



soul kitchen: COOKING STAGE

TIME

FRIDAY

SATURDAY

SUNDAY

10:00AM - 11:00AM	<p>The benefits & the effects of juice fasting Andrew Kelly & Craig Jarman Kuvings</p>	<p>Bring balance: stress less with superfoods Nina Grootz & Alanna Brown The Grove</p>	<p>Understand the healing & nutritional power of an Alkaline diet Zazen Alkaline Water</p>
11:30AM - 12:30PM	<p>Gut magic foods that heal your thyroid & gut Kathy Ashton Flourish Nutritional Medicine</p>	<p>The benefits & the effects of juice fasting Andrew Kelly & Craig Jarman Kuvings</p>	<p>Bring balance: stress less with superfoods Nina Grootz & Alanna Brown The Grove</p>
1:00PM - 2:00PM	<p>Bring balance: stress less with superfoods Nina Grootz & Alanna Brown The Grove</p>	<p>Fermenting functional foods Tom Rothsey Celestial Roots</p>	<p>The benefits & the effects of juice fasting Andrew Kelly & Craig Jarman Kuvings</p>
2:30PM - 3:30PM	<p>Fermenting functional foods Tom Rothsey Celestial Roots</p>	<p>Gut magic foods that heal your thyroid & gut Kathy Ashton Flourish Nutritional Medicine</p>	<p>Living the Cocolife: whole-foods living & the journey to a better you Bernadette Favis Cocolife Australia</p>
4:00PM - 5:00PM	<p>Food dynamics for weightloss: the taste & flavour solution Donna Wild Wild Donna</p>	<p>Living the Cocolife: whole-foods living & the journey to a better you Bernadette Favis Cocolife Australia</p>	<p>Gut magic foods that heal your thyroid & gut Kathy Ashton Flourish Nutritional Medicine</p>

Schedule correct as at 17/02/17 - Subject to change