

[Vegetarian Nutrition Course]

27-29 Feb 2016

10am-7pm

Date	Classes Description
27 Feb	<p style="text-align: center;">Level 1: The Basics of Healthy Diet (2 lessons, 8hrs)</p> <p>This comprehensive course details all that you need to know on how to balance a nutritious plant-based diet, what are the do's and don'ts, as well as survival skills to ensure an enjoyable journey into vegetarian lifestyle.</p>
28 Feb	<p style="text-align: center;">Level 2: Organic Living (1 lesson, 4hrs)</p> <p>This will bring you to the next level from healthy vegetarian, by understanding the benefits of organic food, learn how to identify organic food, and how to harness the power organic food to achieve a life full of vitality.</p>
	<p style="text-align: center;">Level 3: Detoxification & Biogenic Living (1 lesson, 4hrs)</p> <p>This is compact workshop comprising two complementing modules: Purification and Rejuvenation. In this workshop you will learn the safe and effective way to expulse toxins from the body and bring back life force to our body via raw diet.</p>
29 Feb	<p style="text-align: center;">Level 4: Vegetarian Healing (2 lessons, 8hrs)</p> <p>This is an advanced course, illustrating the core principles and techniques of healing via vegetarian diet. There will be in-depth and scientific analyses of different stages of vegetarian diet in relation to healing efficacy.</p>

This is Malaysia's first comprehensive vegan nutrition and wellness education course.

In The Veg School's programs, we teach you how to adopt a healthy and balanced vegetarian diet, with step-by-step guidance and personal follow-ups. After you have attended enrichment courses by The Veg School, you will have a solid foundation on vegetarian nutrition and be able to customize a specific diet suitable for your own background.

Venue : Ananda Marga Yoga Society (Puchong) , 10-2 Jalan Kenari 18A, Bandar Puchong Jaya, 47100 Puchong.

Speaker : Wong Kee Yew

*Minimum 12 pax to commence

Speaker's profile

The Veg School (TVS) is set up by Mr Wong Kee Yew, who is the director and principal speaker of the course. Kee Yew has a bachelor degree in Biotech (Hons.) from Australia and has worked in life science research sector for 10 years.

He became a vegetarian in 2002 and volunteered in various charity organization such as Vegetarian Society Singapore and Tzu Chi. Since 2003, he has been providing public vegetarian educations via seminars, workshops and organic tours for various organizations such as Civil Service College, ABB, Onaka, Awareness Place and many Buddhist temples.

Besides TVS, Kee Yew also run an organic education company Cielo Sereno. Kee Yew's full CV is available at <http://tinyurl.com/WongCV>