



## **21 DAY YOGA FITNESS AND NUTRITION CHALLENGE WITH YOGISATTVA**

### **What is it about?**

The 21 day yoga fitness and nutrition challenge has two main components that is exercise and nutrition.

### **Exercise Component:**

- This is all about effective and innovative mind and body exercises designed to improve your strength, flexibility and overall health. The Yoga Classes are a combination of aerobic and anaerobic movements, as well as elements from Ashtanga and Hatha Yoga, linked together in a flowing series of poses that create strength, flexibility, endurance and balance.
- This challenge is about exploring your limits physically and mentally, working all parts of your body equally to create balance that will compliment other activities of daily life. The classes are offered in a peaceful, relaxed atmosphere to release stress and tension.

### **Nutrition Component:**

- The focus of this area is to encourage participants to rethink their relationship with food and have an honest discussion on what it truly means to be healthy.
- A lifestyle abundant in nutrient dense unprocessed foods is what we encourage here at Yogisattva. To assist you on this journey the challenge includes one cooking class demonstration themed around detox recipes as well as a plant based brunch for you to attend towards the end of the challenge.

### **Who will be teaching it?**

- The challenge will be conducted by certified Yoga Teacher and Plant Based Chef Raveena Taurani.
- Raveena has been practising yoga for over 10 years. She received her first Hatha Certification in Goa in 2015, followed by her teacher and renowned Ashtanga Guru John Scott's blessing to teach the primary series in 2017. This year she finished her formal Ashtanga Teacher Training with Lucy Crawford in England.
- As a chef, she is trained as a Raw Food Chef at The Seeds Of Life in Bali in 2015. In 2015 and 2016, she received certification in Culinary Nutrition and Sports Nutrition with a focus in Raw and Plant Based Food from the



Matthew Kenney Culinary Academy in California. In 2019, she qualified as an Advanced Vegan Diploma Graduate from Demuths in England.

- There will be guest teachers for Yoga every Friday to take a Yin/Restorative class as part of the challenge.
- The Nutrition lectures will be given by Nutrition Consultant Rakhee Jain Arora. Rakhee is certified in Clinical and Sports Nutrition from the American College of Sports Medicine. She believes in using a practical approach when it comes to nutrition. In a world of self diagnosis, extreme dieting, eating disorders and misinformation, she cuts through the clutter and uses techniques that are well researched and are adaptable in our day to day lifestyle.
- She believes that diets should be inclusive, stress free, uncomplicated, non-extremist and should help build your relationship with food. Healthy living is a lifestyle and not a quick fix and that's why she believes that fads don't work. She has always been a fan of great tasting healthy food and loves all forms of exercise.

### **Where is it?**

- The course will take place at the Yogisattva Culinary Academy and Yoga Studio located on the 7<sup>th</sup> Floor of Pinnacle House, Above Arth Restaurant, 15<sup>th</sup> Khar Pali Road.

### **When is it?**

- The challenge takes place from 7am-8:15am from Monday to Friday starting June 3<sup>rd</sup>. Weekends are off. Except for one Saturday and one Sunday where there is a Cooking Class Demonstration and a Plant Based Brunch scheduled.

### **Daily Schedule:**

**JUNE 1<sup>ST</sup>: 4PM-6PM: MEET AND GREET, SETTING GOALS, NUTRITION LECTURE WITH RAKHEE JAIN ARORA**

**JUNE 3<sup>RD</sup>: 7AM-8:15AM: DAY 1 ASHTANGA YOGA**

**JUNE 4<sup>TH</sup>: 7AM-8:15AM: DAY 2 HATHA YOGA**

**JUNE 5<sup>TH</sup>: 7AM-8:15AM: DAY 3 ASHTANGA YOGA**

**JUNE 6<sup>TH</sup>: 7AM-8:15AM: DAY 4 HATHA YOGA SKILL BASED**

**JUNE 7<sup>TH</sup>: 7AM-8:15AM: DAY 5 YIN/RESTORATIVE YOGA**

**JUNE 10<sup>TH</sup>: 7AM-8:15AM: DAY 6 ASHTANGA YOGA**



**JUNE 11<sup>TH</sup>: 7AM-8:15AM: DAY 7 HATHA YOGA**  
**JUNE 12<sup>TH</sup>: 7AM-8:15AM: DAY 8 ASHTANGA YOGA**  
**JUNE 13<sup>TH</sup>: 7AM-8:15AM: DAY 9 HATHA YOGA SKILL BASED**  
**JUNE 14<sup>TH</sup>: 7AM-8:15AM: DAY 10 YIN/RESTORATIVE YOGA**  
**JUNE 15<sup>TH</sup>: 11AM-2PM: DAY 11: COOKING CLASS: DETOX SALADS AND SOUPS, NUTRITION LECTURE WITH RAKHEE JAIN ARORA**  
**JUNE 17<sup>TH</sup>: 7AM-8:15AM: DAY 12 ASHTANGA YOGA**  
**JUNE 18<sup>TH</sup>: 7AM-8:15AM: DAY 13 HATHA YOGA**  
**JUNE 19<sup>TH</sup>: 7AM-8:15AM: DAY 14 ASHTANGA YOGA**  
**JUNE 20<sup>TH</sup>: 7AM-8:15AM: DAY 15 HATHA YOGA SKILL BASED**  
**JUNE 21<sup>ST</sup>: 7AM-8:15AM: DAY 16: INTERNATIONAL YOGA DAY – RESTORATIVE/YIN CLASS**  
**JUNE 24<sup>TH</sup>: 7AM-8:15AM: DAY 17 ASHTANGA YOGA**  
**JUNE 25<sup>TH</sup>: 7AM-8:15AM: DAY 18 HATHA YOGA**  
**JUNE 26<sup>TH</sup>: 7AM-8:15AM: DAY 19 ASHTANGA YOGA**  
**JUNE 27<sup>TH</sup>: 7AM-8:15AM: DAY 20 HATHA YOGA SKILL BASED**  
**JUNE 28<sup>TH</sup>: 7AM-8:15AM: DAY 21 108 SURYA NAMASKARS**  
**JUNE 30<sup>TH</sup>: 12PM: CELEBRATORY PLANT BASED BRUNCH**

**What all it includes:**

- 20 sessions of yoga: a mix of hatha, ashtanga and yin yoga.
- 1 cooking class demonstration workshop based around detox recipes.
- 1 celebratory plant based brunch at the end of the challenge.
- 2 Nutrition based lectures on the kind of food we eat and our relationship to it.
- Surprise guest teachers to take the weekly restorative/yin yoga class.

**What it doesn't include:**

- A nutrition plan. We don't believe in telling you what to eat but rather we believe in empowering you with the knowledge to be able to make these choices for yourself.
- No false promises of weight loss. The goal of the challenge is to help you develop strength, flexibility and a healthier relationship between you and your body.



### What does it cost?

- The cost of the entire challenge is Rs 15000/- inclusive of GST. There is no option to attend only half the challenge or a few days. If you decide to come on board, your committing to the entire challenge. If you miss a day no worries, just show up the next day.

### Terms and Conditions:

- Please make sure to consult your doctor before committing to any exercise routine.
- If you have any prior or new injuries kindly inform the team in advance so you can be well looked after.
- **In order to secure a spot in the course the entire payment has to be made in advance to the following bank details:**

21 day challenge fee: Rs 15000/-

Account name: YOGI SATTVA

Account number: 4411572156

IFSC code:KKBK0000667

Bank Name :Kotak Mahindra bank

Branch:khar(W)

- We will be sending an invoice upon receiving payment. If you would like your bill to include a GST number kindly email that in before we make the invoice.
- **Any conversation pertaining to a discounted or marginalised rate will not be entertained under any circumstance. Refunds will not be offered once you have signed up for the challenge.**
- There are no make-up classes – since the schedule is based around making a commitment for 21 days, if you miss a class, you simply attend the next day.
- Though utmost care will be taken of each student, in the rare event of an injury, Yogisattva will not be held responsible.
- Each participant is required to bring his/her own yoga mat, small towel and water bottle each day of the challenge.