



Yogisattva's Vegan, Gluten Free and Refined Sugar Free 2 Day Desserts Course

Dear Prospective Participant,

Thank you so much for inquiring about Yogisattva's 2 Day Vegan and Gluten Free Desserts 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 2-day Vegan and Gluten Free Desserts Course covers 14 recipes across both raw vegan and baked desserts. 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, it's mandatory attendance for both days.

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 vegan

replacements for egg, butter, milk will be covered and everything will be taught from scratch.

What will be taught?

The course will teach 14 recipes: Vegan Nutella, Cacao Doughnuts with a Matcha Pistachio Glaze, Raspberry Peanut Butter Cups, Salted Caramel Crunch Bars, Raw Vegan Tiramisu, Vegan Cookie Dough Ice Cream, Earl Grey Lemon Cheesecake, Banana Walnut Loaf, Peanut Butter Cookies, Carrot Cake, Apple Crumble Muffins, Red Velvet Cupcakes, Maple Pecan Brownies and Cacao Fudge Cake.

Is this course for you?

Whether or not you are a vegan, this course is ideal for participants/home chefs/experienced chefs who want to enhance their knowledge of vegan and gluten free desserts with plenty of ideas of how to cater for a party or to add new things to their existing restaurant/café/home menus. Students will receive a certificate at the end of the course from Yogisattva as an independent Culinary Academy.

When does it take place?

The course takes place on March 1st and March 2nd 2019 (Friday and Saturday) from 2pm-6pm. 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 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 5pm-530pm 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, 7th Floor, 15th Road, PD Hinduja Junction, Khar (west), 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**