

~cooking class details & description @ Sayuri healing food~

Learn Raw Food / Nutritional talk/ kids class / Iron chef

Group PRICE & BOOKING -----

Raw food class (2h): 600,000 IDR

kids class(1.30h) & Iron Chef (2h) 250,000 IDR

booking: booking to be done by full payment by 1 day before at the cafe

inquiry : booking@sayurihealingfood.com

Nutritional talk : 100,000 IDR

Booking: sign-up at the café, or directly email to Liana : liana.nenacheva@gmail.com

2 hours Private class PRICE & BOOKING -----

1 person 1,000,000 IDR / 2 peop 800,000 IDR each / 3 ~ peop 600,000 IDR each

booking: booking to be done by full payment by 1 day before at the cafe

inquiry : booking@sayurihealingfood.com or come to talk to our chef to discuss the menu and dates

LOCATION -----

Sayuri healing food, jl skuma 2, Ubud +62 (0)361 9080385

www.sayurihealingfood.com

DATES & TIME -----

Subject to change. Please see the monthly timetable for the update!!!

CLASS DESCRIPTIONS-----

“Raw Food introduction” class

healthy and quick brunch without dehydrator

talk on :what is and why raw food, what to start raw living life style, equipment, soaking

nut milk / chia porridge / pasta marinara / raw-mesan / yogi’ s must- bliss ball

Raw Dessert – 1: “chocolate & cheesecake” class

talk on : natural sweeteners, cacao, swirl technic, flavors & extract

Raw chocolate with super foods & make your own flavor

truffle- soft center chocolate/ crust & cheesecake with swirl

Raw Dessert – 2: “carrot cake & brownies” class

talk on : healthy dessert without dehydrator, cake component, flavor variations
carrot café & frosting
chocolate brownies & quick vanilla ice cream & chocolate ganache sauce

“all about fermentation” level 1 class

Talk on: Fermented drink and food & its benefit
kimchee/ water kefir/ kombucha/ Coconut yoghurt & Fruits parfait / raw nut cheese
fermentation & soft cheese with veggie stick

“all about fermentation” level 2 class

(we will use the kimchee & fermented nut cheese from level 1)
How to make aged cheese / kimchee dumplings with coconut wrap & dipping sauce /
fermented lemon cheese cake with nut-free crust

“Gourmet raw Italian ” class – by guest chef Arif Springs

cheese / cracker / caneroni / pasta with sauce / chef Arif’s special easy mini lasagna

“Raw Balinese ” class – by guest chef Arif Springs

Balinese seasoning & spice / jicama rice / sate ~Balinese kofta~ / sambal balado ~
spicy tomato sauce~ /sayur ulab ~ Balinese flavored veggies~ / sambal math

“Beauty & Healthy Jamu & DIY Skincare” class – by Astira or Yuni

jamu (healthy tonic drink with local superfood turmeric)
Boreh (Balinese traditional body scrub)
Body massage oil, Facial & body massage oil , Hair tonic oil

Kids cooking class - 1 – by chef Sayuri

Sweet potato man (cooked)
Japanese Raw noodle with sweet sesame sauce (raw)
Chocolate bliss balls (raw)

Iron chef – hosted by Sayuri & other chefs

Given the ingredients & materials on the spot, you will be creating your masterpiece in limited time. Come and have fun! there will be our chefs working with u, so it s not a competition, it s more a corroboration! it s about fun and creativity!! in the group or individual depending on the numbers of participant. We will share the meals at the end with all the participate, ending up as spontaneous little dinner party.

Nutritional Talk "Food as Medicine" -by Dr Liana

1st & 3rd week Fri 6-730pm

Do you want to change your diet? How should you eat? Carnivore, vegan, macrobiotic, raw? Are you vegetarian and crave sweets, fats, bread, nuts? Are you vegan, but you have a lot of cravings, you are tired, constipated, have a scattered mind? Are you eating right? Do you do your best to eat "healthy", but you still have different diseases? Are you tired of detoxing your body, colonics and following a very strict diet? Do you still feel toxic? Do you want to know if your vegetarian or vegan diet is balanced according to your body type, your "blue print"? Our body is a detoxing, cleansing and excess weight losing efficient machine. That is what it is designed to do. A huge variety of diets can leave us confused. What is the right one? The universal diet or lifestyle doesn't exist. The answer is to look at you personally, your constitution, your health and lifestyle. We must understand that food can make us ill or it can make us healthy. It's not about diet, but also who we are. Eating right means more than just 'what you should eat'.

TEAM INTRODUCTION-----

Chef Sayuri

Retreat chef & raw food trainer, founder for Sayuri healing food, Raw / vegan food consultant. Passionate to share & bring the light, joy & playfulness to the world! Enthusiastic to assist individual journey to re-discover each gift of who you truly are. Raw sweets anonymous ;) hold raw chef training 2 times in a year in Bali.
www.balirawchef.com

Chef Sonja

About Sonja Eberhard

Raw Vegan Plant-based Chef, consultant, retreat and certified Raw food certification Teacher, Executive Chef at Sayuri Healing Foods Café

Being passionate about Nutrition, Yoga and Health was the key and the beginning of a culinary Journey for Sonja.

Struggling for years with indigestion, skin problems, allergies and candida has inspired her take this journey into health and learning to listen to her body.

Despite her lifelong passion for all types of cuisine, Sonja's 20 years professional foray into the culinary field coincided with her discovery of live, fermented and Medicinal plant based cuisine.

Leading the kitchen and starting up the Production Kitchen -research and development in West Australia's Dunsborough.

Working with likeminded raw talents was not only a huge Inspiration but also a great learning experience that started to open many doors into the Living plant-based world.

Being involved with Retreats, Workshops and Caterings and Menu Consulting in Australia and Overseas, Sonja discovered a new passion in spreading her knowledge to people and businesses .

And so a new door opened when she received 2012 an invitation to become the Raw Food Certification Teacher/ Head chef/ Instructor Level 1&2 in Bali.

Raw food, Yoga and maintaining a healthy balanced life style has become such a crucial part of her life, it has also become equally crucial to spread her knowledge, passion and others.

[FB & instagram](#) : Sonja Eberhard

Chef Arif Sprigs

Originally from West Java, Arif was born into a traditional family and learned grassroots ways to heal using local herbs and spices. In Ubud he was the driving force behind Fresh, an award-winning rawfood restaurant, and has presented his rawfood workshops at several Ubud Writers Festivals and Ubud Food Festivals. The success of his Jamu For You workshop with Janet de Neefe in 2016 inspired him to launch his own jamu business, called Djamoekoe, which combines ancient Javanese recipes with modern wellness twists. [FB & instagram : Arif Sprigs](#)

Dr. Liana Nenacheva

She is a Holistic doctor and Nutrition specialist who utilizes a holistic methodology to invigorate the mind, body, and spirit. It is her passion to assist others in achieving their true, unlimited potential and optimized wellness. Doctor Nenacheva S.D., L.Ac., a Diplomate of Chinese Herbology was born in Russia, where she studied Western Medicine (MD,SD) and practiced as a MD for 30 years in Russia & Belgium, as well as a oral, facial and reconstructive surgeon. She has the unique ability of identifying the root, underlying issues for both basic and complex health and nutritional problems and diseases. She uses a straightforward approach that embodies a combination of Traditional Chinese Medicine, Yoga and Yoga Therapy, Nutrition, self care, and lifestyle techniques that are easy to follow and enormously effective.

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