



Cooking with  
**YOSHIKO**

## 2-DAY COOKING CLASS FOR NATURAL WEIGHT LOSS

### SUSTAINABLE NATURAL WEIGHT LOSS WITHOUT STARVING WITH JAPANESE SUPERFOODS

Feel embarrassed or ashamed being seen in a summer outfit?  
Worried about getting health problems or already have one?  
Want to avoid weight gain rebound?

#### YOU WILL LEARN:

- Japan's best-kept secret, ancient wisdom of Japanese superfoods
- Why Japanese superfoods are great for weight loss and health
- How to select and buy Japanese superfoods
- How to maximize the effects of Japanese superfoods
- 5 Tips for weight loss with Japanese superfoods
- How to cook satisfying meals, snacks and desserts with Japanese superfoods

#### YOU CAN ALSO HAVE THESE BENEFITS:

- Regulate blood sugar level
- Strong bone
- Gut health
- Detox
- Blood issues ( lower cholesterol / blood pressure)
- Immune boosting
- Anti-aging
- Overall health
- Beautiful skin and hair

#### DATE

Natural weight loss with Japanese superfoods 1

Saturday 26/11/16

Saturday 03/12/16

Saturday 21/01/17

Natural weight loss with Japanese superfoods 2

Saturday 04/02/17

Saturday 25/02/17

Saturday 11/03/17

#### TIME

1:30pm to 3:30pm

#### ADDRESS

LOFT & EARTH

Level 1, 70 Bronte RD, Bondi Junction NSW 2022

#### PRICE

\$270 For two classes (\$150 for 1 class)

\* It includes tuition, lunch, alkaline mineral water, organic japanese tea and copy of the recipes

#### BONUS OFFER

- 1 x E-book – TOP 3 JAPANESE SUPERFOODS FOR NATURAL WEIGHT LOSS
- 2 x Japanese superfoods - Konnyaku pasta 400g

#### YOUR CHEF:

Yoshiko is a Japanese chef with extensive experience in a range of restaurants, in everything from ethnic to the world famous 3-hat level. She has been teaching cooking in Sydney and Japan for nearly 20 years and has cooked live for the contestants on channel 10's "The Biggest Loser". Yoshiko is also the author of the ground breaking "Cooking with Soy" and "Japanese Superfood".

For more information or booking, please email [info@cookingwithyoshiko.com](mailto:info@cookingwithyoshiko.com) or call 0404 266 860.

[www.cookingwithyoshiko.com](http://www.cookingwithyoshiko.com)

