



## **Yogisattva's 2 Day Vegan and Gluten Free House Help Masterclass**

**Dear Customer,**

Thank you so much for inquiring about Yogisattva's 2 Day Vegan and Gluten Free House Help Masterclass. We are proud to be India's first Plant Based Culinary Academy combined with a Farm to Fork Cafe. 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 2-day Masterclass is perfect for anyone looking to educate their personal house help in nutrient dense healthy organic food. The course covers recipes that are spread across breakfast, lunch/dinner, snacks and dessert. A resource guide to source the ingredients used in the course will also be provided. **There is no option to sign up for only one day of the course, if you decide to register your house help, it's mandatory attendance for both days. This course will be taught in part Hindi and English. The recipe guide given will be in English.**

### **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 how to clean vegetables, prepare your own nut milk from scratch will be taught.

### **What will be taught?**

#### **Breakfast:**

- Nut Milk from scratch
- Vegan Chai
- Sunshine Green Smoothie Bowl
- Homemade Granola

#### **Lunch/Dinner:**

- Zucchini, Kale and Quinoa Salad with a Lemon Tahini Dressing
- Avocado Boat Salad with a Cumin Dressing
- Zataar Spiced Pumpkin, Quinoa, Pomegranate and Mint Salad
- Vegan Paella
- Lemongrass Coconut Curry with Unpolished White Rice

#### **Snack/Dessert:**

- Quinoa and Chia Bread
- Vegan Cheese Dip
- Roasted Red Pepper Hummus
- Brown Rice and Almond Flour Crackers
- The 4pm Superfood Bar
- Cacao Avocado Mousse

### **Is this course for you?**

Whether or not you are a vegan, this course is ideal for participants looking to educate their house help in healthy cooking with sustainable plant based recipes made with organic ingredients sourced locally.

### When does it take place?

The course takes place on October 3<sup>rd</sup> and October 4<sup>th</sup> (Thursday and Friday) from 2pm-5pm. The course is entirely done on a demonstration only basis with lots of opportunities for students to take an active part in making the recipes themselves. Everything is explained step by step and all questions are answered and clarified.

We will start at 2pm sharp everyday so we request you to arrive by 1:45pm. We will provide you with everything you need. You may want to bring a notebook and camera for your personal records but you will receive a binder of all the recipes made.

We aim to finish the practical cooking by 4:30pm-4:45pm 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 them 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 Khar. Address is: Pinnacle House, 7<sup>th</sup> Floor, 15<sup>th</sup> Road, PD Hinduja Junction, Khar (west), Mumbai, Maharashtra: 400050. We are above Arth Restaurant, same building on the 7<sup>th</sup> floor.

### What does it cost?

**The course costs Rs 18,880/- for the two days in total inclusive of GST. The quality of ingredients we use is pure organic and any conversation pertaining to a reduced fee/discount will not be entertained. We don't offer any refunds – so sign up only if you are**

sure you can make it. All our classes are done in small groups of 8 so that participants receive maximum benefit.

Would you like to sign up?

If you would like to sign up, email us on [palak@iamayogisattva.com](mailto:palak@iamayogisattva.com) for registration details. It's mandatory to pay the entire fee to confirm your spot in the workshop. This is non-negotiable.

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

**Warmest Regards,  
Team Yogisattva**