

YOGISATTVA

Yogisattva literally translates into 'Yoga Being'. Yoga is an eightfold path towards enlightenment. Every person is on a different stage of this eight fold path, making each individual a 'Yogisattva'. We are a gourmet organic health based company that celebrates plant based food. All our food is organic, gluten free, dairy free and refined sugar free.

Our aim is to serve food in its purest form and encourage everyone to indulge in their own health and wellbeing. It's time to stop counting the calories and start making the calories you put into your body count. We promote a healthy body image and encourage everyone to be kind to themselves and others in their journey towards fitness.

The chocolate we use comes from the Cacao Bean and is sourced directly from an organic farm in Bali, Indonesia. Cocoa contains hydrogenated oils and milk fat whereas Cacao is an antioxidant rich Superfood. Cacao has many immune boosting properties and contains the highest amount of magnesium naturally available in any food product.



RAVEENA TAURANI: FOUNDER AND CEO OF YOGISATTVA

I was introduced to Raw and Plant Based Food during my journey in Ashtanga Yoga. While staying at a Yoga Retreat in Goa, I consumed only Plant Based Food free from dairy and gluten. The strength and focus I gained was immeasurable. My digestive system felt great and my sleep pattern improved. My interest was piqued by the health benefits of unprocessed food and the eagerness to learn more took me to Bali where I trained as a Raw Food Chef at The Seeds Of Life. I have also received certification in Culinary Nutrition and Sports Nutrition with a focus in Raw and Plant Based Food from the Matthew Kenney Culinary Academy in California.

What started out as me making smoothies for my friends post an intense workout session is now a full grown brand making plant based food for everyone to consume in the Mumbai area. My goal with Yogisattva is to encourage everyone to honour their body. I don't believe that everyone should eat a certain way to feel good about themselves but I do believe that everyone must eat organic, local and seasonal as much as possible in order to live a happier and healthier life.

OUR TOP SELLERS:

RAW CACAO DAIRY FREE ICE CREAM:



PRANA BANANA CHIA PUDDING:



RAW CACAO BLISS BALLS:



MEXICAN QUINOA BOWL:



MANGO MATCHA SMOOTHIE:



DOUBLE CHOCOLATE DAIRY FREE CHEESECAKE:





SERVICES OFFERED

PLANT BASED COOKING CLASSES:

Yogisattva's cooking classes are a great way to learn how to prepare easy, nutritious and delicious plant based recipes with organic ingredients that are locally available. All the recipes taught at our cooking classes are completely gluten free, dairy free and refined sugar free.

WORKSHOP COLLABORATIONS:

Yogisattva is always open to tying up with different studios/teachers to provide food at the end of their fitness based workshops. Our smoothies and chia puddings are very popular among the fitness community.

PRIVATE CATERING:

Yogisattva offers private catering with customised gourmet plant based menus using locally sourced organic ingredients for intimate gatherings such as house parties, birthdays, baby showers, five-course sit down meals as well as private yoga and detox retreats.

FOOD CONSULTANCY:

Yogisattva provides existing restaurants as well as catering businesses food consultancy services in order to include more Vegan options on their existing menus. Full training is offered to the chef team as well as a resource guide that offers insight as to where to source the ingredients from locally.

CONTACT US

If you would like more information about Yogisattva or would like to get in touch for an interview/collaboration please do contact us on info@iamayogisattva.com