

Announcing a totally unique health course that is changing lives!

Living Vibrantly, Level 1

Learn to live the 80-10-10 diet & lifestyle for true health

Next session begins January 10, 2008!
Jan. 10, 24, and Feb. 7, 14, 9:30am-1:30pm

Your instructor is **Ellen Livingston**,
6+ year raw-foodist, certified yoga teacher,
and owner of Living Yoga, LLC.



Visit **www.LivingYogaNow.com**

to learn more about Ellen's training and qualifications,
and to read about her personal journey to health.

Are you ready to create real, lasting health?
This powerful course will teach you:

- the cause of health, and the one true cause of all disease
- why you get symptoms, and what to do about them
- why fruit is our *real* superfood, and *the staple* of a healthy diet
- how to eat for perfect digestion and maximum energy
- how to reach and maintain your ideal weight, forever
- how to end food cravings and emotional eating
- a low fat diet you will *love to eat*, and why other diets don't work
- how to healthfully indulge your natural sweet tooth at every meal!
- the 5 most harmful foods Americans eat every day
- why supplements are not a good solution

Empower yourself with the knowledge that will set you free!

I am excited to offer this **revolutionary health course** in which you will receive the tools and the professional support you need to create the vibrant health we can all have, naturally!

The principles are deceptively simple, but a deep and thorough understanding of them, along with expert guidance, is essential to your success in applying them. Class format includes lecture, discussion, video, demonstration, hands-on learning and food preparation, delicious snacks, and home assignments.

The next course begins January 10 in Ann Arbor. We will meet 4 Saturday mornings (every other) from 9:30am-1:30pm. \$247 tuition includes 3 books.

Call 734-995-0875 for more information and to register

www.LivingYogaNow.com

Here's what students are saying about this course:

"After taking Ellen's class I am more determined than ever to regain my health through the healthy eating of raw fruits and vegetables. This is a lifestyle I believe I can live with – the fruit is delicious and quick and easy to prepare. I feel the knowledge I've learned in this class is the first step of my journey to a lasting, healthy, disease-free life. I would highly recommend this class to anyone wanting to live life free of illness and disease." -Jeanne Rowlette

"Ellen is a wonderful instructor – passionate about the material. I felt free to ask questions. She knows her material backwards and forwards, and has a lot of energy! She is living what she instructs – you can see it in her actions and lifestyle." -Cindy Gomez

"Amazing combination of depth of information presented in such good humor. I have had several days of totally raw eating, and I love the way I feel and the change in simpler grocery shopping! Overall, I consider this course well worth the money." -Jim Stafford

"This course has given me a lot of confidence through the information provided to make many changes in my diet." -Kathleen Douglass

"The food served was beautiful! And I enjoyed the preparation demos with the various tools." -Karenda Seiler

"The food was great, very tasty, especially the pasta (which tasted exactly like wheat pasta!)." -Katya Radkevich

"I loved all of the food – a wonderful treat. Couldn't improve on that!" -Kendra Theriot

"The food demos were wonderful. It was nice to actually see how to make them." -Jeanne Rowlette

"After taking Ellen's 80/10/10 Class, you will have much greater control over your life, because you will 1) fully understand the path to optimal health, 2) learn what the tools are that make this path easy, 3) learn how to lose unwanted weight, if you have any, and most importantly you will see that you can eliminate unwanted symptoms by addressing the root causes of why you have symptoms of dis-ease. I think what Ellen and the other Natural Hygienists are teaching is essentially "internal environment optimization." Words can not express the joy I feel in being one of the lucky few to have found Ellen Livingston. At times I can't believe she lives right here in Ann Arbor; we are so lucky!" -Heather Shirley

What I like most is the flexibility and love that Ellen puts into each and every class. Ellen is accepting of all her students no matter where they are on their journey. –Judy Smith

What helped me most was having a goal to shoot for, and knowing someone cares that I stick to my goals. –Rachel Rose

The fact that Ellen personally knows the major raw health leaders: Doug, Rozi, Don, Frederic, and others is really very exciting! I loved how Ellen opened her home and shared her resources and personal experiences so readily. I appreciated how she interacted with people, turning questions with a negative aspect into answers with a positive aspect - this was very enlightening to me. I thought she was very nonjudgmental and encouraging to everyone. – Karen McKendry

I am now 100% raw and loving the way I feel! –Judy Smith

This information in this course enabled me to stop eating animal based proteins with confidence. –Dena Shelton

Ellen's style is perfect: zest, enthusiasm, humorous and relaxed! –John Glasnak

The food demos and food served were great! A lot of variety. I learned a lot of new ideas. – Karen McKendry

I appreciated all the great readings, handouts, and internet resources! – Maureen Sullivan

The snacks really helped me to know how good the food can be, how to prepare it and serve it – very helpful! – Dena Shelton

Ellen is easy to understand, and very approachable for questions. –Patty Gregory

This course has enabled me to make a complete change in my diet and lifestyle.

I feel better than ever! –John Glasnak

I will absolutely recommend this course to others! –Dena Shelton