



Yogisattva's Vegan, Gluten Free and Refined Sugar Free 5 Day Whole Food Plant Based Culinary Course

Dear Prospective Participant,

Thank you so much for inquiring about Yogisattva's 5 Day Whole Foods Plant Based Culinary Course. We have just opened our first outlet and are proud to be India's first Plant Based Culinary Academy. 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 5-day Vegan Food Course covers over 30 dishes that are inspired from different cuisines such as Moroccan, Lebanese, Mexican, Indian, Italian etc. 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.

Who will teach it?

This course will be taken entirely by Chef Raveena Taurani. She is certified in Raw Vegan Food, Cooked 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. Some of the dishes you will learn include: Sauerkraut, Cashew Cheese, Quinoa Tabouleh, Vegan and Gluten Free Empanadas, Harissa Dip, Patatas Bravas, Vegan Mayonnaise, Vegan Orange and Almond Cake, Taco Fiesta Potato Crisps, Crunchy Seed and Oat Flatbread and lots more. Everything is 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.

When does it take place?

The course starts on February 13th, 2018 that is Wednesday from 11am – 4pm everyday till February 17th, 2018, Sunday. 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.

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 2:30pm-3:00pm 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, PD Hinduja Junction, Bandra, Mumbai, Maharashtra: 400050

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 raveena@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**