



Raw Chilli Cacao Ice-Cream

Photo by Alisha Mishra

Photo by Daboo Ratnani

A Taste Of Health

Cheesecake, 'No chickpea' Hummus, Raw Cacao Dairy-free ice creams, Raw Cacao Bliss Balls and Quinoa Mexican Bowl with Vegan Cheese Sauce are popular features on her weekly menu.

Raveena has also pioneered the Yogisattva Organic Courtyard and Beyond, a Mumbai-based event that brings together brands that believe in organic, handmade and sustainable food, clothing, home décor and skincare. "The idea was to raise awareness about a lifestyle that can be easily adapted by anyone as well as to introduce people to the concept of fair trade. I don't believe in preaching any kind of lifestyle, but in including people in things that you believe in," she says humbly.

An actor in her spare time, Raveena holistically embraces a healthy lifestyle by practicing a mixture of Ashtanga Yoga, Hatha Yoga, Pilates, Calisthenics and weight training.

Yogisattva is growing by the day, and Raveena is reveling in the rhythm of opportunities coming her way. She's got big plans for her brand, but her approach will always remain the same – "Don't make a diet change, make a lifestyle change. Celebrate your food and in the process celebrate yourself!" Certainly, words to live by.

YOGA IS AN EIGHT-FOLD PATH TO ENLIGHTENMENT, BUT EVERYONE NEEDS SOME SUSTENANCE ALONG THE WAY. RAVEENA TAURANI'S RAW AND PLANT BASED FOOD BRAND, YOGISATTVA WILL LEAD YOU DOWN THE HEALTHY ROUTE TO A BETTER LIFESTYLE

Raveena Taurani's approach towards healthy eating is straightforward – "It's important to eat what is most beneficial for you and to focus on including foods versus excluding them." And with her handcrafted recipes and delectable goodies, leading a healthy life is as easy as she makes it sound. Her plant based food brand, Yogisattva, has taken Indian food lovers by storm, owing to her unconventional recipes with local, organic ingredients.

Yogisattva means 'Yoga Being'. So our story begins, obviously, with

Yoga. Last year, Raveena spent seven weeks in Goa, practicing Ashtanga Yoga and following a diet comprising 70% raw and 30% cooked food. That period turned her life around, giving her newfound faith in raw and plant based food.

Now, with a certificate in Raw Food Chef training from The Seeds of Life in Bali and a certification in Culinary Nutrition and Sports Nutrition from the Matthew Kenney Culinary Academy in California, Raveena has been conquering the world of healthy eating, one ingredient at a time. Quirky items such as the 'No Cheese'

