

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

SMOOTHIE & RAW CHOCOLATE MASTERCLASSES WITH TANYA ALEKSEEVA!

Celebrate the first week of summer by spending the day discovering how to revolutionise your health the most delicious, nutritious, mouth watering and easy way:

Smoothie Masterclass

Learn how to get all the vitamins, minerals, antioxidants and energy out of your food the Smoothie way! During this fun and educational masterclass you will discover the best recipes to detox, energise, tone, alkalinize and super charge your cells, while enjoying every green smoothie, superfoods smoothie and nut milk throughout the class.



Raw Handmade Chocolate Masterclass

Learn what you've always been craving to hear- Chocolate is good for you! During this fun and educational masterclass you will discover the fascinating history of Raw Chocolate and the extraordinary nutritious, mood-elevating, enlightening, weight loss aphrodisiac and healing powers of the Cacao bean. Taste, roll, decorate, dip and create your own chocolate, truffles and fudge to take home in a beautiful ribbon box.



Everything we make during both classes is entirely wheat free, dairy free, soy free and sugar free, as well as 100% Raw, Organic and Delicious!

Tanya Alekseeva, a Raw Food Chef from New Zealand has been a Raw Foodie for three years and believes that the Organic Raw Food Diet and Lifestyle is a powerful path towards healing, empowering and enlightening the individual and the planet. She is also a Reiki Master teacher, a corporate wellness coach and a gourmet chocolatier.

SUNDAY, 6TH JUNE 2010

SMOOTHIE MASTERCLASS 10:30AM – 1:00PM FEE: £30
RAW CHOCOLATE MASTERCLASS 2:00PM – 5:00PM FEE: £50

Come along to both or invite a friend for a 10% discount

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