

Raw Food Yoga Retreat

A Virtual Retreat from your Home so you can relax and de-stress. Sign up for the Raw Food Yoga Retreat on March 20 and 21, 2021.



CHARLOTTE, USA, February 1, 2021
/EINPresswire.com/ -- On Saturday,
March 20th and Sunday, March 21st,
2021, the inaugural virtual [Raw Food](#)

[Yoga Retreat](#) will take place around the world from people's living rooms. The goal of the event is to provide the feel of an in-person retreat from the comfort of your home, so at the end of the weekend you feel relaxed, de-stressed, and refreshed.

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Not only is this the inaugural event, but it's also different from any other event out there, because we have combined raw food and yoga in one setting.”

Helene Greenberg

Attendees will have the opportunity to enjoy raw food cooking demos, yoga classes, healthy conversations and exercise classes from the top raw food and yoga educators from around the globe. Virtual vendor booths will be set up to have a more in depth conversation and to purchase various products from our speakers. You can find the most up to date information about the event on our website, www.rawfoodyoga.com.

The pandemic has forced many events to go virtual. “The worldwide pandemic has had a direct impact on festivals and events so we created a virtual retreat from the comfort of your own home”, Director of Events for the [Plant-Based Network](#), Helene Greenberg shares. “Not only is this the inaugural event, but it's also different from any other event out there, because we have combined raw food and yoga in one setting.”

You don't have to worry about the pandemic. You can enjoy a weekend of classes and cooking demos without leaving your home. You'll learn many different recipes and yoga techniques plus Qigong and even a HIIT (High Intensity Interval Training) class. Raw foodist, [Karen Ranzi](#), M.A., of Feel Fabulous with Food and Super Healthy Children is a partner and sponsor of the event. Grant Campbell, The Raw Aussie Athlete is our fitness expert and Anna Ferguson, co-founder of World Peace Yoga, is one of our lead yoga instructors. There's something for everyone and it's very affordable.

An Early Bird Retreat Ticket is \$42 (30% discount) and is available now through February 20, 2021. Our Retreat Ticket is \$59 and is on sale from February 21 to March 19, 2021. The price for a ticket over the weekend of the event will be \$99. We have an added VIP Retreat Upgrade for \$25 that will include over \$400 worth of giveaways from the speakers and includes items like free e-cookbooks, private mentoring, and personal consulting. Tickets can be purchased through our website, www.rawfoodyoga.com.

Helene Greenberg
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[Facebook](#)



IMAGINE
a weekend retreat in the comfort of your home

RECHARGE in one weekend—
We are combining the **best chefs** in the raw food world, along with **leaders in the yoga** community, into one **VIRTUAL RETREAT**. Stay safe at home, while still receiving the benefits of a healthy getaway... with healing foods, yoga practices and mindful awareness techniques.
Emerge after this weekend with a renewed sense of well-being and purpose.

IMMERSE YOURSELF INTO THE WORLD OF RAW FOOD + YOGA

nourish
learn to prepare raw foods to optimize your nutrition, regulate digestion and shift towards abundant health

yoga
join various coaches as they demonstrate techniques for improving strength, flexibility and balance for all abilities

bliss
calm your mind and discover stress reduction techniques to optimize self-awareness and personal growth

Raw Food Yoga RETREAT
SATURDAY-SUNDAY
MARCH 20-21
10am - 6pm (EST)
REJUVENATE YOUR ENERGY
LED BY:
KAREN RANZI, MA
Plant-Powered Holistic Health Coach
MELISSA "LISSA" MARIS
Raw Vegan Gourmet Foodist
CHRIS KENDALL, RHN
Holistic Nutritionist, Yogi and Raw Chef
For more information and a full list of speakers, visit www.RawFoodYoga.com

Sign Up Today For Early Bird Pricing!

sponsored by: **Beyond** **plantbased NETWORK**

Details for the Raw Food Yoga Retreat

This press release can be viewed online at: <https://www.einpresswire.com/article/535197136>

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