

**The Yoga Barn-Dharma Healing
In the Kitchen Raw-Food 3 Day Course - December
9, 10, 11, 2019**

Location: The Nest -- The Yoga Barn, Ubud, Bali



This 3 day in the kitchen, raw foods course is a great opportunity for you to immerse yourself into a well-equipped, healthy kitchen, **And** to alchemically prepare, **learn** and sample a selection of bio-available, nutritious, in-the-raw-dishes.

During Our 3 Day course all of your questions regarding eating raw, extraordinarily Healthy Fruits, Veggies, Herbs, Nuts and Seeds, will be addressed.

As we prepare our menu of the day, we will be discussing the following topics:

Why we eat raw food
What is a Raw Vegan Diet Mean
What are the benefits of eating raw food
Who should or shouldn't eat raw food
The Human Energy Field
Preparing the organs, the mind and spirit to receive the most benefits from raw food
Our Immune Defense
The body chemistry
The "Fed" Hormones
The "Energy" Hormones
Enzymes we make, and enzymes in the different foods
Digestion and metabolism of raw foods vs. cooked food
The Microbiome
Blended meals versus juices and drinking different liquids, such as coconut water
Ketogenic Foods
Keeping it simple
Proper Food Combining
Planning Meals
Bio-Photons, Vitamins, Minerals, Phytonutrients, Fats, Carbohydrates, Nucleic Acids and Proteins of the foods we prepare

Throughout our 3 day course we will focus on the following Alchemical Preparation Techniques:

Soaking Nuts, Seeds and Grains
Fermenting
Sprouting
Dehydrating
Blending meals
Fresh juicing and Making Liquid Drinks
And. . . .
Preparing Healthy Deserts