

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 Sound Meditation | |
| 9:00am | Cherie Soria Welcome to the Vibrant Living Expo and the Green Revolution! | XXXX | XXXX | XXXX | |
| 10:00am | Viktoras Kulvinskaskas What Are Enzymes and How Do They Affect Our Lives? | 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) | |
| 12:00pm | Viktoras Kulvinskaskas Superfoods 101 | 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 | XXXXXX | 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 Sound 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-- Now You Can Have Your Cake and Eat it Too! | Paul Nison Health According to the Scriptures | |
| 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! | Don Weaver My First 32 Years Enjoying a 100% Raw Vegan Diet | |
| 11:00am | Victoria Moran The Love-Powered Way to End Emotional Eating" | Viktoras Kulvinskaskas Strategies for Surviving and Thriving into 2012 | Felix Schoner Black Sesame Tofu with Wasabi | 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 Indian Breakfast Scramble | Film Clip with Deborah Koons Garcia 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 | Vinnette Thompson Peach Cobbler with French Vanilla Ice Cream | Joel Andrews Awakening Your Soul to the Healing Power of Music Part 1 | |
| 3:00pm | Brian Clement Basic Science of Living Food | Jeff Stanford Consciousness and Diet | Nomi Shannon Chowda!!! and other comfort foods.. fast! | Film Diet for a New America 60 min | |
| 4:00pm | Brian 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 | Dr. Ritamarie Loscalzo 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 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 The Three Secret Fail-Safe Steps to Success on Starting and Continuing your Raw Food Diet! Part 1 | |
| 10:00am | Howard Lyman Dementia and Politics | Dr. Doug Graham Fruit: Friend or Foe? | Kevin & Annemarie Gianni: Meal Planning for Optimal Health | Nomi Shannon The Three Secret Fail-Safe Steps to Success on Starting and Continuing your Raw Food Diet! Part 2. | |
| 11:00am | John Robbins Conversation with John Robbins: Q&A | Patricia Cramer Foot Freedom: My Feet Feel Great! Do Yours? | 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 | |
| 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 Awaken Your Soul to the Healing Power of Music Part 2 | |
| 3:00pm | Brian 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 It's Raw Doesn't Mean It's Healthy | |
| 4:00pm | Viktoras Kulvinkas Superfoods for Superior Health | 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 | |
| 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