

Fifth Annual Vibrant Living Expo, August 21-23, 2009

Friday August 21	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Abundant Health Classroom	Outdoor Activities (Meet on the Museum Lawn)
7:15am - 8:15am				Yoga Asanas with AwaHoshi Kavan	
7:30am – 8:30am				Yoga continued	Dr. Douglas Graham: Walk This Way
8:15am – 8:40am				AwaHoshi Kavan Crystal Bowl Sound Meditation	
9:00am	Cherie Soria Welcome to the Vibrant Living Expo and the Green Revolution!	XXXX	XXXX	XXXX	
10:00am	Viktoras Kulvinskas Fundamentals of the Holistic Lifestyle: Eat Light, Feel Bright	Don Weaver Simply Super Idea: Create Super Soil, Grow Super Food"	Martine Lussier How to Use Chia Seeds for Breadmaking and Candies	Janie Rezner Awakening to the Mother	
11:00am	Kevin Gianni Stop Cravings in Their Tracks!	Jan Allegretti Healthy and Fresh for Dogs and Cats: What Your Animal Family <i>Really</i> Wants for Dinner	Kari Bernardi-Ibsen Lemon Treats and Ginger Goodies	Film Simply Raw: Reversing Diabetes in 30 days 88 min total	
12:00pm	Jameth Sheridan, N.D. TBA	Thomas Lodi, M.D. Cancer: A Divine Tap on the Shoulder (Biology and Psychology)	Rising Star Kirstin Gum Tropical Dessert Gyozas	Film Simply Raw: Reversing Diabetes in 30 days continued	
1:00pm	Dr. Doug Graham Nutrition: It's not just about food	Victoria Moran "Enlivened Eating & Living a Charmed Life"	Rising Star Heather Haxo Phillips Middle Eastern Cuisine and the King of All Things Stuffed	Film: Healing Cancer from the Inside Out: Part 1 -- Curing Cancer 60-min	
2:00pm	Will Tuttle The World Peace Diet	Amy Bacheller The Essence of Raw: Combining the Culinary Arts of Raw Foods with the Ancient Wisdom of Essential Oils	Rising Star Andi Griffith Île Flottante (Floating Island)	Film: Healing Cancer from the Inside Out: Part 2 58 min	
3:00pm	Howard Lyman Digging the Grave with Our Fork	Priya Food for Life - Serving more than 1 million free vegan meals daily	Shauna Verkade and Excalibur's Chef Steph The Dehydration Divas	AwaHoshi Kavan The Harmonics of Crystal Sound for Health and Transformation	
4:00pm	Matt Monarch Raw Success	Paul Nison The Formula for Health	XXXXX	Film: Mad Cowboy: Plain Truth from the Cattleman Who Won't Eat Meat 79 min	It's ALL Just Play, With Dr. Doug
5:00pm	XXXX	XXXX	XXXX	Movie cont'd	
6:00pm		Special Reception (invitation only) 6:00–9:00		Film: Got Milk? Got III? with Jonathan Jarry	
7:00–10:00pm	Music/Dance to Reggae Sounds				

Saturday August 22	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Abundant Health Classroom	Outdoor Activities (Meet on the Museum Lawn)
7:15am - 8:15am				Yoga Asanas with AwaHoshi Kavan	
7:30am – 8:30am				Yoga continued	Dr. Douglas Graham: Walk This Way
8:15am – 8:45am				AwaHoshi Kavan Crystal Bowl Meditation	
9:00am	Dr. Rick Dina Different Types of Fasts and Cleanses, Compared and Contrasted	Happy Oasis Let's Get Wild!	Jennifer Cornbleet Raw for Dessert	Jameth Sheridan, N.D. Raw Food and Cancer	
10:00am	Dr. Doug Graham Fitness Begins at Forty	Frederic Patenaude How to End Confusion About Nutrition and Get Rid of Cravings	Cherie Soria Breakfasts of Champions: It's the most important meal of the day!	Raw Food and Cancer Continued	
11:00am	Victoria Moran The Love-Powered Way to End Emotional Eating"	Viktoras Kulvinskis	Rod Rotundi Hale Kale Salad and Kreme of Mushroom Soup	Film with Deborah Koons Garcia The Future of Food 90 minutes	
12:00pm	Panel: Secrets of Ageless Women Moderated by Cherie Soria: Happy, Nomi, Anna Maria, Elaina, Victoria Moran, Tamera	Kevin Gianni Avoid Plant-Based Diet Pitfalls	Matt Samuelson Amazing Layered Chocolate Torte	Future of Food Continued Q&A with Deborah Koons Garcia	
1:00pm	Matthew and Terces Englehardt Sacred Commerce	Angela Stokes-Monarch Raw Transformations	Barry Horton Almond Sunflower Scramble	Film Clip with Deborah Koons Garcia Soil in Good Heart 15 minutes Q&A with Deborah Koons Garcia	
				Film: Farm to School Q& A with producer Kari Bernardi	
2:00pm	Cherie Soria Make Your Life Extraordinary!	Jan Allegretti All the Animals You Love: Feeding Your Dog and Cat in a Meat-Free Kitchen	Jenny Ross 118 Favorites: Topaz Pizza, Garden Tahini Roll AND Merry Monkey Smoothie!	Joel Andrews Awaken Your Soul to the Healing Power of Music	
3:00pm	Brian Clement Basic Science of Living Food	Jeff Stanford Mindfulness in the Kitchen	Nomi Shannon Corn Chowder, Summer Tomato-Basil and Marvelous Mushroom Soups	Film Diet for a New America 60 min	
4:00pm	Anna Maria Clement Ancient and Current Self-Help Techniques	Dr. Karin Dina, D.C. Essentials of Raw Food Weight Loss	Rawsome Pie Contest prep (contestants only)	Film Amma –Means Mother (40 mins) Q&A with Priya	It's ALL Just Play, with Dr. Doug
			Pie Judging with Cherie Soria, Elaina Love, Paul Nison, Vinnette Thompson, Colleen Holland, Nomi Shannon, Matt Samuelson		
5:00pm		xxxxx	Pie Auction with Cherie Soria and Jameth Sheridan	Priya Talk: The Yoga of Eating	
6:00pm	XXXX	XXXX	XXXX	XXXX	
7:00pm	Cotton Auditorium: John Robbins, Howard Lyman, Will Tuttle, Silent Auction, Pastries-Unbaked Sale				

Sunday August 23	Town Hall	Living Light Lecture Hall	Living Light Culinary Studio	Abundant Health Classroom	Outdoor Activities
7:15am - 8:15am				Yoga Asanas with AwaHoshi Kavan	
7:30am – 8:30am				Yoga continued	Dr. Douglas Graham: Walk This Way
8:15am – 8:45am	???			AwaHoshi Kavan Crystal Bowl Sound Meditation	
9:00am	Thomas Lodi, M.D. How Disease Develops Simultaneously in the Body and the Mind	Will Tuttle Talk: Food as a Spiritual Path	Elaina Love Yogurt and Sauerkraut:	Nomi Shannon Talk Interactive Nomi -- Shooting from the Hip	
10:00am	Howard Lyman Dementia and Politics	Dr. Doug Graham Fruit: Friend or Foe?	Kevin & Annemarie Gianni: Meal Planning for Optimal Health	Nomi Shannon Talk Interactive Nomi -- Shooting from the Hip part 2	
11:00am	John Robbins Conversation with John Robbins: Q&A	Patricia Cramer Footloose: Self Massage for Happy Feet	Matt Monarch and Angela Stokes-Monarch Raw Travel Snacks	Michael Saiber Why I Couldn't Save the Amazon Queen and My Other Extraordinary Friends from an Early Grave	Susan Lightfoot of Noyo Food Forrest Garden Tour
12:00pm	Brian Clement Supplements Exposed	Frederic Patenaude How to Make a Living in the Natural Health Movement	Cherie Soria Comiendo Pura Vida (Eating Pure Life): the Flavors of Mexico	Film: A Sacred Duty producer Lionel Friedberg	
1:00pm	Panel Ask the Experts: Brian, Anna Maria, Jameth, Doug, Viktoras, Karin, Tom <i>Moderated by Dr. Rick Dina</i>	Petra Schulte Rethink Your Drink	Ronnie and Minh Green Papaya & Coconut Noodle Salad	Continued Film: A Sacred Duty	
2:00pm	Paul Nison The Daylight Diet	Dr. Karin Dina, D.C. Creating Optimal Digestion	Vinnette Thompson Unbelievable Raw Desserts	Joel Andrews Healing Harp	
3:00pm	Anna Maria Clement Detox and Elimination	David Ross Gratitude and Life Passion: The Secrets of Rapid Attraction and Manifestation	Terry Nieves Sea Love Salad - Green Superfoods From the Ocean	John Kohler Just Because Its Raw; Doesn't Mean Its Healthy"	
4:00pm	Viktoras Kulvinskaskas Talk: Miracles of Holism and Enzymatic Superfoods	Dan Ladermann Travel in the Raw	RAW PIE CONTEST WINNER A Winning Pie	Dr. Rick Dina Carbohydrates, Insulin and Blood Sugar: What Raw Foodists Need To Know	It's ALL Just Play, with Dr. Doug
5:00pm	XXXX	XXXX	XXXX	AwaHoshi Kavan The Harmonics of Crystal Sound for Health and Transformation	

Special Pre- and Post-Expo for Fee Seminars

	Living Light Lecture Hall	Culinary Studio	Special For Fee Seminars Abundant Health Conference Room	On the beach
Pre-Expo				
Wednesday and Thursday August 19-20 8:30am to 5:30pm			Nutritional and Athletic Performance with Dr. Douglas Graham	
Thursday 8:00am to 12:00pm, August 20				Seaweed Harvesting on the Mendocino Coast With Master Seaweed Wildcrafter, Terry Nieves
Post-Expo				
Monday August 24 9:00am to 1:00pm			Viktoras Kulvinskas Life Without Limits	
Monday August 24 9:00am to 1:00pm		Knife Skills 101		
Monday August 24 2:30pm-5:00pm		Knife Skills 102		
Monday August 24 2:00am to 6:00pm			Introduction to Raw Food Nutrition Drs. Rick and Karin Dina	
Tuesday August 25 8:00am to 6:00pm	Living Light Culinary Arts Institute FUNdamentals of Raw Living Foods certification course with Cherie Soria and the Living Light Team			
Tuesday August 25 9:00am-5:00pm		FUNdamentals of Raw and Living Foods		
Wednesday-Thursday August 26-27 9:00am to 6:00pm			Science of Raw Food Nutrition Drs. Rick and Karin Dina	
Friday-Tuesday August 28-September 1 9:00am to 6:00pm			Science of Raw Food Nutrition 2 Drs. Rick and Karin Dina	
Wednesday-Friday September 2-4 9:00am to 6:00pm			Benefits of Raw Food Nutrition Educator Course Drs. Rick and Karin Dina	

Pie Contest Judges:

Colleen Holland, Food Editor, VegNews
 Nomi Shannon, author, The Raw Gourmet
 Cherie Soria, author, Living Light Culinary Arts Institute
 Elaina Love, author, Café Solstice
 Paul Nison, author, speaker
 Matt Samuelson
 Vinnette Thompson, renowned raw pasty chef, Raw Food Underground