





UK Fruitfest 2023

21st to 28th July 2023

Full Event Prospectus

With only 12 tickets left, and prices rising soon, it is time to book your place at UK Fruitfest 2023.

Date: Friday 21st July to Friday 28th July 2023
Venue: Dunfield House, Kington, Herefordshire, England



Dear friend,

A Personal Message From Ronnie Smith
(Founder of UK Fruitfest)

If you are looking to supercharge your health with a raw vegan lifestyle, meet like minded people and learn from world leading experts then UK Fruitfest is the event for you.

If you want to attend you **MUST** make sure you take action today. There is no time left to wait. Tickets are running out fast and our international reputation is bringing in new enquiries every single day.

Before tickets are gone, take action right now to secure your place at this year's event.

How to book your place at the UK Fruitfest 2023:

Registration takes place by phone. You can easily book a call by visiting the following website to book a time to speak with me:
<http://rawvegancourse.com/fruitfest2023>

Or send a message to the phone number or email address written above.

Are you ready for the thrill of a lifetime?

Can you imagine how you will feel after 8 days of rejuvenating fruits and simple but delicious raw vegan meals?

Can you imagine meeting a tribe of health focused, heart-centred fruit-lovers who want to support you and share this journey with you?

You will learn that a raw vegan diet can not only be easy, but also fun, delicious and simple to maintain for a lifetime!

Every year, I hear people say:

"we had the best time of our life here!"

This is what Fruitfest is all about...and if this rings true for you, we want you to join us. No, we DEMAND it!

The UK Fruitfest 2023 is a place where you will:

- **Taste the best fruit the world has to offer! Devour the incredible buffet of MOUTH WATERINGLY DELICIOUS, SUPER SWEET, VIBRANT FRESH FRUIT. Get the chance to eat as much as you like instead of limiting what you eat because of your budget or time.**
- Experience tropical fruits that you have never tried before. Like the amazing King of Fruit- **DURIAN** and the juicy fruit bubblegum flavour of **JACKFRUIT** to name just two. The flavours are out of this world and have to be tasted to be believed!
- **Learn how best to shop for fruit to get incredible discounts. Learn how to store, ripen and prepare these foods for MAXIMUM INTENSITY OF FLAVOUR AND ENJOYMENT.**
- have all your meals prepared for you by one of the world's top raw vegan chefs and our incredible team. They will make sure that each meal is **BETTER** than the last and you will always get as much as you want!
- **Go home with TONNES of new recipes and new recipe ideas. Get your creative juices flowing and have endless fun and pleasure making delicious new raw recipes in your kitchen. These will be not only more delicious than any cooked meal you could make but will be much healthier too.**
- Learn how to eat as much as you want and still lose weight, have more energy and feel and *look* younger with a raw vegan diet.
- **Lose all the fears, anxieties and worries that are holding you back. Let go of your old habits. Become the new raw superpowered version of your self. UNLEASH THE HEALTH GIANT WITHIN THAT IS DESPERATE TO GET OUT.**
- Lose some excess weight rapidly. We get different reports at the festival about how much weight people can lose. Often people can easily lose 5 to 10 pounds or more in the 8 days of the festival.
- **Meet some of your favourite inspiring raw vegan leaders and teachers. Get a chance to be up close and personal with them. Have a personal conversation and eat dinner with some of the best raw vegan leaders in the world. Get a chance to see for yourself how they eat, how they exercise and see the mindset they have which makes them stay raw successfully for the long term!**
- Have the chance to try new exercises and activities. Get coached by experts to help you improve your performance rapidly. Some of our teachers are coaches who have worked with *world champion athletes and Olympians*, others are elite athletes in themselves. You will be amazed at what you can learn from their experience in just a few days.
- **Give your children a fantastic chance to meet other veggie, vegan and fruit based children. We always have games for the kids to play and make sure they have as good a time as everyone else. This year we want to give even more support to the children's team as we are expecting even more kids this year than ever.**
- Learn absolutely everything you need to know about a raw vegan or fruitarian diet. Heard about 80/10/10? Learn from the man who wrote the book. *Do you want to know about fitness, weight loss, detox, fasting, juicing, getting enough protein, fat, carbohydrates, Vitamin b12, Vitamin D and on and on??* You will get all your questions answered and take home with you new information to inspire and help others.
- **Find new friends who are in alignment with you. Whenever we are making big changes in our life it is likely that we may outgrow some of our old friends. At Fruitfest, move towards new friends that will nourish you and help you grow to your greatest potential. If you are always the healthiest person in the room maybe you need to get around people that make you realise you still have room left to grow!**

Why YOU should come to Fruitfest 2023?

It's easy to think:

**"what can the UK Fruitfest offer that
I can't get in books, articles and online videos?"**

Listen, when I first became aware of the raw vegan diet I became a passionate and obsessed researcher on the subject. I watched countless hours of videos. I read the books. I read the articles.....

..... but I just couldn't make it all work for me.

It wasn't until I attended a fruit festival and met other people that I was able to make a long term change to the raw diet.

Not only were all my questions answered, which gave me a great deal of confidence, but I was able to meet and watch others that were doing this lifestyle long term. I was able to pick up tips from them I could not get from books.

Not only that, but I now had a community of new friends. Friends to share my journey with and stay inspired. That really helped me keep to the path.

They say that:

**"we are the average of the 5 people
we spend the most time with".**

If that is true, then being surrounded by hundreds of people eating a raw vegan diet for 8 days will give you the best opportunity to go raw.

Healthy habits, attitudes and thoughts are infectious. We pick these up from people around us. We all go home with new habits that will help us live a healthier, longer life!

The danger of free online content is how do we know someone has not just made something up? Or perhaps they have got some information confused but they are presenting it as completely factual.

As Mark Twain jokingly said:

"be careful when reading health books; you may die of a misprint"

Some people online are quoting information from out of date books. Books that have either been disproven or have never been shown to be correct.

Even if you are being set just a little bit off course by inaccurate information, over a lifetime that will mean you are way off where you want to be.

The special thing about the teachers at UK Fruitfest is that they have not only found something that works for them, they have found something that works for others. They have helped thousands of others to make that transition.

Why not come to UK Fruitfest and get the directions, the advice and information that will set you in the direction of your greatest health goals?

If health is a journey, we all need a North Star to navigate towards and a Navigator to steer us in the right direction. As long as we are heading in that direction, no matter how slow, *we will inevitably be pulled, like a magnet towards our destiny.*

The funny thing is that many of the better online teachers are students of our team of speakers at this festival.

Wouldn't you rather go to the source directly? Hear them speak for yourself. Spend time with them. Eat dinner with them. Shake their hand. Discuss with them your worries and fears and test them with your hardest questions?

I know that having that experience, of meetings speakers face to face, really helped me to change for good.

Or maybe you "know it all" and don't need to learn anything new?

What is inspiring to me at the festival is seeing people that have been raw for decades willing to sit down and listen to others. They say the mind is like a parachute; *it works best when open!*

Our teachers are dedicated to their own self education. They are committed and to making sure that the information that they put out there is completely accurate. They are motivated to learn more.

If you have been around this community long term, and have been raw for years, you may think you know it all. But pause for a moment. **Is there really no scope for improvement in your health journey? Are there not new things you can learn?**

Every year I challenge the speakers old and new to come up with highly original information. Brand new talks that they have never given before. There is always something new and fascinating to learn.

But even when I am listening to a talk I have heard before, I always take something new out of it. Something that I ignored before and didn't realise was important.

At the festival, you will be surrounded by other long term raw vegans. This is a great opportunity to connect with like minded people and share your personal journey. If you have not been at the festival you don't know how great that feels!

"But, Ronnie, I am new to this and not yet 100% raw. I'm not fit, my body is not where I want it to be. I worry that I will not be accepted into this community"

I have had so many friends say to me: "I wish I had come to the festival earlier....I was just scared that I *wouldn't fit in as I wasn't raw or vegan yet*"

In reality, if you are not raw or vegan yet, this is a great reason to come. It shows a lot of courage to come to something like this. Especially if you think that you might not fit in. Truthfully, you will be amazed at how quickly you will meet friends. At UK Fruitfest most attendees are just starting off and still have further to go.

The festival is a place to get that encouragement and move in the right direction. People of all shapes and sizes attend. All levels of fitness. No one is judged for not being perfect or not being 100% raw.

We are a supportive community and we know that judging and criticising people won't help anyone. At the end of the day we have the same dream, to bring about a better, healthier world for everyone.

A Unique Event

Honestly, there is no guarantee that UK Fruitfest will continue forever. Who knows what life holds for all of us. **But this year it is on and you have a chance to be here with us.**

Will you be one of the many sitting at home, kicking yourself and thinking of the experience you could be having? Or will you take action, rise out of your comfort zone

and literally sit at the table with the best teachers on the raw vegan diet that have ever been assembled in the UK.

I would strongly urge you try to re-arrange things and put things on hold to make attending this event a reality for your self. On the first day alone you will have experiences, realisations and learning moments that will make it crystal clear to you why you needed to attend the event.

If your intuition is calling you to Fruitfest...say yes and be with us. I assure you that it will be worth every single minute of time you spend travelling to get there and every penny you pay to come.

The Best Raw Vegan Education In The World

Is there any real need to attend an event like this and invest your money and time into exploring your raw food lifestyle?

For myself and many others, it was attending an event like this that really helped us to change our lifestyle for good and take on new habits. By being around others who are eating a fruit based raw food diet you can learn so much. It will change your concept of what is possible and really help you to make the changes you need to make.

To provide that education we have brought together the best educators in the field of raw foods to speak and present for you. Let me give you some information on who they are and on what they will be presenting for you. I may as well start with the person I know best...myself!

Ronnie Smith - Founder Of UK Fruitfest

Ronnie Smith is an internationally respected leader in the raw vegan movement. He is the founder of one of the greatest raw vegan events in the world, the UK Fruitfest and has worked and collaborated with almost all of the main leaders and teachers in the raw vegan movement.

He has personally attended over 35 raw vegan festivals around the world including The Woodstock Fruit Festival (10 times), The Danish Fresh Food Festival (5 times), The Canada Fruit Fest (2 times), the Austria Fruit Festival (2 times), The Dutch Fruit Festival (1 time), the Slovenia Fruits and Health Festival (1 time), the Spanish Puraw Festival (1 time), the Adriatic Fruit Festival (1 time), the Amazon Fruit Festival (1 time). This experience puts him in the unique position of knowing how to put together something that truly offers a superb experience for the attendees.

On top of this, having met perhaps more raw vegans from more places than almost anyone in the world, he is in a great position to know what works and doesn't work when it comes to the raw vegan lifestyle. Having watched the journeys of so many people, and worked with so many long term experts, Ronnie has a profound sense of knowledge and wisdom for how to help others go raw for life and thrive to their fullest potential.

Dr. Douglas Graham (Author of *The 80/10/10 Diet*)

A lifetime athlete and raw fooder since 1978, Dr Graham is an advisor to world-class athletes and trainers from around the globe.

He has worked professionally with top performers from almost every sport and every field of entertainment, including tennis legend **Martina Navratilova**, NBA pro basketball player **Ronnie Grandison**, track Olympic sprinter **Doug Dickinson**, pro women's soccer player **Callie Withers**, championship bodybuilder **Kenneth G. Williams**, Chicken Soup for the Soul coauthor **Mark Victor Hansen**, and actress **Demi Moore**.

Dr Graham will be delivering a 6 part lecture programme on "longevity", the art and science of living a long and healthy life. Each morning he will be providing a fitness class. He takes great care to make sure all levels of fitness are accommodated.

Professor Rosalind Graham

Professor Rosalind Graham has been a raw vegan for nearly three decades. For over 25 years, she has been a leading light in the field of Natural Hygiene and healthful raw vegan living.

Rosalind specialises in the nurturing of children and helping people heal from disordered eating. Rosalind is best known for her work in the field of emotional and psychological well-being. Her work is rooted in the promotion of **loving kindness, compassion and peace.**

This year Rosalind will be delivering a 6 part lecture and workshop programme focusing on different aspects of "longevity". She will be guiding you towards the practises and the information that will keep you healthy for life.

We have more guests and speakers to add to our schedule. You will be informed more about this as we head towards the festival. Right now our schedule is a close example to what will be on offer.

UK Fruitfest Schedule 2023

We run a packed schedule and you can join in with as many or as few classes as you like. The schedule is our first draft that will be updated as we get closer to the event. We have more detail to add, more speakers, classes and workshops.

Friday 21 st July	Saturday 22 nd July	Sunday 23 rd July	Monday 24 th July
	7am - Morning Yoga	7am - Morning Yoga	7am - Morning Yoga
	8am - HIIT Circuit Dr Douglas Graham	8am - HIIT Circuit Dr Douglas Graham	8am - HIIT Circuit Dr Douglas Graham
	9am - Breakfast	9am - Breakfast	9am - Breakfast
	10am - Professor Rosalind Graham - Keeping The Rust At Bay	10am - Professor Rosalind Graham - Use It Or Lose It	10am - Professor Rosalind Graham - Keeping Your Battery Charged
	1130am - Dr Douglas Graham - Health	1130am - Dr Douglas Graham - Energy	1130am - Dr Douglas Graham -Functionality
	1pm - Lunch	1pm Lunch	1pm Lunch
	2pm Group Activities Group Walk/Hike	2pm Group Activities Group Walk/Hike	2pm Group Activities Group Walk/Hike
	4pm - Ronnie Smith - What Beginners Need To Know About A Raw Vegan Diet	4pm - Ronnie Smith - Diet - The Most Important Thing	4pm - Ronnie Smith - The "Dangerous" Mistakes Made On A Raw Vegan Diet
5pm - 7pm Arrival Time, Dinner	5pm - Food Demo - Simple Raw Salad Dressings	5pm - Food Demo - Raw Food Italian Style	5pm - Food Demo - Raw Food Mexican Style
7pm Opening Ceremony	6pm - Dinner- Simple Raw Night	6pm Dinner - Italian Night	6pm Dinner - Mexican Taco Night
8pm Getting To Know You Games	8pm - Men's Circle Women's Circle	8pm - Fruity Quiz Night	8pm - Questions And Answers To Speakers
9pm Pool Party	930pm Campfire	930pm Campfire	930pm Campfire

Tuesday 25 th July	Wednesday 26 th July	Thursday 27 th July	Friday 28 th July
7am - Morning Yoga	7am - Morning Yoga	7am - Morning Yoga	7am - Morning Yoga
8am - HIIT Circuit Dr Douglas Graham	8am - HIIT Circuit Dr Douglas Graham	8am - HIIT Circuit Dr Douglas Graham	8am - HIIT Circuit Dr Douglas Graham
9am - Breakfast	9am - Breakfast	9am - Breakfast	9am - Breakfast
10am - Professor Rosalind Graham - Learning Laughter and Love, the secret of Vegan Centurions	10am - Professor Rosalind Graham - The Art And Science Of Inner Peace Development	10am - Professor Rosalind Graham - Breathing Years Into Your Life	10am - Group Photo and time to say goodbye
1130am - Dr Douglas Graham - Metabolism	11.30am Dr Douglas Graham - Physique	11.30am Dr Douglas Graham - Vitality	11am - Bus Leaves
1pm Lunch	1pm Lunch	1pm Lunch	
2pm Group Activities Group Walk/Hike	2pm Group Activities Group Walk/Hike	2pm Group Activities Group Walk/Hike	
4pm - Ronnie Smith - The History Of The Raw Food Movement	4pm - Ronnie Smith - Coach Yourself To Longterm Success	4pm - Ronnie Smith - Become A Professional Raw Vegan Educator	
5pm - Food Demo -How To Make Raw Sushi	5pm - Food Demo - Raw Vegan Pad Thai	5pm - Food Demo - Raw Tabbouleh	
6pm Dinner - Sushi Night	6pm - Thai Night - Raw Vegan Pad Thai	6pm - Middle Eastern Night	
8pm - Debate Night	8pm - Talent Show	8pm - Closing Ceremony	
930pm Campfire	Campfire	Campfire	

Accommodation - Dunfield House



Our venue is the superbly situated peaceful oasis of **Dunfield House**, in Kington Herefordshire. Set in 15 acres of stunning woodland, with breath taking views of Hergest Ridge, Dunfield House is the perfect place to get away and re-connect.

Requisitioned during World War II for the American forces, Dunfield House was a bolthole for Winston Churchill for high-level meetings and elaborate dinners. Nearby Hergest Ridge inspired Mike Oldfield's 1974 album of the same name and, according to local folklore, the chilling legend surrounding its court was drawn upon by Arthur Conan Doyle for his classic 'The Hound of the Baskervilles'.

We rent the accommodation exclusively which makes it a private experience for our guests. We have very limited options left including a small number of private rooms, small shared rooms and group dorms. Camping is also an option (though the site is not ideally set up for campers, campers can use the showers and toilets in the house) as well as staying off site in accommodation you arrange.

Dunfield House includes a large recreational hall in which we host lectures and group activities, a heated swimming pool, indoor dining room areas, a large lounge filled with comfortable couches for socialising and an additional sun lounge for relaxation. There is a stream on the site, a camp fire area, football ball pitch, volleyball court, disc golf course, a labyrinth (for prayer and meditation) and a peace garden. You will quickly learn to love this relaxing and beautiful place.

The Food



Our philosophy is that human beings thrive best on the natural raw foods that our ancestors ate for millions of years before modern farming, cooking, hunting, storage and processing techniques were developed. Our true diet is similar to that of our anthropoid primate cousins that have a near identical digestive system to us, mostly consisting of fruit and leafy greens.

Our professional team provides an incredible 100% raw vegan menu each day, focusing on the best quality in season fruits and vegetables. We focus on quality, flavour and variety. We source many foods locally and a large amount comes from the UK itself. We do not provide a fully organic selection (this would limit the variety, quality and flavour we would be able to provide)

Each day, we stop for a breakfast, lunch and dinner meal and there will be fruit to snack on throughout the day. Despite this "light" diet, our attendees report feeling full and satisfied and the transformation that can happen in just 8 days is incredible.

In advance of the event, we provide free guidance and information on this lifestyle to help you prepare for the festival and enjoy it to the full.

It's not JUST fruit! The menu is 100% raw vegan: no meat, dairy, grains, starches or other cooked foods. We believe the healthiest and most delicious food requires only mother nature as the chef and the sun as the oven!

We are the ONLY festival in the UK offering a 100% raw vegan environment. The menu follows 80-10-10 principles: an abundance of delicious, ripe fruit and simple low fat salads in the evening.

It is not uncommon for guests to tell us:

"I have eaten the best fruit I have ever had in my life at UK Fruitfest!"

The Only Place That Offers This Value!

When I started the festival I had a question to ask myself. Do I want to offer something as cheap as possible....or offer more value?

Do I want to simply invite people to a park somewhere and put on free events that anyone can attend easily?

It is certainly an appealing idea....in fact I still do that very often in Glasgow and have hosted fruit picnics in New York City also. These fruit picnics can certainly be fun. But something made me want to offer more than just a picnic.

Did I want to continue renting a small camping space as I did in 2013 for Fruitcamp, get some friends together and pick up some boxes of fruit from a local market for everyone to share?

Doing that keeps the prices low also. But you don't end up getting the message out to new people. You end up having a small gathering for friends without really building a bigger community. Also without events planned with professional teachers appearing the time can end up being wasted.

"The Best Event Possible"

When I pondered this I realised that I would much rather create the best possible event that I could. Offering full accommodation, including the best cuisine from a professional chef and offering the best education possible all within the one price.

Of course, doing things this way makes it more expensive. In reality, it is much much cheaper than seeking to attend separate events to reach these teachers and speakers, and our event is often the most competitively priced for an event of its kind. You will literally not find a better price for an event of this kind anywhere in the world.

For the value offered, I feel it is a no brainer. Of course that decision is entirely in your hands. Remember that money can always be replaced...the value of missed opportunities, missed experiences and missed friendships can never be calculated.

When I think of the tens of thousands of pounds I have personally paid (just in travel alone) to attend Fruit Festivals I never regret a penny of what I paid. I think of the deep impact and transformative effect it has had on my life. I think of the amazing friends I have met and stay in contact with all of the time.

I think of the person I have become and how my example will not only effect me but will impact thousands of people I meet throughout this life and in turn, thousands more will be affected through them.

The value of that is impossible to calculate...but to me it is priceless.

What Is The Value Of UK Fruitfest To You?

I have often wondered what the true value of the event is. The truth is, I believe the value can be very different for many people.

For example, if it turns out this is the life changing experience for you that I am promising and it is the major catalyst leading to a dramatic shift in your health and life experience, how can a value be put to that?

I have seen similar events priced at over £5000 per ticket (some that I believe do not provide the same level of variety and depth as UK Fruitfest) but once again I have no intention of pricing it so that only an elite few can afford to come.

When I revealed the price of the event to the team working with me it was clear to me that they thought I was charging too little and they thought that it did not reflect the true value of the event. Though it looks like we may have to raise prices significantly in the future, right now we are still committed to providing our event at a remarkably affordable price. With an option to pay over 6 payments, this makes it truly achievable for most people.

Prices And Attendance Options

Your ticket to UK Fruitfest includes:

- full access to the venue
- full access to all classes on the schedule
- full access to all activities on the grounds of the festival
- your accommodation at the event
- your bed and bedding
- your meals for an entire week (breakfast, lunch, dinner and snacks)

	Adult (21+)	Youth(16 – 20)	Child (8 -15)
Shared Dorm Room	£1,495.00	£645.00	£395.00
Shared Small Room SOLD-OUT	£1,745	£995	n/a
Private Room (Individual) SOLD-OUT	£2395		n/a
Private Room (2 Adults Shared) SOLD-OUT	£2895		n/a
Offsite/Camping	£1,395	£545	£295

Family Room (2 adults, up to 4 children)	£3,580
Private Group Room (up to 4 Adults)	£4,185
Private Group Room (up to 6 Adults)	£6,277
Private Group Room (up to 8 Adults)	£8,370

Kitchen Programme

Many attendees would like to learn more about how to prepare raw vegan meals. For a limited amount of attendees we offer the **Kitchen Programme**. This allows you to be part of our kitchen team to learn directly from our experienced chefs on what goes into the preparation of raw vegan meals for a large group.

As part of this programme you will spend one shift per day (4 hours) in the kitchen helping with food prep. You will learn about selection, preparation, storage of raw vegan foods alongside learning about recipes and flavour combinations. Being part of the Kitchen Crew can be so much fun that people choose to stay all day.

As part of the Kitchen Programme, you will miss out on some of the other classes and activities at the festival while also helping the food prep. As a result the ticket is discounted to reflect this.

	Adult 21+
Kitchen Programme (Dorm Accommodation)	£1,245.00
Kitchen Programme (Camping/Offsite)	£1,145.00

Tickets can be paid over 5 payments. A return bus to and from London can be booked for an extra £50. Some people look at these prices and wonder why anyone would pay this to attend a fruit festival. I completely understand why that may be some peoples reactions but our attendees have never left feeling like they did not get much more than they paid for.

It's hard to put a value on the benefits that will come to you from this festival. What value can you place on friendship? What value can you place on inspiration or information? What value can you put on joy and fun?

Whenever I go to a fruit festival, I always think I am adding years to my life. The relaxation, the fun, the positivity and the renewed passion for life on top of the life changing information all make me realise that this will end up being one of the best

investments ever. As Benjamin Franklin said: "An investment in knowledge pays the best interest"

For Happiness Buy Experiences, Not Things

I recently read an article which stated that over the past decade, an abundance of psychology research has shown that experiences bring people more happiness than do possessions. Researchers at Cornell University in the US are working on exactly why this is.... but is it not SO TRUE?

I was speaking to a good friend recently and they told me:

"I don't tend to buy *things* much as you often end up getting bored with them pretty quickly. I prefer to invest in experiences, because good memories last a lifetime"

On top of memories, the friendships that can be formed at these events can be so deep and so long lasting.

Fruit festivals seem to attract a genuinely great group of people; open, ready to learn, easy to talk to and with a zest for life that is rare in the world. Imagine going to a whole event filled with these kinds of people. It is a total joy!After all, aren't we here on Earth to experience all that life has to offer? The highs and lows, the emotions and roller-coasters. We should charge ahead boldly and make our life the adventure that it should be!

What Others Have Said About The Fruit Festival

"Absolutely brilliant. The defining points for me are two things really; 1) the chance to meet so many like minded people, share stories, share your journey and hear their stories back. It's just great to meet people with similar ideas and passions, to share and learn. And 2) Listening to really, really high quality speakers. If you've read the books you think you know a lot but you learn so much more here and it can only help you in your health and your continued growth"

- **Jack Childs, England**

"I've had fruits I've never had before, I've had dragon fruit, I've had durian and to have the unlimited quantities of it has been so liberating, it's really great. Sharing the fruit with everyone, it has this really nice sense of community"

- **Michael Goodchild, The Vegan Activist**

"I'm gonna take away ways of planning my life better, a general attitude of positivity and not letting myself get bogged down by things, making more time in my life for running and exercise. It's made me feel so clean I don't want to go away and start putting other things into my body again. It's really given me a restart"- **Dawn Dakin, England**

"This is our 25th wedding anniversary and instead of going somewhere exotic we've decided to come and celebrate at the fruit festival. It's been a life changing experience we were a bit daunted coming here because we are new to raw foods and we didn't know anybody here and didn't know anybody else doing raw food. We came here with an open mind and we've absolutely loved it and can't wait to come back. We don't want to go home!"

- **Pamela and Michael Jones, Wales**

"It's even better than I expected it to be, definitely. I didn't really know what to expect, I'd never met another raw foodie so I was really, really excited about meeting other like minded people and everyone here is so nice. I've learned so much this week, it's brilliant it's definitely exceeded my expectations in every way"

-**Alexandra McLean-Dridje, England**

"the highlights have been the talks, definitely, going to the running classes as well, it surprised me how much I learned from those. I was surprised at how friendly everybody here is. You don't normally get that instant communication and respect when you meet people in day to day life. I'd definitely come back in a second, it's been one of the best experiences of my life"

-**Michelle Erkiert, England**

"I came by myself and I was a bit nervous about coming and Ronnie had said it was like a big happy family and I didn't believe him! But I can't believe how open and loving and warm and accepting- what a great place and atmosphere. The food has been great, so many recipe ideas to take home so it's really helped me on my journey. And then, all the people you see on Facebook, that you follow are here and you can ask them questions. It's been brilliant, I loved it and made so many friends and connections, it's just been superb. My body feels so clean, it feels so natural and right that I just want to carry on"

-**Amanda Jones, England**

"The food's been amazing, I've had lychees that I never knew existed, I really didn't know they could be that good, and had durian twice. Lots of activities, I've got new muscles in my legs that I've only ever seen in textbooks, I didn't know I actually had those muscles myself" -

-**Jim Smith, England**

"I have to say this has been one of the most enjoyable festivals that I've ever been to in all the years I have been doing this. The whole experience was just marvellous for me, I don't think I've ever been to an event where I felt quite so relaxed and just part of a big family, a big laid back, fun loving open minded, heart centred family. I really, really, enjoyed it"

-**Prof. Rozalind Graham**

"UK Fruit Festival has seriously been amazing, it's my second time back and it's getting better and better every single year. Really amazing lectures, amazing food, amazing connections with everyone. I've been to more lectures at this festival than ever and the education has bar none been really, really high. All the people had a lot of fun, a lot of heart and genuinely wanted to connect to each other, it was just awesome"

- **Chris Kendall, raw vegan chef and teacher**

"It was my very first festival and you guys made me feel so welcome and accepted. Your festival holds a very special place in my heart"

-**Melissa Maris, Raw Food Romance**

You can find many more testimonials on our website and Youtube channel.

Take Another Step On Your Journey

What is on offer to you is a one off and unique event. This collection of speakers, classes and attendees will never come together again.

If the event calls to you in anyway then COME! **If you are 50/50 on the idea of being part of it then this is definitely for you.**

We all experience trepidation and apprehension when stepping into a new place surrounded by people we don't know. But the special and unique thing about the UK Fruitfest is that you will be stepping into a world with other people **just like you.**

If you are someone who is interested in this lifestyle then there is something different about you. Something that looks for greater meaning in life. **Something that pulls you gently towards the highest version of yourself.**

If you are looking to help others in life the first place you must start is with your own transformation. For things around you to change (and people around you to change) then YOU must change first.

Meet You New Tribe!

Are you the type of person that feels in some nagging way that you are missing your "tribe"...missing that group of people, that family that really *gets* you?

This is the kind of positive and inspiring community you will find at UK Fruitfest. A group that will hold you to your highest ideals and values and keep on pushing you towards achieving your highest health and life goals.

Many people say to me they will do something *next year*. But the only time we have control of is now, the present. And nothing happens in life until we commit.

When you commit...and only when you commit, magic can happen. The forces of the universe will conspire to help you to get the things you need...to clear the path, so to speak, so that you will get to where you need to be.

Sign up today to avoid missing out. We are filling up faster than ever before and some of our accommodation options are already full.

I look forward to meeting you. Our presenters look forward to serving you. The fruit you will eat is currently on a tree somewhere, ripening in the sun, waiting to be picked and transported directly to your plate at the UK Fruitfest.

Don't miss this chance. Get in touch now before tickets sell out.

Yours in everlasting fruitful friendship,

Ronnie Smith

UK Fruitfest

P.S We have over 800 people who have registered an interest in the event with only another 12 or so places available.

Make sure you save your space by visiting the website now www.rawvegancourse.com/fruitfest2023 and booking your call.

Alternatively, you can send a text or Whatsapp message to +44 7936 875 064.

Or send an email with the subject **"REGISTRATION"** to info@fruitfest.co.uk

Don't delay, reserve your space now.

Make it the next thing you do before you move on to anything else in your day. While you wait, someone else is taking action and claiming their bed at this incredible event!