



## Healthy Cooking and Healthy Cooking Instructor

### 4-Day Training Program

- Do you want to learn how to cook in a way that can prevent and reverse diseases - for yourself and your family - with whole, plant based foods?
- Do you want to learn healthy vegan cooking for a catering service or restaurant?
- Do you want to use your cooking and communication skills to improve the health of people?

If you answer YES to any one of the above,  
then this program is for you

### Requirements

- You need to have completed any one of SHARAN health seminars for foundational background information. If you have not attended any of our seminars, please get in touch and we will tell you how you could attend one to qualify for this program.
- A short write up on why you want to do this program and how it will be useful to you.

### Course Description and Program

This course will take place in the beautiful international spiritual township of Auroville.

We will do interactive cooking everyday and make meals that we will eat together. The tentative daily schedule is below.

### Daily program – Day 1 to Day 3

From	To	Topic
7.00 am	8.30 am	Pranayama/ Yoga course (optional)
10.00 am	10.30 am	Introduction to the topic
10.30 am	12.30 pm	Interactive Cooking Class
12.30 pm	1.30 pm	Lunch
1.30 pm	3.30 pm	Break
3.30 pm	4.30 pm	Theory and Q&A
4.30 pm	6.30 pm	Interactive Cooking Class
6.30 pm	7.30 pm	Dinner

Sanctuary for Health and Reconnection to Animals and Nature

[www.sharan-india.org](http://www.sharan-india.org)

Day 4 will be spent sightseeing and is optional

We will cover salads and raw food recipes, dairy and meat alternatives, main courses, oil free cooking, sauces and bread spreads, alternatives to frying, deserts, and more. We will be cooking both North Indian and South Indian meals as well as Western and Oriental meals to give you lots of ideas. Emphasis will be on techniques which you can apply to your own recipes. There will also be the possibility for participants to demonstrate one or 2 recipes which need to be sent in and approved in advance. The cooking classes will be conducted by Dr. Nandita Shah and other resource people.

Place : Auroville

Dates : 23<sup>rd</sup> – 26<sup>th</sup> February 2012

Course fee : Rs. 6,000 per person

### **Arrival Information**

Auroville is best reached from Chennai airport or train station. You may book taxis for the 3-hour road trip to Auroville. Taxis are less expensive if organized from Auroville (approx: Rs. 2,000). Please let us know at the earliest if you want us to book one. Additionally, if you so desire - we will coordinate taxi-sharing if other participants are reaching Chennai around the same time.

You need to reach Auroville at least one day before program start date.

### **Accommodation**

We have temporarily booked basic and clean rooms in centrally located guest houses. (approx. Rs. 500 - 600 / night for single rooms.) If you want higher level accommodations, you may either book them yourself or we can try to help you book these as well. In case you like to share a room, please let us know too. We will find a suitable room mate from amongst the participants. You may also want to use this opportunity to take time off with your family. If you need a double room or an extra room or extra beds - let us know soon and we will make suitable bookings. If you would like to stay longer, please let us know and we will forward the request to the guesthouse.

Please let us know at the earliest since this is a peak travel season in Auroville.

To register contact Tanvi at [tanvi@sharan-india.org](mailto:tanvi@sharan-india.org)

We will also organize a complementary group tour of Auroville and Pondicherry on the last day of the training program.

It is important to book this event early because –

- **We are offering only 15 seats to offer personalized training.**

- **This is the best - and the busiest - time for travel to Auroville, and advance accommodation bookings is strongly recommended.**