



CULINARY TRAINING IN GOURMET PLANT-BASED CUISINE



## What are you creating for 2018?

Reflecting on the past and welcoming the future

2017 was quite a year - full of challenges, triumphs and possibilities. We're excited about 2018. There's so much happening in the living foods movement we can't wait to share it with you. Are you ready to unlock your culinary genius? Get in touch. We can help!

GET STARTED



## Supporting efforts to Save Palawan Seas

We will be hosting raw food culinary demonstrations with one of our supporters, Oliver & Espig, in Santa Barbara as they launch their "Sustainable Luxury" campaign to preserve the Palawan Seas where the rarest of all pearls is cultivated.

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## Thai Red Curry Kabocha Squash Soup

A delicious 'living' soup that incorporates seasonal kabocha squash with the brightness of lemongrass. Created by Living Light Culinary Instructor - Vinnette Thompson. Enjoy!

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"Truths are first clouds, then rain,  
then harvest and food."

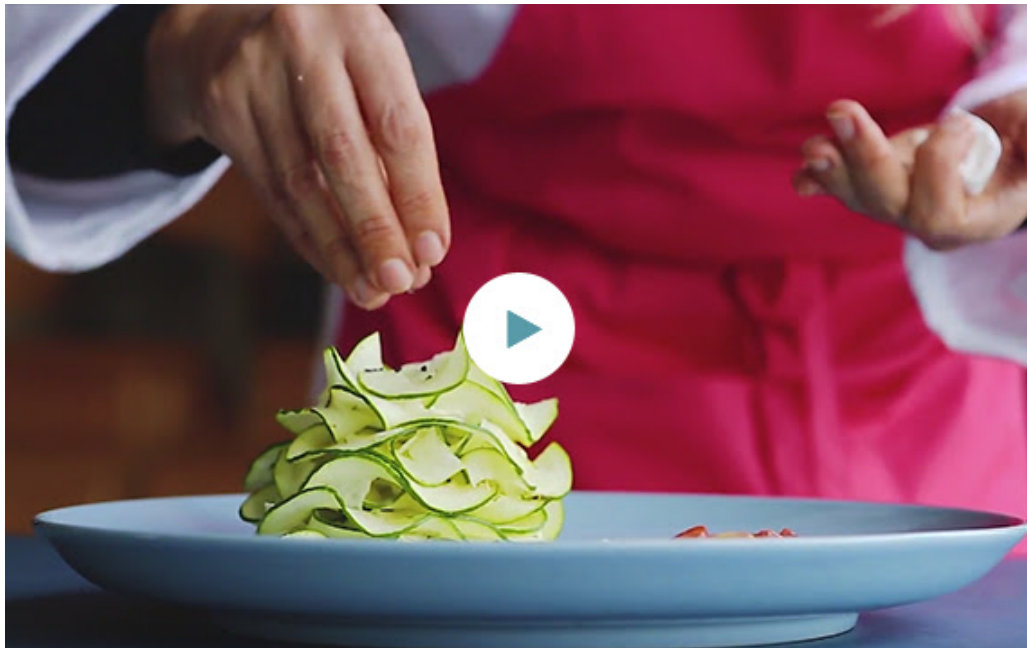
~Henry Ward Beecher



## Graduates Shining Their Light - Tina Singleton

Living Light graduate, Tina Singleton, is a multi-talented woman. A fashion industry professional turned international development worker turned farmer, she lived and worked abroad for many years. For six years she lived in Afghanistan before returning to the states.

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Living Light Culinary Institute - Student Testimonials



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## LET'S BE FRIENDS

We'd love to see what you've been posting!



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