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FOR IMMEDIATE RELEASE

A FIRST IN ASIA: "THE ART AND SCIENCE OF LIVING FOOD CUISINE"

Raw Food Bali's New Weekend Retreat Offers Guests the Chance to Immerse Themselves in the Living Food Lifestyle and Take Home the Skills Needed to Incorporate Ultra Healthy Gourmet Living Foods into Their Daily Lives

Since the late 1990s the raw vegan food movement has been picking up steam in the United States. There are now over 70 fully raw food restaurants as well as a handful of centers that teach the basics of this lifestyle.

Similar offerings had been entirely absent in Asia – at least until 2007 when "Raw Food Bali" was established by living food nutrition expert Mark Ament. Since then Mark and his partner, living food chef Leah Rinaldi, have introduced 100s of people to the healing power of living foods in Bali and Singapore. Participants in their courses have learned how to make everything from chocolate cake to lasagna using only fresh fruits, vegetables, nuts and seeds and have some high praise for the courses:

"The course took the idea of eating raw food and turned it into an easy, fun delicious reality!!" – *Andrea P*

"I have been in the catering industry 20 years, formally trained and believe the course has for the first time in my career, truly shown me what really healthy nutritious food is all about. Many thanks. – *Jenny*

"Delicious, guilt free food – What a concept!!" – *Jane E*

"This is what so many people need for motivation to a living food diet. The food was so incredibly heavenly." – *Marianne, Fruitful Living*

Now, Mark and Leah have focused their courses into a weekend retreat that allows people to immerse themselves in the living food diet and learn the basics quickly. The retreat is held at the peaceful and magical "One World Retreats," location in Ubud, Bali. This educational getaway includes, 1 daily yoga session, 4 hours of living food informational talks, 9 hours of practical food preparation

experience and 6 gourmet 100% living foods meals. Participants learn how to create all the dishes they try including delights such as MooShu vegetables, Tiramisu and Pineapple Muesli.

Now, thanks to Raw Food Bali and One World Retreats, Austral-Asians need not travel to the US to learn about this powerful lifestyle.

About the retreat leaders:

Mark Ament

Mark has trained extensively with top experts in the raw food nutrition field including Gabriel Cousens, M.D. and David Wolfe. He has eaten a 95% living foods diet for almost 10 years and has been teaching courses and leading retreats on living foods and detox for the past 5. Mark is also a certified yoga instructor. About living foods Mark says: "I've seen amazing results in my own life and in my students' lives as they practice this simple way of being. It's simply too good to keep to yourself."

Leah Rinaldi

Leah is a gifted living food chef with a special talent for inventing new living foods dishes. In 2007, Leah apprenticed with well known live food chef Elaina Love of "Pure Joy Planet" and continues to learn from some of the best chefs worldwide. In addition to teaching courses, Leah also caters dinners and has designed the living foods menu at a few popular restaurants in Ubud, Bali. About the retreats Leah says: "I love teaching in the retreat setting because we have time to cover the details that turn normal living foods into gourmet treats."

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