



Dear Prospective Participant,

Thank you so much for inquiring about Yogisattva's Vegan Diploma Level 1. We are proud to be India's first Plant Based Culinary Academy and we have been open since 2018. We are solely dedicated towards empowering individuals with the knowledge and tools they need towards adopting a lifestyle that includes plant based nutrient dense foods without compromising on flavor.

What is it about?

Our Vegan Diploma Level 1 covers 25 dishes that are inspired from different cuisines such as Lebanese, Mexican and Asian. The menu is designed in such a way so that all ingredients are available locally. The entire course is Vegan, Gluten Free and Refined Sugar Free. A resource guide to source the ingredients used in the course will also be provided. You cannot sign up for one day of the course. If you decide to attend, attending both days is mandatory. You will receive a certificate from Yogisattva as an independent Culinary Academy at the end of the course.

Who will teach it?

This course will be taken entirely by Chef Raveena Taurani. She is a certified chef and holds an advanced Diploma in Vegan Food, Raw Vegan Food, Culinary Nutrition and Sports Nutrition and has travelled across Bali, America, Europe and England to hone her skills. This course is open to beginners. Basic skills such as fermentation, sprouting, vegan and gluten free baking will be covered in depth. Majority of the dishes are taught from scratch without using too many pre-packaged ingredients.



Is this course for you?

Whether or not you are a vegan, this course is ideal for participants who want to enhance their knowledge of unprocessed foods and learn how to create a lifestyle where the food they consume is much more than the sum of its calories. Students will learn how to read ingredient labels clearly and identify common marketing gimmicks used to sell processed food as a healthy alternative.

Will I receive a certificate?

Yes, from Yogisattva as an Independent Culinary Academy. Each certificate will be signed by Chef Raveena Taurani.

When does it take place?

The course starts on April 4th, 2020 that is Tuesday from 11am – 5pm everyday till April 5th, 2020. On Saturday, the class will get over slightly earlier to keep time for certificate distribution. This is a hands on course with lots of opportunities for students to take an active part in making the recipes themselves while some recipes are purely done on demonstration basis.

We will start at 11am sharp everyday so we request you to arrive by 10:45am. We will provide you with everything you need. You may want to bring a notebook and camera for your personal records of the day but you will receive a binder of all the recipes made.

We aim to finish the practical cooking by 4:00pm-4:30pm every day so that we can clear up together and review the day and have time for reflection and questions. All the food prepared during the course will be available to eat immediately and if there are any left overs, participants are welcome to take home by bringing their own boxes and containers. We will not be providing any take away containers.



Where does it take place?

The course will take place at the Yogisattva Academy which is located in Bandra. Address is: Pinnacle House, 7th Floor, 15th Road, , Bandra, Same Lane As Citywalk Shoes, Mumbai, Maharashtra: 400050

What all will be taught day wise?

DAY 1:

- Vegan Cheese Board – how to make block cheese
- Lebanese Taco with Zataar Spiced Butternut Squash, Avocado Hummus, Roasted Chickpeas
- Baharat Roasted Tofu with a Fresh Mint Salad and Tahini Sauce
- Sun Dried Tomato Muhammara Dip with Millet and Chickpea Crackers
- Carrot and Chickpea Baked Falafel with Roasted Beetroot Dip
- Spicy Jackfruit Tacos with Vegan Sour Cream and Avocado Mash
- Mexican Quinoa Bowl: Chipotle Spiced Sweet Corn, Black Beans, Guacamole, Cherry Tomato Salsa
- Tofu Posole with Mushrooms and Beans
- Mexican Black Bean Burgers with a Chipotle Tomato Sauce
- Nut and Seed Loaf
- Malabi: Pistachio, Cardamom and Rose Custard

DAY 2:

- Smoky Carrot Gravalax
- Almond Cream
- Oat Cakes with Rosemary and Black Pepper
- Chickpea and Rice Flour Bread
- Miso Glazed Aubergines with Sesame Seeds



- Walnut Miso Broth with Rice Noodles
- Kale and Black Sesame Sushi Bowl
- Buckwheat Noodles with Crispy Tofu and Crunchy Cabbage
- Thai style Pea and Asparagus Soup
- Red Thai Aubergine and Chickpea Curry
- Thai Style Grilled Vegetable Skewers with Peanut Satay Sauce
- Vegan Pad Thai with Seared Tofu
- Black Bean and Cacao Brownies

What does it cost?

This is a professional culinary course and is limited to 8 participants only. We teach in small groups so that all individuals receive equal attention. This course is taught by Chef Raveena Taurani who holds an advanced diploma in Vegan Food. It covers 25 recipes from scratch in a span of 2 days. With all the recipes being vegan and gluten free – this course is one of its kind. You will receive a certificate from Yogisattva at the end of the course. All produce used in the course is entirely organic.

Cost of the course is Rs 35,400/- inclusive of GST. This works out to Rs 15000 + GST for comprehensive training each day of the course where fundamental skills of preparing Whole Foods Plant Based dishes is taught.

In order to secure a spot in the course the entire payment has to be made in advance.

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 course – but you will have the option of doing the same course at another date.



What do we need from you?

If you are interested in joining, we would be very grateful if you could let us know the following:

- Any special dietary requirements you may have, anything you can't eat, are allergic to and if there are any foods you particularly dislike.
- Please note that whilst we will do our very best to accommodate dietary requirements beyond vegan, to ensure that the course is as comprehensive as possible, it is not always possible to alter all the dishes and throughout the week various flours and sugars will be used.
- Your cooking experience. Are you a confident home cook? Do you have any professional experience?
- What cooking are you doing currently? Cooking for friends and family? Planning to move into cooking for a living? Running a café?

Would you like to sign up?

If you would like to inquire about the cooking class fee, feel free to email us on info@iamayogisattva.com for further details.

We look forward to sharing a lifestyle with you that we firmly believe in live joyfully everyday of our lives.

**Warmest Regards,
Team Yogisattva**