



Go Raw, Go Vegan

The raw food movement, (arguably the oldest diet in existence) stems from the simple idea that whole foods, free of processing are perfect for our bodies. It states that foods cooked or heated to high temperatures (anything over 45°C) lose much of the nutrients, vitamins and minerals in the process. Today, raw food diets are a growing phenomenon, claiming medical wonders and weight-loss as part of their medal tally.

Sticking to a raw food diet is thought to boost energy levels, memory, cure headaches, allergies, increase immunity and improve arthritis and diabetes. The key is to find a balance, to ensure you're giving your body enough protein, iron and calcium to complement the vitamin and fibre packed diet.

On a day to day basis, you're going to be enjoying a lot of raw fruits, vegetables, nuts, seeds and grains, something for you to consider when planning your menus. The rest is personal preference, some choosing unpasteurized dairy foods, raw eggs, meat and fish, though it's important to understand the health implications this entails.

These simple, easy to prepare, supremely delicious dishes are just too good to keep secret so [here's a teaser recipe](#). Keep an open mind and surprise your friends, this one really has to be tasted to be believed!

Saakalya's latest concept – **Yogalicious**, is breaking new ground by combining the best of Yoga with a delectable raw food cooking experience. Following 60 minutes of Yoga with Alex of **Saakalya Yoga**, students will be shown (and get involved in) the preparation of a unique 3 course meal by Elizabeth, ex-restaurateur and MasterChef finalist.

To discover other interesting food and lifestyle news, head over to the [Saakalya blog!](#)

Saakalya 
TRAVEL

JULY

3rd – 5th

**Your Indulgent Culinary
Masterclass**

Bali, Indonesia

AUGUST

14th – 16th

Your Indulgent Oenology

Bali, Indonesia

21st – 23rd

**Your Indulgent Culinary
Masterclass**

Bali, Indonesia

**Coming up soon – Your
Raw Culinary Experience!**

News from Saakalya



Yogalicious 19th / 20th / 23rd June, 3rd / 4th / 7th July 2015

As part of its holistic concept, Saakalya introduces healthy, delicious food to complement a wellness lifestyle. Following 60 minutes of classic yoga, students will be treated to a freshly prepared three course meal.

Click [here](#) for more details.

Yoga and Singing Bowls: 13th July 2015

Our upcoming Singing Bowls session guides students through 45 minutes of classic Yoga with Alexandra of [Saakalya Yoga](#), before a deeply relaxing [Singing Bowls session](#) with Christina from [himalayansingingbowl.info](#). Leave refreshed and rejuvenated.

Click [here](#) for more details.



Namaste,

Your Saakalya Team

