



Press Release  
August 22, 2013

## FIVELEMENTS CULINARY TRAININGS An Introduction to Living Foods

### Private Half-Day Culinary Training with Fivelements' Executive Chef, I Made Runatha.

In this exclusive training, you will have the opportunity to learn the basics about:

- *What is raw vegan living foods and why should we eat them?*
- *How can you live happier, longer and with more energy by integrating living foods into your daily life?*
- *How can you prepare great tasting living foods at home for you and your family?*

This introductory program combines general theory with practical hands-on learning.

Enjoy a light and informative morning as our Executive Chef Made takes you on an eye-opening culinary journey in our award-winning Fivelements Sakti Dining Room™.

### Executive Chef, Made Runatha

After joining Fivelements as the healing and wellness destination's Executive Chef, Made Runatha began studying the art and science of vegan cuisine. With a vast knowledge in both European and Asian cuisine, combined with his years of experience in hotel restaurants in Bali and overseas, Made found himself facing a brand new challenge: *How to make healthy food taste great?*

Made began researching everything he could from macrobiotics to ayurveda and by the support of Fivelements' founders, he went on to study at Living Light Culinary Arts Institute, USA, under the tutelage of Master Chef & Founder, Cherie Soria, known as *the Mother of Gourmet Raw Food Cuisine*, where he later became the world's first Indonesian certified Gourmet Living Foods Chef.

Combining his passion for learning with enormous creative talent, Made has become one of the world's top chefs dedicated to mastering the endless flavours, textures and techniques of plant-based, raw vegan, "living foods" cuisine.

Renowned for its 3, 5 & 7-Course Chef's Tasting Menus, Fivelements Sakti Dining Room™ offers an inspiring gastronomical experience that will take you on a wondrous adventure into the world of epicurean living foods. The primarily raw vegan dishes are exceptionally creative, bursting with surprising flavors and eye-opening presentations.

### Itinerary

9:30-9:45	Welcome & Orientation Sparkling Ginger Lemongrass
9:45-10:15	Theory: An Introduction to Living Foods <ul style="list-style-type: none"><li>○ What are they and why eat them?</li><li>○ Healing with Living Foods</li><li>○ Importance of using local, "in season" food sources</li></ul>
10:15-11:15	Culinary Demo 1: Food Sensations <ul style="list-style-type: none"><li>○ Cultivating our "basic tastes"</li><li>○ Learn how to balance flavors and make delicious dressings and sauces from your local market</li></ul> Culinary Demo 2: Amazing Juices & Smoothies <ul style="list-style-type: none"><li>○ "One healthy juice a day (or 2) keeps the doctor away!"</li><li>○ What's in them and why they're one of the most important first steps to super</li></ul>



	human health for you and your family
11:15-11:30	Break with Juice & Smoothie Tasters
11:30-12:30	Culinary Demo 3: Basic Knife Skills <ul style="list-style-type: none"> <li>○ Learn how to use knives safely &amp; properly – just like a pro!</li> <li>○ Learn about various textures and how to enhance the flavors of food</li> <li>○ Learn exciting techniques for cutting vegetables</li> </ul> Culinary Demo 4: Vegetable Pate Practical: Creating Beautiful Healthy Meals <ul style="list-style-type: none"> <li>○ Learn how to make hearty salads, noodles &amp; soups; wraps &amp; rolls</li> </ul>
12:30–13:30	Enjoy a Delicious Living Foods Lunch!

### Pricing

Private Half-Day Culinary Training with Fivelements Executive Chef, I Made Runatha

Rp 1,750++ per person

Rp 1,400++ per person for groups 3 to 5

\* All prices are in thousands of Indonesian rupiah and are subject to 21% tax and service charge

\* Private Half-Day Culinary Trainings available upon booking

\* Groups 6 or more people available upon request

### Healing with Living Foods

Living foods provide life force. Fundamental to personal health and a healthy planet, they support natural healing through cleansing to help us reach our highest potential. By integrating raw living foods into our daily lives, we can look forward to wellness, greater energy and mental clarity, a positive outlook on life and spiritual awakening.

Living foods are highly rejuvenating. Plant-based foods in their original, un-heated (uncooked) state are considered raw and alive. They include fruits, vegetables, grains, nuts, seeds, seaweed and fresh juices. When prepared uncooked or in a special dehydrated food dryer at less than 48 °C / 118°F , they retain the vital life force nutrients (vitamins, minerals, amino acids, oxygen) and live enzymes required to digest food, repair cellular damage and create billions of healthy new cells every day.

Living foods provide the maximum amount of energy with minimal bodily effort, and have been proven to help heal degenerative conditions such as heart disease, diabetes and cancer. These nutrient-rich foods are also effective in treating allergies, digestive disorders, weak immune systems, high cholesterol, obesity and weight problems, as well as various mental, emotional and skin disorders.

### Sakti Dining Room™

**Located in AsiaSpa's Destination of the Year, Fivelements Sakti Dining Room™ features a fine dining, eco-luxurious setting flanked between Bali's sacred Ayung River and lush tropical ponds and gardens.**

The stunning bamboo restaurant offers an inspiring gastronomical journey based on fresh, innovative cuisine aimed to nurture body, mind and soul.

Well-known for their chef's specialty tasting lunches and dinners (available in 3, 5 and 7-course menus), signature dishes and desserts, Fivelements Sakti Dining Room™ features epicurean vegan and raw living foods cuisine sure to surprise and delight all.

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Fivelements' website: [www.fivelements.org](http://www.fivelements.org)

Fivelements' media gallery: [http://www.fivelements.org/press/fivelements\\_media\\_gallery](http://www.fivelements.org/press/fivelements_media_gallery)



## **About Fivelements**

**Fivelements Pte, Ltd.** was conceived as an integrated wellness lifestyle company. *Heartquartered* in Bali, Indonesia, Fivelements, Puri Ahimsa is the first of a new genre of wellness destinations bridging the wisdom of traditional cultures with innovative transformational healing concepts. The parent company intends to build an alliance of healing and wellness destinations around the globe that will promote peace among nations through the growth of these mystic economies.

### **About Fivelements, Puri Ahimsa, Bali**

Nestled alongside the sacred Ayung River, Fivelements, Puri Ahimsa, is an eco-conscious healing and wellness retreat deeply rooted in the ancient traditions of Bali, making it a peaceful sanctuary to embrace Balinese Healing, Living Foods and Sacred Arts.



In 2011-2013, Fivelements has been recognised as Best Luxury Destination Spa in Indonesia by World Luxury Spa Awards , Destination Spa of the Year and Eco Spa of the Year by AsiaSpa, Best Boutique Hotel, Best Yoga and Best Eco Spa Retreat by SpaFinder, and recognized worldwide for Sustainable Design, among others.

Fivelements' integrative healing retreats and day programmes combine:

- Balinese Healing rituals for purification, balancing & regeneration
- Living Foods nutrition for revitalization
- Sacred Arts for inner strength, alignment & dedication

We invite you to experience a healing journey through the mystic culture of Bali.

*For more detailed information on this press release or high-resolution images kindly contact:*

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