



# ALOHA MALU RETREAT

Living RAW food

BODY – MIND – SPIRIT

Aloha!

## Living RAW Foods

No Dairy, No Gluten, No Soy! Low GI!

We firmly believe that the foundation of a healthy body, mind and spirit is derived from what we eat.

Learn how to prepare this delicious vegan food for yourself and your loved ones.

Upcoming classes  
will be advised  
shortly

*Please call Madeline and Kenike for details.*

9971 8862 or 0402 145 583

[www.alohamaluretreat.com.au](http://www.alohamaluretreat.com.au)