Arts Associate Chef and Instructor™ Certification** focused on all-around chef skills and culinary techniques, recipe production and development, and finally, learning how to teach raw culinary arts to others. This course is a prerequisite for **Pastry Arts—Unbaked!™** and **Gourmet Raw Culinary Arts Certification™** training.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

COURSE	Hours
FUNDamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
<b>TOTAL</b>	<b>145</b>

## **Advanced Raw Culinary Arts Instructor Training Certification™**

**Program Length:** 177.5 hours (24 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor, Raw Food Coach, or Private Culinary Consultant

This advanced instructor training series is specifically designed to prepare students to be able to share their expertise with people who are eager to improve their health and embrace a raw food approach to food preparation and eating. This series has several sections, including: public speaking, business management, marketing skills, social networking, time management, organizational skills, website development and tips for providing personal coaching.

<b>COURSE</b>	<b>Hours</b>
<b><i>Prerequisite Courses:</i></b>	
FUNdamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
<b><i>Required Course:</i></b>	
Advanced Raw Culinary Arts Instructor Training™	32.5
<b>Total</b>	<b>177.5</b>

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

## Pastry Arts-Unbaked™ Certification

**Program Length:** 172 hours (28 days)

**Award:** Certificate

**Potential Occupations:** Raw Pastry Chef, Raw Food Instructor, Raw Food Coach

This enhanced culinary program focuses on raw vegan dessert production through a combination of theory, demonstration and practical hands-on training. Students learn the principles involved in the use of binders, thickeners, emulsifiers and gelling agents; how to choose the right sweeteners and fats for a variety of classic pastry recipes and discover the secrets of making exquisite raw desserts that taste even better than famous cooked desserts! Students create a variety of professional looking and sublime tasting gourmet raw desserts to tantalize the palate without compromising health!

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

COURSE	Hours
<b><i>Prerequisite Courses:</i></b>	
FUNdamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
<b><i>Required Course:</i></b>	
Pastry Arts—Unbaked!™	27
<b>Total</b>	<b>172</b>

## Advanced Pastry Arts-Unbaked Certification

**Program Length:** 199 hours (32 days)

**Award:** Certificate

**Potential Occupations:** Raw Pastry Chef, Raw Food Instructor, Apprentice Raw Food Chef

This advanced culinary program focuses on gourmet raw vegan dessert preparation and pastry arts recipe development through intensive, practical and comprehensive training. Students are taught the principles involved in the use of binders, thickeners, emulsifiers and gelling agents and how to choose the right sweeteners and fats for any given dessert. Creating recipes in hands-on sessions provides confidence in preparing a variety of classic pastry recipes, providing skills needed for students to create their own fabulous raw vegan desserts in class.

Living Light pastry chef instructors provide supportive and expert guidance in helping students develop their own recipes and translate favorite cooked desserts into raw vegan desserts.

COURSE	Hours
<b><i>Prerequisite Courses:</i></b>	
FUNdamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
Pastry Arts—Unbaked!™	27
<b><i>Required Courses:</i></b>	
Pastry Arts—Unbaked!™ Level II	27
<b>Total</b>	<b>199</b>

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

## Gourmet Raw Food Chef Certification™

**Program Length:** 253 hours (34 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor, Apprentice Chef or Sous Chef, Raw Food Recipe Developer, Raw Food Book Recipe Writer, Private Raw Food Chef, Private Culinary Consultant, or Start a Raw Food Business

This all-inclusive series of courses takes students to the next level of confidence and expertise: exploring world cuisines, developing recipes, transforming traditional cooked dishes into health-promoting gourmet raw cuisine, organizing large events, and learning about the science of raw food nutrition. Go home empowered and confident in the ability to produce incredible new dishes without the need for recipes. Learn to write recipes suitable for publishing. Once the **Associate Chef and Instructor Certification™ Series** is completed, the following subsequent courses may be taken within two years.

COURSE	Hours
<b><i>Prerequisite Courses:</i></b>	
FUNdamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
Food Styling	8
<b><i>Required Courses:</i></b>	
Ethnic Flavors in Recipe Development™	36
RawFusion Gourmet Spa Cuisine™	36
Raw Event Catering and Elegant Entertaining™	36
<b>Total</b>	<b>261</b>

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

## **Raw Culinary Arts Professional Chef Certification™**

**Program Length:** 2,520.5 hours (323 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Instructor, Executive Chef, Raw Food Recipe Developer, Raw Recipe Book Writer, Private Raw Food Chef, Private Culinary Consultant, Raw Food Business Owner, Raw Food Kitchen Management, Food Designer, or Pastry Chef

The **Raw Culinary Arts Professional Chef Certification™** is awarded to individuals who demonstrate creativity, expertise and experience in every aspect of raw culinary arts, including kitchen management, food design, recipe and menu development, large event catering, pastry arts, and raw nutritional science.

This comprehensive training program is designed for and available to graduates of the Gourmet Raw Food Chef program and Pastry Arts—Unbaked!™ Separate application is required.

Once admitted to the program, students are also required to complete all remaining certifications available through Living Light Culinary Institute. Students may schedule a leave of absence\* from the program to complete additional courses with the Culinary Programs Manager's approval.

The one-year training program is comprised of four quarters\*\*:

- 1. Kitchen Introduction and Integration**
- 2. Sous Chef**
- 3. Pastry Chef**
- 4. Kitchen Management.**

Upon completion of the four quarters, a comprehensive written and practical examination will follow.

Each quarter has prerequisite course completion requirements with some courses which can be taken upon completing the four quarters but must be completed prior to taking the final examinations (see details on pages 20–21). Space in this program is limited.

\*Leave of Absence: Please note taking a leave to complete courses will extend the time necessary to complete the professional chef certification.

\*\*Quarters do not necessarily correspond to calendar quarters.

## Raw Culinary Arts Professional Chef Certification™

COURSE	Hours
<b><i>Prerequisite Courses/Certifications:</i></b>	
FUNdamentals of Raw Living Foods™	8
Sharpen Up Your Knife Skills™	8
Essentials of Raw Culinary Arts™	37
Science of Raw Food Nutrition™ I	12
Raw Culinary Arts Associate Chef and Instructor Training™	80
Advanced Raw Culinary Arts Instructor Training™	32.5
Ethnic Flavors in Recipe Development™	36
RawFusion Gourmet Spa Cuisine™	36
Raw Event Catering and Elegant Entertaining™	36
Pastry Arts-Unbaked!™	27
Food Styling	8
<b><i>Prerequisite of Quarter 3</i></b>	
Pastry Arts-Unbaked!™ Level II	27
<b><i>Required Courses:</i></b>	
Advanced Raw Food Nutrition Educator Certification™	103
Raw Culinary Arts Associate Chef and Educator Training™ Level II	82
Internship	2,000
<b>Total</b>	<b>2,532.5</b>

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.



# Science of Raw Food Nutrition Certification Programs

## Benefits of Raw Food Nutrition Educator Certification™

**Program Length:** 61 hours (9 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Health Presenter, or Benefits of Raw Food Nutrition Educator

The **Benefits of Raw Food Nutrition Educator Certification course** prepares students to present fundamental raw food nutrition information with authority, accuracy and confidence. All participants will receive a CD containing two turn-key power-point presentations—a 20-minute introductory presentation and a comprehensive two-hour presentation. Students will receive personalized instruction in presenting the benefits of raw food nutrition with confidence and authority, and will also learn techniques on searching for and objectively evaluating raw food and plant-based nutrition information to allow them to continue learning long after this course is over.

The **Benefits of Raw Food Nutrition Educator Certification Program** consists of three courses: Science of Raw Food Nutrition (SRFN) levels I and II, and the Benefits of Raw Food Nutrition Educator Certification Course. In the Science of Raw Food Nutrition courses, students will be provided with a solid foundation in the science and nutritional aspects of raw food and plant-based diets. SRFN II builds on the knowledgebase learned in SRFN I and introduces many new topics that are essential to understanding the big picture of raw and living food nutrition.

COURSE	Hours
Science of Raw Food Nutrition™ I	12
Science of Raw Food Nutrition™ II	35
Benefits of Raw Food Nutrition Educator Certification™	14
<b>TOTAL</b>	<b>61</b>

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

### **Advanced Raw Food Nutrition Educator Certification™**

**Program Length:** 103 hours (16 days)

**Award:** Certificate

**Potential Occupations:** Raw Food Health Presenter, or Benefits of Raw Food Nutrition Educator

The **Advanced Raw Food Nutrition Educator Certification course** prepares students to present and answer commonly asked questions pertaining to raw food nutrition with finesse and confidence. All participants will receive a CD containing one turn-key Powerpoint presentation containing 25 commonly-asked questions and answers. They will also receive an additional 125+ raw food nutrition questions and answers for a total of 150+ questions and scientifically sound answers. Students will receive personalized instruction in answering these questions, individualized feedback, and techniques for effectively managing audience members.

The **Advanced Raw Food Nutrition Educator Certification Program** consists of two courses: Science of Raw Food Nutrition (SRFN) level III and the Advanced Raw Food Nutrition Educator Certification Course. Prerequisites for these courses are SRFN levels I and II and the Benefits of Raw Food Nutrition Educator Certification Course. SRFN III builds on information learned in SRFN I and II and introduces new topics to further deepen the student’s understanding of raw plant-based nutrition.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for complete certification program cost.  
 .....  
 Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

<b>COURSE</b>	<b>Hours</b>
<b><i>Prerequisite Courses:</i></b>	
Science of Raw Food Nutrition™ I	12
Science of Raw Food Nutrition™ II	35
Benefits of Raw Food Nutrition Educator Certification™	14
<b><i>Required Courses:</i></b>	
Science of Raw Food Nutrition™ III	28
Advanced Raw Food Nutrition Educator Certification™	14
<b>Total</b>	<b>103</b>



## Culinary Courses

### **FUNdamentals of Raw Living Foods™**

In this entry-level demonstration-only class, discover the magic of creating fabulous organic raw vegan cuisine for optimum health and rejuvenation! Seventeen superb culinary presentations will show you everything you need to know to create a wide variety of delicious, easy-to-prepare raw recipes. Sample freshly made raw taste sensations including appetizers, fruit smoothies, soups, sauces, salads and salad dressings, simple entrees, patês, wraps and rolls, nut milks, nondairy cheeses, crunchy crackers, dehydrated goodies, and amazing desserts. Learn sprouting techniques and how to use the equipment and supplies for a raw kitchen. Even a professional chef will encounter a whole new world of food-preparation skills that are specific to raw cuisine. **FUNdamentals of Raw Living Foods™** is the first step toward a new culinary awakening!

**Hours:** 8

**Prerequisite:** none required.

### **Sharpen Up Your Knife Skills!™**

Good knife skills are the foundation of culinary art. Textures created by skilled cuts influence not only the appearance of food but also the flavor and mouthfeel. This one-day course takes a progressive approach to the development of knife skills through a combination of demonstration and hands-on practice. This class will help you gain much more confidence in your knife skills and become more efficient in meal preparation, even as a recreational chef. Premium MAC Santoku style knives are provided for use during the course. This class is required for **Associate Chef Instructor Training Certification, Gourmet Chef Certification** and **Professional Chef Certification**, but is open to the public with no prerequisites required.

**Hours:** 8

**Prerequisite:** none required.

### **Essentials of Raw Culinary Arts™**

**Essentials** offers the unique opportunity to work hands-on with some of the world's most outstanding raw food chefs and teachers. The course provides you with ample personal attention and assistance with individual goals. Become confident with knife skills and familiar with kitchen equipment and time-saving gadgets of all kinds. This five-day hands-on course

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

expands on **FUNDamentals of Raw Living Foods™** and **Sharpen Up Your Knife Skills™** and provides the foundation necessary to attend our **Raw Culinary Arts Associate Chef and Instructor Training™**. Learn how to develop recipes; combine herbs and spices to create both classic and ethnic flavors without using recipes; balance textures and flavors within individual recipes or across entire menus; sprout grains, seeds, and legumes; make luscious meals; combine foods for optimum digestion and nutrition; create raw versions of cooked food recipes; organize and manage a raw food kitchen, and much more!

**Hours: 37**

**Prerequisite:** **FUNDamentals of Raw Living Foods™**, **Sharpen Up Your Knife Skills™**.

### **Raw Culinary Arts Associate Chef and Instructor Training™**

In this ten-day hands-on training in all aspects of gourmet raw vegan cuisine, students learn to prepare delicious, nourishing recipes without giving up the flavor, texture, appearance, or satisfaction of the cooked dishes they love. A variety of popular comfort foods are prepared, including fresh garden pizza, burgers, lasagna, pasta, enchiladas, wraps, quiche, breads, pies, cakes, candy, and other gourmet delights. Students also delve deeper into recipe development and recipe writing, flavor dynamics and gastronomy. The teacher training portion of the program includes organizing and presenting successful raw food demonstrations and learning how to give a professional culinary presentation. Graduates of the **Associate Chef and Instructor Certification™ program** are given the opportunity to purchase **Instructor Empowerment Kits™** which provide comprehensive information for teaching specific classes and demos immediately following their return home.

**Hours: 80**

**Prerequisite:** **FUNDamentals of Raw Living Foods™**, **Sharpen Up Your Knife Skills™** and **Essentials of Raw Culinary Arts™**.

## **Advanced Raw Culinary Arts Instructor Training™**

This advanced course is specifically designed to prepare students to be able to share their expertise with people who are eager to improve their health and embrace a raw food approach to food preparation and eating. This course has several sections, including: public speaking, business management, marketing skills, social networking, time management, organizational skills, website development and tips for providing personal coaching.

**Hours:** 32.5

**Prerequisite:** Raw Culinary Arts Associate Chef and Instructor Certification™.

## **Ethnic Flavors in Recipe Development™**

An empowering five-day advanced training course designed for our Associate Chef and Instructor graduates. Receive personal guidance from outstanding chefs and instructors while traveling the world of Ethnic Flavors to India, Southeast Asia, the Mediterranean, and other exotic locales. Explore the tastes and textures of each region to prepare its cultural cuisine. Learn to write recipes suitable for publication and to create incredible new dishes without the need for recipes.

**Hours:** 36

**Prerequisite:** Raw Culinary Arts Associate Chef and Instructor Certification™.

## **RawFusion Gourmet Spa Cuisine™**

In this course, experience the light and luscious fare served at healthy lifestyle retreats in exotic locations. **RawFusion Gourmet Spa Cuisine™** is designed to support an active lifestyle. Starting with very simple ingredients, learn how to combine textures and flavors to produce a wide array of exotic dishes and gourmet feasts!

**Hours:** 36

**Prerequisite:** Ethnic Flavors in Recipe Development™ and Raw Culinary Arts Associate Chef and Instructor Certification™.

## **Raw Event Catering and Elegant Entertaining™**

Cater raw food events from intimate appetizer parties for 10 to elegant weddings for 100 or more. Learn about menu planning, organizing, budgeting, pricing, negotiating contracts, and managing your

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

catering team. Discover secrets of plating and presentation used to create beautiful everyday meals or elegant dinner parties. Learn to create stunning buffets and beautifully presented meals. Gain hands-on experience catering an organic gourmet raw vegan lunch for the local community.

**Hours: 36**

**Prerequisite:** Raw Culinary Arts Associate Chef and Instructor Certification™.

### **Pastry Arts-Unbaked!™**

Explore the fabulous world of gourmet raw desserts and advanced pastry artistry. Discover secrets of making exquisite raw desserts often better tasting than cooked desserts! In this hands-on course, learn techniques for using various sweeteners, thickeners, binders, gelling agents, and emulsifiers to create extraordinary gourmet sweet confections. You'll dazzle your friends with a variety of professional looking and sublime tasting gourmet raw desserts to tantalize the palate without compromising your health!

**Hours: 27**

**Prerequisite:** Raw Culinary Arts Associate Chef and Instructor Certification™.

### **Pastry Arts-Unbaked!™ Level II**

A perfect follow-up to Pastry Arts-Unbaked!™ This class provides the opportunity to utilize all the skills previously acquired in a recipe development format. Once you understand the principles involved in the use of binders, thickeners, emulsifiers, and gelling agents, and know how to choose the right sweeteners and fats for any given dessert recipe, you are ready to create your own fabulous desserts! Receive supportive, expert guidance in helping develop recipes and translate favorite cooked desserts into raw vegan desserts.

**Hours: 27**

**Prerequisite:** Pastry Arts-Unbaked!™, Raw Culinary Arts Associate Chef and Instructor Certification™.

## Raw Culinary Arts Associate Chef and Instructor Training™ Level II

This 2-week course is designed to provide increased confidence in all aspects of raw vegan food preparation and teaching culinary classes, plus hands-on commercial kitchen experience, food service management, and leadership training. Student will divide their time between the classroom; watching lectures and participating in hands-on food production, and the Living Light food service kitchen—preparing meals, working with professional staff and developing improved organization and presentation skills. The emphasis is on practical hands-on experience designed to assist student in meeting their career goals. This course is a prerequisite for **Raw Culinary Arts Professional Chef Certification™ Training**.

**Hours:** 82

**Prerequisite:** Raw Culinary Arts Associate Chef and Instructor Certification™.

## Raw Culinary Arts Professional Chef™ Training Program

The **Raw Culinary Arts Professional Chef™ Training Program** is designed for those graduates seeking more in-depth training in raw food preparation or for those graduates pursuing the **Raw Culinary Arts Professional Chef Certification™**. The written application and oral interview for the training program may be scheduled upon completion of both the **Gourmet Raw Food Chef Certification™** and **Pastry Arts—Unbaked!™ Certification**.

The training program is designed to focus on teaching raw culinary arts or mastering professional gourmet raw cuisine preparation. It is comprised of four specialized modules conducted at the Living Light Culinary Institute in Fort Bragg, California.

In addition to assisting culinary instructors, demo coordinators, chefs and other kitchen staff, the Raw Culinary Arts Professional Chef™ trainee will have an opportunity to repeat courses or parts of courses necessary for required improvement and advanced practice at no additional cost.

**Quarter 1: *Kitchen Introduction and Integration*** – focus on areas from kitchen organization and mise en place to assisting instructors in demonstrations for courses such as **FUNDamentals of Raw Living Foods™**. This is the first quarter of the one year Raw Culinary Arts Professional Chef™ Training Program.

**Hours:** 500

**Prerequisite:** Gourmet Raw Food Chef Certification™ and Pastry Arts—Unbaked!™ Certification.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

**Quarter 2: *Sous Chef*** – assist the culinary programs manager and the café manager to support both the school and café food production. Work closely with incoming trainees and students. This is the second quarter in the one-year Raw Culinary Arts Professional Chef™ Training Program.

**Hours: 500**

**Prerequisite:** Quarter One of the Raw Culinary Arts Professional Chef™ training program.

**Quarter 3: *Pastry Chef*** – master raw pastry production and raw pastry culinary instruction. Learn to support the café by creating treats for the public, and the school by assisting instructors while other students learn. This is the third quarter of the one-year Raw Culinary Arts Professional Chef™ Training Program.

**Hours: 500**

**Prerequisite:** Pastry Arts—Unbaked!™ II, Quarter One and Quarter Two of the Raw Culinary Arts Professional Chef™ training program.

**Quarter 4: *Kitchen Management*** – work closely with the directors, culinary programs manager, and café manager to oversee the daily organization and management of the kitchen. Under the direction of the Culinary Programs Manager, learn supervisory skills by coordinating both food preparation and kitchen staff. This is the final quarter in the one-year Raw Culinary Arts Professional Chef™ Training Program.

**Hours: 500**

**Prerequisite:** Quarter Three of the Raw Culinary Arts Professional Chef™ training program.

The 2,000-hour **Raw Culinary Arts Professional Chef™ Training Program** is designed to be completed over the course of 12 to 18 months. Space is limited in the Raw Culinary Arts Professional Chef™ Training Program and candidates assessment include their application, interview and instructor evaluations during their **Gourmet Raw Food Chef Certification™**.

Assessment meetings between the trainee and the advisor will determine what level of classroom participation is appropriate. During these meetings, the professional chef trainee and the advisor will review and evaluate the trainee's status and design the program to meet the trainee's individual needs. In addition to theory and hands-on class work, home study (including recipe development and testing, menu planning, writing book reviews, etc.) is required.

Each quarter has prerequisite course completion requirements as listed with certain courses which can be taken upon completing the four quarters but must be completed prior to taking final examinations.

The one-year training program is comprised of four quarters\*\*:

1. *Kitchen Introduction and Integration*
2. *Sous Chef*
3. *Pastry Chef*
4. *Kitchen Management.*

This will ensure that the professional chef applicant is prepared for each quarter which builds upon the next.

Students are also required to complete all remaining certifications available through Living Light Culinary Institute. Students may schedule a leave of absence\* from the program to complete additional courses with the Culinary Programs Manager’s approval.

Candidate can start in any month, however, certain courses may only be offered certain times of the year therefore candidate must pay particular attention to completion of pre-requisites.

A passing grade for all assignments, including the final written exam and culinary practical exam, is a requirement to earn the Raw Culinary Arts Professional Chef Certification™.

**Hours: 2,000**

**Prerequisites:** Gourmet Raw Food Chef Certification™ and Pastry Arts—Unbaked!™ I

\*Leave of Absence: Please note taking a leave to complete courses will extend the time necessary to complete the professional chef certification.

\*\*Quarters do not necessarily correspond to calendar quarters.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

---

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

## Food Styling

---

Capture the beauty of culinary creations in photographs—learn how to plate and style recipes with panache! Learn the basics of food styling using color, texture and contrast in this one-day hands-on workshop. Learn to create dazzling dishes especially for photography. Entice viewers with stunning food photos or showcase culinary talents in a recipe book, website, blogs and brochures. In class, students explore saucing, building height and movement, the positive use of negative space, and how to prepare food for photography. Learn elements of design, including how to choose appropriate tableware and props. Learn how the perspective of the camera influences what the viewer sees in photographs.

**Hours:** 8

**Prerequisite:** none required.

**Note:** Food Styling is a required course for the Gourmet Raw Food Chef Certification™ beginning in 2013



## Science of Raw Food Nutrition Courses

### Science of Raw Food Nutrition™ I

This course covers essential topics in raw food nutrition including iron, calcium, and protein, vitamin B12, essential fatty acids, blood sugar, pH balance, food changes from cooking, anti-inflammatory nutrition, weight management, anti-aging, and longevity.

Living Light has teamed up with nutrition curriculum developers Drs. Rick and Karin Dina, D.C. to offer a comprehensive course on the science of raw food nutrition. Rick and Karin Dina are known for their ability to make complex scientific concepts understandable for the non-scientific person. They also provide greater clarity, depth, and perspective for those with a science or nutrition background. This is a great course for chefs, health educators, clinicians, and those who want a knowledge base to achieve optimal health with a greater understanding of scientifically-based raw food nutrition.

**Hours:** 12

**Prerequisite:** none required. This course is the prerequisite for all other Science of Raw Food Nutrition courses.

### Science of Raw Food Nutrition™ II

This course builds upon curriculum in SRFN I, introducing topics critical to an in-depth understanding of raw food nutrition including essential information on a variety of raw plant based dietary approaches, enzymes, food combining, superfoods, cooked food toxins and major studies in plant-based nutrition. Course covers how to read food labels, the grain controversy, effects of heating on food, raw plant sources of important nutrients and organic versus non-organic.

**Hours:** 35

**Prerequisite:** Science of Raw Food Nutrition™ I.

### Benefits of Raw Food Nutrition Educator Certification™

This course teaches students to present fundamental raw food nutrition information with authority, accuracy, and confidence. Topics include: in-class practice presentations with individual feedback, plus how to search

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

Refer to the **Living Light Culinary Institute Tuition and Fees** tables on pages 34-35 for individual course cost.

Refer to the **List of Student Books & Supplies** on page 36 for required items cost.

for science-based health information, comparison of various popular diets, creating a professional image and establishing credibility. This course is for health educators, raw food chefs, and people interested in presenting the science to others. It will also enable the student to integrate information presented in Science of Raw Food Nutrition™ I and II.

**Hours: 14**

**Prerequisites:** Science of Raw food Nutrition™ I and Science of Raw food Nutrition™ II.

### **Science of Raw Food Nutrition™ III**

Gain a stronger grasp of how the body works and the role food plays in this process by completing SRFN III. Like SRFN I and II, this class is based in peer-reviewed science and presented in a format solid enough for those with a science background, yet accessible enough for the rest of us. Topics include: content of various plant foods and diets, overview of energy, raw food research, fatty acid content of various raw plant foods and diets, the importance of dietary fiber, superfoods, sweeteners, and the latest information on raw food nutrition.

**Hours: 28**

**Prerequisites:** Science of Raw food Nutrition™ I and Science of Raw food Nutrition™ II.

### **Advanced Raw Food Nutrition Educator Certification™**

This course is designed to provide several helpful tools in fielding the often challenging questions asked by audience members. The course provides in-class practice, individual feedback, a binder containing 160+ popular questions with answers, and a bonus CD containing a PowerPoint presentation. It integrates and refines information learned in SRFN I, II, III and the Benefits of Raw Food Nutrition Educator Certification™ courses. Completing this course will enable the student to deliver concise, scientifically sound answers to many of the common questions about raw food nutrition with confidence.

**Hours: 14**

**Prerequisite:** Benefits of Raw Food Nutrition Educator Certification™ and Science of Raw Food Nutrition™ III.



# Academic Policies

## CLOCK HOURS

Clock hours reflect the total number of hours spent in the classroom. One clock hour is equal to 50 minutes of instruction in a 60 minute period.

## SATISFACTORY PROGRESS

Student progress is evaluated at the end of each course. Progress is based on obtaining a “Pass” in each course. Failure to achieve a “Pass” in a course will result in a meeting with the instructor where an action plan will be developed with the student. Students who do not receive a passing grade in a course will be required to complete make-up work or repeat the course.

## MAKE-UP WORK

Students who do not receive a passing grade in a course will be required to complete make-up work or repeat the course. Work is assigned to support the student in successfully completing the program. A plan is developed that may include sessions with an instructor and/or assignments. Students who do not complete the plan by the required date will be withdrawn from the program.

## GRADING POLICY

<b>Grade</b>	<b>Definition</b>
<b>A:</b> Audit	A grade demarking a course in which the student has paid to attend the class, but chooses not to receive a P/F grade; no credit is given.
<b>P:</b> Pass	A grade indicating that the student has satisfied all minimum course requirements.
<b>F:</b> Fail	A grade indicating that the student has not satisfied all minimum course requirements.
<b>I:</b> Incomplete	A grade for incomplete work; if work is completed by the agreed deadline, an “I” may be converted to a “P” (Pass).
<b>W:</b> Withdrawn	A grade demarking a course from which a student has voluntarily or involuntarily been withdrawn.
<b>WV:</b> Waive	A grade demarking a course from which a student is given credit for a LLI course without attendance based on the acceptance of similar education from either experience or another culinary school transcript.

## **ATTENDANCE**

Attendance and punctuality are requirements for successful completion and certification of Living Light Culinary Institute courses and programs. Students must attend all lectures, demonstrations, hands-on or otherwise scheduled course sessions. If a non-preventable absence arises, students must make arrangements with the Executive Director or Senior Faculty to make-up missed work and/or assignments. A signed contract between the student and the school will reflect the assigned make-up work and will be placed in the student's administrative file upon completion of that work.

## **PROBATION & ACADEMIC DISMISSAL**

Students who do not receive a passing grade in a course will be required to repeat the course and will be placed on probation for one course.

A student who fails probation is subject to withdrawal or secondary probation (one additional course). A student who fails secondary probation will be withdrawn.

Repeating a class will extend the scheduled graduation date.

## **LEAVE OF ABSENCE POLICY**

Living Light Culinary Institute does not regularly grant leaves of absence. However, a student may petition for a leave of absence with special circumstances. Petitions are available in the Administrative office.

## **WITHDRAWAL**

A student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution, in writing, of the student's withdrawal or of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences in excess of maximum set forth by the institution; and/or failure to meet financial obligations to the school.

## **STUDENT CONDUCT & CONDUCT DISMISSAL**

Students are to treat all members of the staff and other students with respect and dignity. A student who willfully destroys school property, attends school under the influence of illegal drugs and/or alcohol, is disruptive, insubordinate, caught cheating, is boisterous, obscene, vulgar, or disrespectful may be withdrawn.

## **GRADUATION / CERTIFICATION**

A student will be eligible for graduation upon meeting the following conditions:

1. Completed all required hours / make-up work;
2. received a “Pass” in all courses;
3. cleared all financial obligations; and
4. adhering to the list below:

### **Advanced Pastry Arts-Unbaked!™ Certification**

Attendance and Participation\*

### **Advanced Raw Culinary Arts Instructor Training Certification™**

Attendance and Participation\* and Presentation

### **Advanced Raw Food Nutrition Educator Certification™**

Attendance and Participation\* and Presentation

### **Benefits of Raw Food Nutrition Educator Certification™**

Attendance and Participation\* and Presentation

### **Gourmet Raw Food Chef Certification™**

Exam, Attendance and Participation\* and Presentation

### **Pastry Arts-Unbaked!™ Certification**

Exam, Attendance and Participation\*

### **Raw Culinary Arts Associate Chef and Instructor Certification™**

Attendance and Participation  
Exam for Essentials Course  
Completed Raw Food Demonstration  
Exam for Associate Chef Course

### **Raw Culinary Arts Professional Chef Certification™**

Includes all requirements for all other certifications listed  
Exam, Attendance and Participation\*

\*Participation may include but is not limited to completing any daily assignments, hands-on teamwork, peer feedback, and culinary studio facilities management.



## Student Services

### **ACADEMIC ADVISING**

Academic advising may be initiated by school personnel or the student when the need is identified. The school provides students support in academic and vocational guidance.

### **HOUSING**

Living Light Culinary Institute has housing accommodations available through the Living Light Inn. Please contact an Enrollment Advisor for further information. Living Light Culinary Institute does not assume responsibility for student housing outside of the Living Light Inn, nor does the school have dormitory facilities under its control. According to rentals.com for Fort Bragg, CA rental properties in the surrounding area start at approximately \$1,000 per month.

### **LIBRARY**

Living Light Culinary Institute has library resources available in a resource center in the lecture hall. The resource center holds over 90 culinary arts related publications. Students may access the resources Monday through Friday, from 9:00 am to 5:00 pm. There is a check-in/check-out system for removing resources from the library; however, LLI does not allow resource materials to be taken out of the facility.

## **EMPLOYMENT ASSISTANCE**

Living Light Culinary Institute does not provide job placement assistance. However, the school does provide information to students on job openings employers have posted on the LLCI website. LLCI graduates (Associate Chef/Instructor and above) can complete a graduate request form to request the current job listings including contact information. The request form may be obtained through the Living Light website: *RawFoodChef.com*.

After receiving the job listings, graduates may contact prospective employers directly. All arrangements, including financial compensation, hours, duration of position, etc., will then be decided between the two parties. Living Light Culinary Institute does not provide advice or direct referral to prospective employers on the suitability of individual students.

Living Light Culinary Institute cannot and does not guarantee employment or salary.

## **GRIEVANCE PROCEDURE**

When a concern occurs, the student is asked to discuss the concern directly with the instructor. If a resolution does not occur, the student is to document their concern in writing and make an appointment to meet with an Executive Director. The formal written concern must state: The issue, desired outcome, and should include any documentation to support the concern. The Executive Director will review the written statement and any supporting documentation, gather facts and provide a written response to the student within ten (10) working days. The Executive Director's decision is final.

A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling 888.370.7589 or by completing a complaint form, which can be obtained on the bureau's Internet website: *www.bppe.ca.gov*.

## **ADMINISTRATIVE POLICIES**

### ■ **Changes**

The School reserves the right to make changes at any time with regards to programs, curriculum, start dates, policies and procedures, and other rules as deemed necessary. Changes will be made and implemented in accordance to laws, regulations and standards that govern the school. Notice of changes will be communicated in a revised catalog or an addendum to the catalog, or other written format.

### ■ **Student Records**

Student records will be maintained at the school site for five years from the last date of attendance. Transcripts are maintained permanently.

## **CANCELLATION, WITHDRAWAL, AND REFUND POLICY**

---

### ■ **Student's Right to Cancel**

1. Students have the right to cancel their enrollment agreement for a program of instruction, without any penalty or obligations, through attendance at the first class session or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, students also have the right to stop school at any time; and students have the right to receive a pro rata refund if the student has completed 60 percent or less of the scheduled days in the program through the last day of attendance.
2. Cancellation may occur when the student provides a written notice of cancellation at the following address: Living Light Culinary Institute, LLCI, 301-B North Main Street, Fort Bragg, CA 94537. This can be done by mail or by hand delivery.
3. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage.
4. The written notice of cancellation need not take any particular form and, however expressed, it is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.
5. If the Enrollment Agreement is cancelled the school will refund the student any money he/she paid, less any proration if cancelled after the cancellation period has ended, less a registration or administration fee, and less any deduction for school equipment not returned in good condition, within 45 days after the notice of cancellation is received.

**Note:** Student Tuition Recovery Fund (STRF) fees (see page 38) are non-refundable.

### ■ Withdrawal From the Program

Students may withdraw from the school at any time after the cancellation period (described above) and receive a pro rata refund if the student has completed 60 percent or less of the scheduled days in the program through the last day of attendance. The refund will be less a registration or administration fee, and less any deduction for equipment not returned in good condition, within 45 days of withdrawal. If the student has completed more than 60% of the period of attendance for which the student was charged, the tuition is considered earned and the student will receive no refund.

For the purpose of determining a refund under this section, a student shall be deemed to have withdrawn from a program of instruction when any of the following occurs:

- The student notifies the institution of the student's withdrawal or as of the date of the student's withdrawal, whichever is later.
- The institution terminates the student's enrollment for failure to maintain satisfactory progress; failure to abide by the rules and regulations of the institution; absences in excess of maximum set forth by the institution; and/or failure to meet financial obligations to the School.

For the purpose of determining the amount of the refund, the date of the student's withdrawal shall be deemed the last date of recorded attendance. The amount owed equals the daily charge for the program (total institutional charge, minus non-refundable fees, divided by the number of days in the program), multiplied by the number of days scheduled to attend, prior to withdrawal. If the student has completed more than 60% of the period of attendance for which the student was charged, the tuition is considered earned and the student will receive no refund.

**Note:** If the student has received federal student financial aid funds, the student is entitled to a refund of monies not paid from federal student financial aid program funds.

**T**he school does not participate in federal or state financial aid programs. If a student receives a loan to pay for the educational program, the student will have the responsibility to repay the full amount of the loan plus interest, less the amount of any refund, and if the student has received federal student financial aid funds, the student is entitled to a refund of the monies not paid from federal student financial aid program funds.

<b>Living Light Culinary Institute Tuition and Fees</b>		Regis- tration Fee	Tuition Cost	Student Tuition Recovery Fund	<b>Total Cost for a period of attendance</b>
<b>Raw Culinary Arts Associate Chef and Instructor Certification™</b>		\$250.00		\$2.50	<b>\$5,477.50*</b>
Prerequisites:	None				\$0.00
Required Courses:	FUNdamentals of Raw Living Foods™		\$375.00		\$375.00
	Sharpen Up Your Knife Skills!™		\$325.00		\$325.00
	Essentials of Raw Culinary Arts™		\$1,475.00		\$1,475.00
	Science of Raw Food Nutrition™ I		\$375.00		\$375.00
	Raw Culinary Arts Associate Chef and Instructor Training™		\$2,675.00		\$2,675.00
*Total cost of attendance could reach \$5,875.24 if all required textbooks, uniforms and supplies are purchased from Living Light Culinary Institute. Student may choose to purchase these items from another vendor.					
<b>Advanced Instructor Training Certification™</b>		\$250.00		\$2.50	<b>\$7052.50</b>
Prerequisites:	Raw Culinary Arts Associate Chef and Instructor Certification™		\$5,225.00		\$5,225.00
Required Courses:	Advanced Raw Culinary Arts Instructor Training™		\$1,575.00		\$1,575.00
<b>Pastry Arts-Unbaked Certification</b>		\$250.00		\$3.50	<b>\$6853.50</b>
Prerequisites:	Raw Culinary Arts Associate Chef and Instructor Certification™		\$5,225.00		\$5,225.00
Required Courses:	Pastry Arts-Unbaked!™		\$1,375.00		\$1,375.00
<b>Advanced Pastry Arts-Unbaked Certification</b>		\$250.00		\$4.00	<b>\$8229.00</b>
Prerequisites:	Raw Culinary Arts Associate Chef and Instructor Certification™		\$5,225.00		\$5,225.00
Required Courses:	Pastry Arts-Unbaked!™		\$1,375.00		\$1,375.00
	Pastry Arts-Unbaked!™ Level II		\$1,375.00		\$1,375.00

<b>Living Light Culinary Institute Tuition and Fees</b>		Regis- tration Fee	Tuition Cost	Student Tuition Recovery Fund	<b>Total Cost for a period of attendance</b>
<b>Gourmet Raw Food Chef Certification™</b>		\$250.00		\$5.50	<b>\$10,580.50†</b>
Prerequisites:	Raw Culinary Arts Associate Chef and Instructor Certification™		\$5,225.00		\$5,225.00
Required Courses:	Ethnic Flavors in Recipe Development™		\$1,575.00		\$1,575.00
	RawFusion Gourmet Spa Cuisine™		\$1,575.00		\$1,575.00
	Raw Event Catering and Elegant Entertaining™		\$1,575.00		\$1,575.00
	Food Styling		\$375.00		\$375.00
†Total cost of attendance could reach \$11,092.74 if all required textbooks, uniforms and supplies are purchased from Living Light Culinary Institute. Student may choose to purchase these items from another vendor.					
<b>Raw Culinary Arts Professional Chef Certification™</b>		\$250.00		\$20.50	<b>\$41,470.50‡</b>
Prerequisites:	Raw Culinary Arts Associate Chef and Instructor Certification™		\$5,225.00		\$5,225.00
	Gourmet Raw Food Chef Certification™		\$4,725.00		\$4,725.00
	Benefits of Raw Food Nutrition Educator Certification™		\$2,025.00		\$2,025.00
	Advanced Raw Food Nutrition Educator Certification™		\$1,650.00		\$1,650.00
Required Courses:	Pastry Arts—Unbaked!™		\$1,375.00		\$1,375.00
	Pastry Arts—Unbaked!™ Level II		\$1,375.00		\$1,375.00
	Food Styling		\$375.00		\$375.00
	Raw Culinary Arts Associate Chef and Instructor Training™ Level II		\$2,875.00		\$2,875.00
	Advanced Raw Culinary Arts Instructor Training™		\$1,575.00		\$1,575.00
	Raw Culinary Arts Professional Chef™ Training Program (Four Quarters at \$5000)		\$20,000.00		\$20,000.00
‡Total cost of attendance could reach \$41,983.24 if all required textbooks, uniforms and supplies are purchased from Living Light Culinary Institute. Student may choose to purchase these items from another vendor.					
<b>Benefits of Raw Food Nutrition Educator Certification™</b>		\$250.00		\$1.00	<b>\$2,276.00</b>
Prerequisites:	None				
Required Courses:	Science of Raw Food Nutrition™ I		\$375.00		\$375.00
	Science of Raw Food Nutrition™ II		\$1,075.00		\$1,075.00
	Benefits of Raw Food Nutrition Educator Certification™		\$575.00		\$575.00
<b>Advanced Raw Food Nutrition Educator Certification™</b>		\$250.00		\$2.00	<b>\$3,927.00</b>
Prerequisites:	Benefits of Raw Food Nutrition Educator Certification™		\$2,025.00		\$2,025.00
Required Courses:	Science of Raw Food Nutrition™ III		\$1,075.00		\$1,075.00
	Advanced Raw Food Nutrition Educator Certification™		\$575.00		\$575.00

# List of Student Books & Supplies

Prices of books and supplies are subject to change due to market fluctuation.

Item Description	Author or Manufacturer	Associate Chef	Gourmet Chef	Professional Chef
<b>Required Items</b>				
<i>Angel Foods</i>	Cherie Soria	\$19.95	\$19.95	\$19.95
<i>Raw Food Revolution Diet</i>	Cherie Soria	\$21.95	\$21.95	\$21.95
<i>Knife Skills Illustrated: A User's Manual</i>	Peter Hertzmann	\$29.95	\$29.95	\$29.95
<i>The Flavor Bible</i>	Karen Page	n/a	\$35.00	\$35.00
Chef Coat (XS - XL)	Chef Uniform	\$55.95	\$55.95	\$55.95
Chef Hat	Chef Uniform	\$11.99	\$11.99	\$11.99
6-8" Chef Knife	Mac Santoku	\$150.00	\$150.00	\$150.00
5" Serrated Knife	Kyocera or Mac	\$69.95	\$69.95	\$69.95
Small Paring Knife	Mac SP50	\$38.00	\$38.00	\$38.00
Cleaver	Henckels	n/a	\$80.00	\$80.00
<b>Required Items Total</b>		<b>\$397.74</b>	<b>\$512.74</b>	<b>\$512.74</b>
<b>Cherie Recommends</b>				
Chef Coat (XS - XL) (premium quality)	Sympatico	\$85.00	\$85.00	\$85.00
Chef Bib/Apron	Guatamalen	\$25.00	\$25.00	\$25.00
Safety Glove	Swiss Army	\$27.00	\$27.00	\$27.00
Knife Edge Guard 8" (for the chef knife)	Messermeister	\$2.90	\$2.90	\$2.90
Knife Edge Guard 6" (for the serrated knife)	Forschner	\$4.75	\$4.75	\$4.75
Knife Edge Guard 6" (for the paring knife)	Messermeister	\$2.60	\$2.60	\$2.60
Knife Roll (12 pockets)	Messermeister	n/a	n/a	\$38.50
RollSharp Knife Sharpener	Fiskars	\$16.50	\$16.50	\$16.50
V-Slicer	OXO Good Grip	n/a	\$48.00	\$39.99
<b>Recommended Items Total</b>		<b>\$155.74</b>	<b>\$203.74</b>	<b>\$242.24</b>
<b>Required + Recommended Total</b>		<b>\$553.48</b>	<b>\$716.48</b>	<b>\$754.98</b>



## An Eco-friendly Oasis

### Living Light Inn



Living Light Inn is a 1912 craftsman-style architectural jewel, located in the most beautiful residential neighborhood in Fort Bragg. It's an easy walk to downtown or a brisk walk to the famed Glass Beach.

Every room is beautifully decorated and outfitted with organic bedding, linens, and windows that open to let in the fresh sea air. All water in the building is filtered and the kitchen is fully outfitted with equipment for raw food preparation and equipped with a special reverse osmosis filtration system. All cleaning products used at the inn are vegan, non-toxic, and biodegradable.

Living Light Inn—an elegant and welcoming “home away from home.”

*You are invited to make a reservation*

Living Light Inn 533 East Fir Street Fort Bragg, CA 95437 707-964-1384 LivingLightInn.com

## Living Light Marketplace



**Living Light Marketplace** is the perfect one-stop shopping destination for a healthy lifestyle. We carry an extensive array of products, including the best name-brand appliances like Excalibur, TriBest, Cuisinart, and Vitamix, hard-to-find recipe ingredients, useful gadgets, raw and vegan food supplements, products for a sustainable lifestyle, and an extensive selection of books to help you make healthy living delicious. Living Light Marketplace is located in the world-famous Living Light Center in The Company Store in Fort Bragg on the Mendocino Coast, or online: <http://shop.rawfoodchef.com>.

Living Light Marketplace 301-B North Main Street Fort Bragg, CA 95437 707-964-2420 RawFoodChef.com

**Y**ou must pay the state-imposed assessment (\$.50 per \$1,000 rounded to the nearest \$1,000) for the Student Tuition Recovery Fund (STRF) if all of the following applies to you:

1. You are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition either by cash, guaranteed student loans, or personal loans, and
2. Your total charges are not paid by any third-party payer such as an employer, government program or other payer unless you have a separate agreement to repay the third party.

You are not eligible for protection from the STRF and you are not required to pay the STRF assessment, if either of the following applies:

1. You are not a California resident, or are not enrolled in a residency program, or
2. Your total charges are paid by a third party, such as an employer, government program or other payer, and you have no separate agreement to repay the third party.

The State of California created the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic losses suffered students who are California residents, or are enrolled in a residency program attending certain schools regulated by the Bureau for Private Postsecondary and Vocational Education.

.....

You may be eligible for STRF if you are a California resident or are enrolled in a residency program, prepaid tuition, paid the STRF assessment, and suffered an economic loss as a result of any of the following:

1. The school closed before the course of instruction was completed.
2. The school's failure to pay refunds or charges on behalf of a student to a third party for license fees or any other purpose, or to provide equipment or materials for which a charge was collected within 180 days before the closure of the school.
3. The school's failure to pay or reimburse loan proceeds under a federally guaranteed student loan program as required by law or to pay or reimburse proceeds received by the school prior to closure in excess of tuition and other cost.
4. There was a material failure to comply with the Act or this Division within 30 days before the school closed or, if the material failure began earlier than 30 days prior to closure, the period determined by the Bureau.
5. An inability after diligent efforts to prosecute, prove, and collect on a judgment against the institution for a violation of the Act.

To file a claim against the Student Tuition Recovery Fund, please go to: [www.bppe.ca.gov/forms\\_pubs/strf.pdf](http://www.bppe.ca.gov/forms_pubs/strf.pdf) to download a claim application.

**CONSUMER PROTECTION**

Living Light Culinary Institute has never filed for bankruptcy petition, operated as a debtor in possession or had a petition of bankruptcy filed against it under Federal law.



## Faculty, Management and Staff

### SENIOR FACULTY

---



#### Cherie Soria

Living Light Culinary Institute Director and master raw food chef Cherie Soria is a holistic nutrition expert and leading author of numerous books on gourmet raw and vegan culinary arts, including her most recent, *Raw Food For Dummies*. Her other books include *Angel Foods*, *Healthy Recipes for Heavenly Bodies*, which has been printed in three languages, *Raw Food Revolution Diet*, and *Comiendo Pura Vida!* Cherie has been honored with the respectful title of “Mother of Gourmet Raw Vegan Cuisine” from her students, who come to study at Living Light Culinary Institute from more than 50 countries and six continents around the world. Cherie has personally trained many of the world’s top raw food chefs and instructors. Cherie’s goal is to spread the benefits of gourmet raw vegan cuisine around the globe by training teachers and chefs to inspire others. In 1992, she studied with Dr. Ann Wigmore in Puerto Rico, and learned the principles of using whole live foods to aid in healing and rejuvenation. Recognizing the importance of making dishes that also appeal to the senses, the palate, and the soul inspired her to create a sophisticated gourmet raw vegan cuisine that rivals the most delicious traditional cooked foods. A karate student and aficionado for years, Cherie was awarded her third black belt in Karate at the age 60. Today, she is as trim as she was in high school, and a beautiful example of the health benefits of a raw vegan diet. A veteran of radio and television, Cherie is available for speaking engagements and culinary presentations. Contact Terilynn at 707-964-2420 or Ozlem at [events@rawfoodchef.com](mailto:events@rawfoodchef.com).

- Living Light Culinary Institute, Fort Bragg, CA: *Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Food Chef Certificate; Raw Culinary Arts Professional Chef Certificate; Benefits of Raw Food Nutrition Educator Certificate*
- Over 40 years of culinary arts experience.



### Dan Ladermann

Living Light Culinary Institute Director Dan Ladermann is a renowned health educator, speaker, and author of *Raw Food For Dummies*. He is president of the Institute for Vibrant Living, a nonprofit organization dedicated to global education about organic raw vegan food and its role in health and vitality. The Institute for Vibrant Living also provides scholarships for aspiring raw food chefs and instructors and has been a leader in nonprofit organic raw food education since 1999. Dan is also a certified Hippocrates Health Educator and graduate of Anthony Robbins' Mastery University. An early pioneer and executive in the Unix and internet industries, Dan exited the high-tech world of Silicon valley when he discovered the benefits of a raw food diet in 1995. He now combines skills in science, technology, and photography with a passion for health and nutrition. He enjoys helping students transform their lives, and watching them thrive with the tools, support, and encouragement they receive at Living Light Culinary Institute. Dan is available for interviews and speaking engagements. Call Terilynn at 707-964-2420 or email Ozlem at [events@RawFoodChef.com](mailto:events@RawFoodChef.com).

- Living Light Culinary Institute, Fort Bragg, CA: *Raw Culinary Arts Associate Chef and Instructor Certificate*
- Hippocrates Health Institute, Palm Beach, FL: *Certified Health Educator*
- Johns Hopkins University: *Masters Computer Science*
- University of Toledo, Toledo, OH: *Bachelors of Science, Electrical Engineering*
- Over 12 years of culinary arts experience.



### Martine Lussier

Martine Lussier is a former registered nurse and transplanted Canadian who has reinvented herself as one of the premier chefs and educators teaching raw food cuisine and nutrition. As Culinary Programs Manager at Living Light Culinary Institute, Martine trains instructors and manages all aspects of the teaching curriculum for the school.

- Living Light Culinary Institute, Fort Bragg, CA: *Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Food Chef Certificate; Raw Culinary Arts Professional Chef Certificate*
- The Raw Food Doctors, Canada: *Certified Instructor in the Benefits of Raw Food Nutrition*
- Sherbrooke College, Canada: *Registered Nurse Diploma*
- St-Jean-sur-Richelieu College, Canada: *Science and Humanities Diploma*
- Over 10 years of culinary arts experience.



### Karin Dina, D.C.

A Magna Cum Laude graduate of the University of Colorado, and Palmer College of Chiropractic West, and an honors student in naturopathic medicine from Bastyr University, Dr. Karin Dina, D.C. has also extensively studied advanced nutrition and nutritional biochemistry. She practices a variety of light force and traditional chiropractic techniques, with a multifaceted approach to helping her patients attain radiant health.

- University of Connecticut, Storrs, CT: *Bachelor of Fine Arts*
- University of Colorado, Boulder, CO: *Bachelor of Arts in Environmental and Organismic Biology*
- Bastyr University, Kenmore, WA: worked towards *Doctor of Naturopathic Medicine*
- Palmer College of Chiropractic, San Jose, CA: *Doctor of Chiropractic*
- Over 5 years of nutritional health experience.



### Richard Dina, D.C.

A raw food vegan since 1987, Dr. Rick Dina, D.C. has been a staff member at the Hippocrates Health Institute, a chiropractor at the fasting retreat, True North Health Center, and a teacher at Bastyr University. He is the founder and co-owner of Vitality Health Center in San Rafael, CA, where he conducts raw food retreats, and offers chiropractic, massage, and nutritional counseling.

- University of Connecticut, Storrs, CT: *B.A. in Business Administration*
- Atlanta School of Massage, Atlanta, GA: *Certified Massage Therapist*
- Life College of Chiropractic; Marietta, GA: *Doctor of Chiropractic*
- 13 years of nutritional health experience.



### Jennifer Cornbleet

Jennifer is a nationally recognized raw food chef and instructor and the author of *Raw Food Made Easy for 1 or 2 People*. A certified Chef/Instructor with Living Light, Jenny conducts classes and workshops in Northern California and nationwide. Jenny has been instrumental in developing marketing “kit” training classes for Living Light. She is an integral part of the Associate Chef and Instructor Trainings.

- Living Light Culinary Institute, Fort Bragg, CA: *Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Food Chef Certificate; Raw Culinary Arts Professional Chef Certificate*
- The Raw Food Doctors, Canada: *Certified Instructor in the Benefits of Raw Food Nutrition*
- University of Chicago, Chicago, IL: *Bachelor of Arts with Honors in Music; Masters of Arts in Teaching English*
- Over 9 years of culinary arts experience.



### Vinnette Thompson

A classically trained chef, Vinnette earned her culinary arts degree from the Culinary Institute of America and is also a graduate of the Living Light Culinary Institute. Vinnette’s two culinary passions are vegetarian cuisine and culinary education. A chef for over 25 years, she is currently Executive Chef of the Raw Food Underground and teaches culinary arts for the Palm Beach school district in Florida.

- Living Light Culinary Institute, Fort Bragg, CA; *Raw Culinary Arts Associate Chef and Instructor Certificate; Gourmet Raw Food Chef Certificate*
- Culinary Institute of America, Hyde Park, NY; *Associate Degree in Occupational Studies in Culinary Arts*
- University of CA, Los Angeles, CA; *Catering Certificate Program*

## FACULTY

---



### Terilynn Epperson

---

Terilynn Epperson is a certified gourmet raw food chef and instructor. Her enthusiasm for the raw foods lifestyle has led her to move her family to Fort Bragg as Executive Assistant to Cherie Soria. Terilynn also produces promotional videos and teaches specialty classes during both the Associate Chef and Instructor Training and Raw Event Catering and Elegant Entertaining courses at Living Light. Terilynn has a nurturing spirit and is often referred to as the Living Light House Mom.



### Rosalie Robertson

---

Roe Robertson has gone from “copper” to “chopper”. As a former police officer, her mission has long been to serve her community. Now, as a certified Associate Chef and Instructor at Living Light Culinary Institute, Roe continues her devotion to service by educating and inspiring people to spread knowledge about raw living foods. Roe grew up in the kitchen helping her mother, a chef, cater to movie stars and she’s still passionate about food. Her enthusiasm, knowledge, and sense of humor make learning fun. Roe’s motto is “Eating healthy is simply a choice—choose wisely.”



### Barbara Howard

---

Barbara Howard, our school demo coordinator, is a certified Associate Chef and Instructor who is constantly adding to her knowledge of raw cuisine and nutrition. She is certified in Advanced Pastry Arts—Unbaked! and is also an Advanced Raw Food Nutrition Educator, as well as an avid Petanque player. Barbara is a valuable teacher and member of our culinary team, who supports our students in their education every step of the way.



### Gina Hudson

Gina Hudson has a commitment to helping others improve their quality of life. A former massage therapist, personal trainer, and raw food coach, Gina understands the profound effect food has on each individual's mind, body, and spirit. Her lifelong search for optimal health has led her to gourmet raw vegan cuisine, and as an instructor at Living Light, she has the opportunity to share this amazing information with people from all over the world and all walks of life in a way that can change their lives forever.



### Meagan Ricks

Meagan Ricks is a bright, talented member of the Living Light teaching staff, accomplished in both gourmet raw vegan cuisine and pastry arts. A fine teacher who puts love into everything she touches, Meagan enjoys helping people create healthy lives through raw food education and artistry.



### Gabrielle Addison

Gabrielle was born in Berkeley, CA, and has been living in Fort Bragg since she was eight years old. She was intrigued by the concept of the raw food lifestyle and began working at Living Light Café. Inspired by the relationship of food to health, she graduated from Living Light as an Associate Chef and Instructor and is now Assistant Demo Coordinator for the school. She loves to share what she has learned by helping others improve their lives and health. She is excited about working at Living Light and wants to continue to learn more about raw foods. Gabrielle loves Mexican food, movies, and dancing.

**MANAGEMENT AND STAFF**

Dan Ladermann, Executive Director, Chief Executive Officer, and Chief Operations Officer  
Cherie Soria, Executive Director, Chief Academic Officer  
Terilynn Epperson, Executive Assistant & Instructor  
Chris Alexander, Student Services Manager  
Kristin Suratt, PR / Marketing Director  
Jeannée Christ, Accounting / HR Manager  
Martine Lussier, Culinary Programs Manager  
Joe Seta, Café / Marketplace Manager  
Justine Battersby, Reception/Administrative Assistant  
Amanda Durigan, Enrollment  
Mary Elizabeth, Enrollment  
Ken Wun, Marketing Assistant/Graphic Artist  
Teresa Ravella, Marketing Assistant / IT Specialist  
Lesley Vanderhoof, Marketing Assistant/Infusionsoft Coordinator  
Daniel Gastelum, Technical Assistant  
Mellissa Sale, Accounting / HR Assistant  
Sheri G. Gaspard, Accounting Assistant  
Rosalie Robertson, Instructor  
Meagan Ricks, Instructor  
Jennifer Cornbleet, Culinary Program Faculty  
Karin Dina, Culinary Program Faculty  
Rick Dina, Culinary Program Faculty  
Gina Hudson, Culinary Program Faculty  
Vinnette Thompson, Culinary Program Faculty  
Roberto Tamayo, Sous Chef  
Barbara Howard, Demo Coordinator  
Gabrielle Addison, Assistant Demo Coordinator  
Joy Wolf, Café Assistant Manager  
Donna Marie Heagan, Pastry  
Elyse Gonzalez, Café  
Ciara Harbour, Café  
Rusty Cadle, Café  
Robbin Camarena, Café  
Rosendo Padilla, Café  
Jose Villanueva, Café  
Hannah Lutgen, Café  
Allie Green, Marketplace  
Jacquie Bainbridge, Marketplace  
Kristina Pena, Marketplace Assistant  
Lina Davis, Online Fulfillment Department  
Cory Epperson, Inn Supervisor  
Jesse Jacoby, Assistant Innkeeper  
Maria Rodriguez, Housekeeper  
Oscar Tamayo, Utility  
Sylvia Rodseth, Utility

## 2013 Course Schedule

COURSE	Course Hours	2013 Course Schedule									
		January February	February March	March April	April May/June	May June	June July August	August Sept	Sept October	October November December	
<b>SESSION #</b>		<b>13-1</b>	<b>13-2</b>	<b>13-3</b>	<b>13-4</b>	<b>13-5</b>	<b>13-6</b>	<b>13-7</b>	<b>13-8</b>	<b>13-9</b>	
<b>FUNDamentals of Raw Living Foods™</b>	8:30 am - 5:00 pm	Jan 12	Feb 9	March 9	April 6	May 25	June 22	August 10	Sept 7	October 5	
<b>Sharpen Up Your Knife Skills!™</b>	9:00 am - 6:00 pm	Jan 13	Feb 10	March 10	April 7	May 26	June 23	August 11	Sept 8	October 6	
<b>Essentials of Raw Culinary Arts™</b>	8:00 am - 5:30 pm	Jan 14-18	Feb 11-15 March 7-8	March 11-15 March 16-17	April 8-12 May 23-24	May 27-31 June 1-2	June 24-28 Aug 8-9	Aug 12-16 Aug 17-18	Sept 9-13 Sept 14-15	Oct 7-11 Oct 12-13 Nov 30--Dec 1	
<b>Science of Raw Food Nutrition™ I</b>	10:00 am - 6:00 pm	Jan 19-20	Feb 16-17 March 7-8	March 16-17	April 13-14 May 23-24	June 1-2	June 29-30 Aug 8-9	Aug 17-18	Sept 14-15	Oct 12-13 Nov 30--Dec 1	
<b>Raw Culinary Arts Associate Chef &amp; Instructor Training™</b>	9:00 am - 6:00 pm	Jan 21-Feb 1	Feb 18-Mar 1	March 18-29	April 15-26	June 3-14	July 1-12	Aug 19-30	Sept 16-27	Oct 14-25	
<b>Raw Culinary Arts Associate Chef &amp; Instructor Training™</b>	9:00 am - 6:00 pm	Jan 21-Feb 1	Feb 18-Mar 1	March 18-29	April 15-26	June 3-14	July 1-12	Aug 19-30	Sept 16-27	Oct 14-25	
<b>Advanced Raw Culinary Arts Instructor Training™</b>	9:00 am - 4:00 pm	Feb 3-7							October 6-10		
<b>Ethnic Flavors in Recipe Development™</b>	9:00 am - 6:00 pm				May 6-10		July 22-26			Oct 28-Nov 1	
<b>RawFusion Spa Cuisine™</b>	9:00 am - 6:00 pm				May 13-17		July 29-Aug 2			Nov 4-8	
<b>Raw Event Catering &amp; Elegant Entertaining™</b>	9:00 am - 6:00 pm				May 19-23		Aug 4-8			Nov 11-15	
<b>Pastry Arts—Unbaked!™</b>	10:00 am - 5:30 pm		March 3-6	April 1-4	Apr 29-May 2	June 16-19	July 15-18	Sept 1-4	Sept 29-Oct 2	Nov 17-20	
<b>Pastry Arts—Unbaked!™ II</b>	10:00 am - 5:30 pm									Nov 23-26	
<b>Food Styling</b>	9:00 am - 6:00 pm	Jan 27	Feb 24	March 24	April 21	June 9	July 7	Aug 25	Sept 22	Oct 20	
<b>Science of Raw Food Nutrition™ II</b>	9:00 am - 5:30 pm		March 9-13		May 25-29		Aug 10-14			Dec 2-6	
<b>Benefits of Raw Food Nutrition Educator Certification™</b>	9:00 am - 5:30 pm		March 14-15		May 30-31		Aug 15-16			Dec 7-8	
<b>Science of Raw Food Nutrition™ III</b>	9:00 am - 5:30 pm		March 18-21		June 3-6		Aug 19-22			Dec 10-13	
<b>Advanced Raw Food Nutrition Educator Certification™</b>	9:00 am - 5:30 pm		March 22-23		June 7-8		Aug 23-24			Dec 14-15	



# Living Light International



*Setting the Standard for Excellence in Raw Culinary Arts*



## Living Light International

Since 1998 **Living Light Culinary Institute** has established itself as the world's premier gourmet raw culinary school, attracting people from nearly 50 countries around the world, and all walks of life. We offer a variety of practical, yet fun and life-transforming culinary and nutrition programs to suit every student, from novice to professional chef! Whether you want a career in the fast growing arena of gourmet raw foods, or simply want to prepare meals for family and friends, our courses inspire every student to create healthier, more conscious cuisine without sacrificing taste, presentation, or

the emotional satisfaction of food. **Living Light Culinary Center** is a state-of-the-art facility located on the beautiful Mendocino Coast in Fort Bragg, California, designed to provide the latest advances in raw culinary education and services. Dine on raw vegan cuisine at **Living Light Café**, find healthy lifestyle products for the raw chef or your home at **Living Light Marketplace**, and stay at the eco-friendly **Living Light Inn** for a memorable experience! Please visit [RawFoodChef.com](http://RawFoodChef.com) for more information about classes, schedules, tuition, registration, and lodging.

**RawFoodChef.com**  
*Making Healthy Living Delicious!™*

**70**

