

SUPERFOODS • SUPERHERBS  
HEIRLOOM CHOCOLATE • ELIXIR BAR  
FRIENDLY FERMENTS • CLASSES



APRIL



**Be Your Own Fermentuer:  
How to Ferment & Culture Foods**

*with Malcolm Saunders*

Sunday, 2 April 2017  
1:00pm - 4:00pm

\$67

**Elixirs For Women's Hormone Balance**

*with Madeline MacKinnon*

Saturday, 8 April 2017  
1:00pm - 4:00pm

\$57

**ADAPTOGENS: Elite Herbs For Adrenal Energy**

*with Denis Manzer*

Sunday, 9 April 2017  
1:00pm - 4:00pm

\$37

**Light Cellar Open House**

*with Malcolm Saunders and Guests*

Saturday, 15 April 2017  
11:00am - 4:00pm

FREE

**Wonder Foods of the New World Series -  
Chia: Lost Crop Of The Aztecs**

*with Denis Manzer*

Friday, 21 April 2017  
6:30pm - 8:30pm

\$20



**Intro to GoodFoods: The Benefits of  
Fermented Foods**

*with Luka Symons*

Saturday, 22 April 2017  
1:00pm - 3:00pm

\$50

**Kitchen Therapy: Cooking Up Mental  
Health & Wellbeing**

*with Orsha Magyar*

Sunday, 23 April 2017 1:00pm - 3:00pm

\$47

**Eating For Your Cycle - A 4 Part Series:  
Session 1 - Nutrition and Recipes For  
The Menstrual Phase**

*with Madeline MacKinnon*

Wednesday, 26 April 2017 6:30pm - 8:30pm

\$47

**Wonder Foods of the New World Series -  
Mesquite: Blood Sugar Saviour**

*with Denis Manzer*

Friday, 28 April 2017  
6:30pm - 8:30pm

\$20



**Healing Tree Medicines**

*with Patrick Kooyman*

Saturday, 29 April 2017  
1:00pm - 3:00pm

\$35



**Local Adaptogens - Wild Canadian  
Medicinals from Forest to Family**

*with Patrick Kooyman*

Sunday, 30 April 2017  
1:00pm - 3:00pm

\$35

MAY

**Eating For Your Cycle - A 4 Part Series:  
Session 2 Nutrition and Recipes For The  
Follicular Phase**

*with Madeline MacKinnon*

Wednesday, 3 May 2017  
6:30pm - 8:30pm

\$47

**Wonder Foods of the New World Series -  
Quinoa: The Mother of All Grains**

*with Denis Manzer*

Friday, 5 May 2017  
6:30pm - 8:30pm

\$20



**Intro to GoodFoods: Eating for  
Nutrient Density**

*with Luka Symons*

Saturday, 6 May 2017  
1:00pm - 4:00pm

\$40

**Thriving Through Menopause: Superfood  
Recipes and Self Care Rituals For Vibrant  
Health and Balanced Hormones**

*with Madeline MacKinnon*

Sunday, 7 May 2017  
1:00pm - 4:00pm

\$57

**Eating For Your Cycle - A 4 Part Series:  
Session 3 - Nutrition and Recipes For The  
Ovulatory Phase**

*with Madeline MacKinnon*

Wednesday, 10 May 2017  
6:30pm - 8:30pm

\$47

**Wonder Foods of the New World Series -  
Maca Root: An Energizing Andean Treasure**

*with Denis Manzer*

Friday, 12 May 2017  
6:30pm - 8:30pm

\$20

Empowering educational experiences to enlighten culinary abilities & expand perspectives about food & nutrition



## MAY CONTINUED

### Thriving in Harmony with Spring – Seasonal Strategies for a Healthy Spring and Summer

with *Derek Fleming*

Saturday, 13 May 2017  
1:00pm - 4:00pm

\$67



### Be Your Own Chocolate Maker: Activate the Alchemy of Cacao

with *Malcolm Saunders*

Sunday, 14 May 2017  
01:00pm - 4:00pm

\$77

### Eating For Your Cycle - A 4 Part Series: Session 4 - Nutrition and Recipes For The Luteal Phase

with *Madeline MacKinnon*

Wednesday, 17 May 2017  
6:30pm - 8:30 pm

\$47

### Wonder Foods of the New World Series - Cacao: Food of the Gods

with *Denis Manzer*

Friday, 19 May 2017  
6:30pm - 8:30pm

\$20

### Light Cellar Open House

with *Malcolm Saunders and Guests*

Sunday, 21 May 2017  
11:00am - 4:00pm

FREE

### Wonder Foods of the New World Series - Yerba Maté: Drink of the Gods

with *Denis Manzer*

Friday, 26 May 2017  
6:30pm - 8:30pm

\$20

### Fine Chocolate Tasting Experience - A Deep Dive Into the Food You Love

with *Malcolm Saunders*

Saturday, 27 May 2017  
7:00pm - 8:30pm

\$27

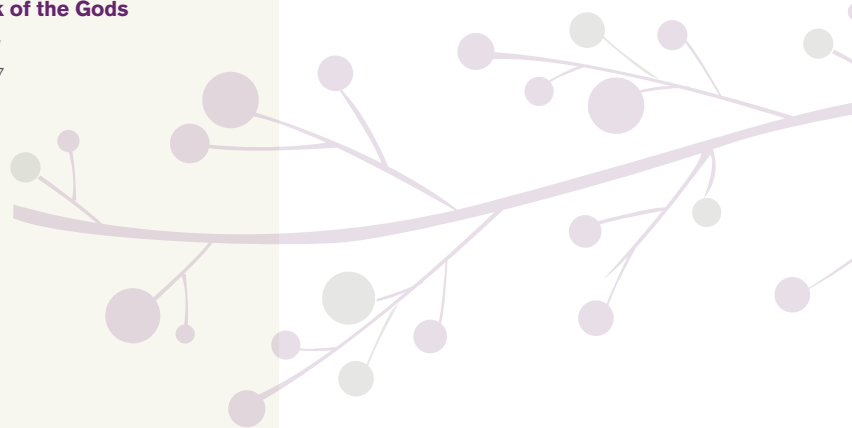


### Be Your Own Fermentuer: How to Ferment & Culture Foods

with *Malcolm Saunders*

Sunday, 28 May 2017  
1:00pm - 4:00pm

\$67



## JUNE



### Be Your Own Brewer (BYOB): Activate The Art, Craft & Alchemy of the Mead Making

with *Malcolm Saunders*

Friday, 2 June 2017  
6:30pm - 9:00pm

\$47



### Seeding Your Baby's Microbiome: Ensuring Health and Vitality For You and Your Babe

with *Luka Symons*

Saturday, 3 June 2017  
1:00pm - 3:00pm

\$45



### Be Your Own Soda Maker: How to Make Healthy Sparkling Sodas – Probiotic Ginger Ale, Root Beer, Cola and Sparkling Fruit & Flower Sodas

with *Malcolm Saunders*

Sunday, 4 June 2017  
1:00pm - 4:00pm

\$57

### Elixirs For Women's Hormone Balance

with *Madeline MacKinnon*

Sunday, 11 June 2017  
1:00pm - 4:00pm

\$45

### Sensational Sprouting: How To Grow Your Own Sprouts At Home

with *Denis Manzer*

Saturday, 17 June 2017  
1:00pm - 3:00pm

\$37

### Intro to GoodFoods: The Basic Concepts of a Traditional Foods Diet

with *Luka Symons*

Sunday, 18 June 2017  
1:00pm - 3:00pm

\$30

### Chinese Tonic Herbs: How to Create Herbal Elixirs & Nutritious Snacks You Will Love

with *Malcolm Saunders*

Saturday, 24 June 2017  
1:00pm - 4:00pm

\$47



### Be Your Own Chocolate Maker: Activate the Alchemy of Cacao

with *Malcolm Saunders*

Friday, 30 June 2017  
6:30pm - 9:30 PM

\$77



Classes with this glyph include a component where you will **hand-craft** one or all of the featured recipes.

For complete class details & registration visit: [thelightcellar.ca](http://thelightcellar.ca) or call 403.453.1343