

# ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

## RAW HANDMADE CHOCOLATE WORKSHOP

This fun and educational class is not only an introduction to Raw food, but it reveals what we have all been craving to hear- Chocolate is good for you!

Tanya is passionate about the extraordinary healing powers of Raw Chocolate and together with Alchemy is giving you an opportunity to discover the nutritious, mood-elevating, phenomenal, enlightening, energising and weight loss aphrodisiac power of the cacao bean via this Hand Made Raw Chocolate workshop.

Learn about the fascinating history of chocolate, why it is so good for you in its pure form, discover how to make your own Raw chocolate, truffles, fudge and snacks with the best superfoods, fruits and nuts with plenty of tasting along the way. Roll, decorate, dip and create your own chocolates to take home in a beautiful ribbon box. Everything made is entirely wheat free, dairy free, soy free and sugar free.

Create an amazing gift or prepare for the healthiest Easter you could ever have, without missing out on all the chocolate.

WITH  
**TANYA ALEKSEEVA**



**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, 28<sup>TH</sup> MARCH 2010 2:00PM – 5:00PM**

**FEE: £50 (INCLUDES ALL INGREDIENTS AND A BOX OF CHOCOLATES)**

UNIT 101, STABLES MARKET, CHALK FARM ROAD, LONDON NW1 8AH

[WWW.ALCHEMYTHECENTRE.CO.UK](http://WWW.ALCHEMYTHECENTRE.CO.UK)

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