

Sample Schedule

TIME	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5	SATURDAY DAY 6	SUNDAY DAY 7
Day							
Theme of the day	Raw Foundations I <i>Exploring Raw Techniques, Ingredients & Dairy-Free Delights I</i>	Artful Transformation <i>Slice, Ferment & Craft Dairy-Free Delights II</i>	Raw Kitchen Essentials <i>Mastering Bowl-Building, Flavor Enhancement & Dairy-Free Delights III</i>	Building upon the Basics <i>Refining Skills, Exploring New Frontiers & Crafting Raw Desserts</i>	Holistic Raw Cuisine <i>Healing & Transformative Ingredients</i>	Bali's Essence <i>Spirituality, Cuisine & Wellness</i>	Project Power-Up <i>Sunday Study Session</i>
8.00h	x	BREATHWORK	YOGA	YOGA	YOGA	<i>Optional Trip</i> Morning/Afternoon FIELD TRIP DAY	STUDENT'S HOMEWORK START TO WORK ON
09.00h	x		BREAKFAST	BREAKFAST	BREAKFAST		
10.00h	Welcome & Opening Circle	Topic KNIFE SKILLS Demo & Practice	Topic BUILD - A BOWL FORMULA	Topic & Demo FLAVOR BALANCING with Tahini Lime Dressing	Topic TURMERIC TONIC Topic HEALINGHERBS	Cantika Spa Natural Beauty Care Workshop & Facial Lunch at Alchemy Restaurant Behind the scenes	Crafting Alchemy's Next Dish + 1 ^o DRAFT IDEA ABOUT PROJECTS
10.30h			x	Demo & Practice Learning Lunch: <i>PapayaSpring Rolls</i>			
11.00h	Intro To Raw Food	Demo & Practice Learning Lunch: <i>PapayaSpring Rolls</i>	Demo & Practice Learning Lunch: <i>Teriyaki Bowl</i>	Demo & Practice Learning Lunch: <i>Mediterranean Wrap</i>	Demo & Practice Salad & Dressings		
11.30h							
12.00h	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
13.00h	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH		
14.00h	Topic ACTIVATING NUTS & SEEDS PLANT MILK Ingredient Spotlights Vanilla Nut Meal Nut Flour Nut Pulp	Topic FABOLOUS FERMENTATION Demo & Practice Sauerkraut	Topic SALT & SOY	Topic SWEETNERS	Demo & Practice "Prep" for the week Corn Tostadas "Prep" for the week Ferment Cashew Cream		
14.30h	Demo Cashew milk		Topic FABOLOUS FERMENTATION II Demo Cucumber Pickles	Demo & Practice: Raw Cheese Cake			
15.00h	Topic MY DEHYDRATOR Demo & Practice Papaya Wrappers	Topic: NUTSABOUT CHEESE I Demo & Practice CreamCheese Base Fermented I	Topic NUTSABOUT CHEESE II	Topic Intro to PROJECTS: Crafting Alchemy's Next Dish + Class Activity for Exploration <i>Wheel of Alchemy</i>	Guest Lecture CEREMONIAL CACAO		
15.30h	Guest Lecture PLANT BASED NUTRITION & GUT HEALTH	Demo & Practice Crackersseasoned Seeds	Demo: "Prep" for the week Seasoned Pumpkin Seeds (For Alchemy Lover)				
16.00h		Demo & Practice "Prep" for the week Papaya Salmon (For Teriyaki Bowl)	Demo & Practice "Prep" for the week Crispy Onion (For Alchemy Lover)	Q&A Closing the day	Q&A Closing the day	Alchemy Activities CACAO CEREMONY	
16.30h	Q&A Closing the day						
17.00h	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	OFF	
17.30h	x	x	x	x			

Sample Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Day	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Theme of the day	Raw Cuisine Mastery <i>Elevating Presentation, Crafting with Essential Oils & Alchemy Revelations</i>	Nourishing Excellence <i>Superfoods in Action Comprehensive Test & Project Development I</i>	Comfort Foods Reimagined <i>Emulsions, Sweet Delights & Project Development II</i>	Mastering Alchemy's Next Dish <i>Reflective Learning & Project Development</i>	Celebrating Your Culinary Growth <i>Project Presentation & Graduation Ceremony</i>
8.00h	BREATHWORK	YOGA	YOGA	YOGA	YOGA
09.00h		BREAKFAST -----	BREAKFAST -----	BREAKFAST -----	BREAKFAST -----
10.00h	Topic CAKE DECORATION	Topic SUPERFOODS	Demo Dehydrated Mushrooms	PROJECT PREPARATION	PROJECT PREPARATION
10.30h	Topic, Demo & Practice PLATING & PRESENTATION <i>Tostadas</i>		Topic GREENJUICE		
11.00h		Demo & Practice Learning Lunch: <i>Laksa Soup</i>	Demo & Practice Tomato Sauce		
11.30h		Demo & Practice Learning Lunch <i>Spinach Pizza</i>			
12.00h					
12.30h					
13.00h	LUNCH -----	LUNCH -----	LUNCH -----	LUNCH -----	PROJECT PRESENTATION + LUNCH
13.30h					
14.00h	Practice Kale Chips Onion Bread Pizza Crust Demo & Practice "Prep" for the week Rawmesan	Demo & Practice Chocolate Truffles II	Practice Brownie	PROJECT PREPARATION	CLASS FEEDBACK
14.30h			Demo: Emulsions Mayonnaise Coconut Bacon		
15.00h	Guest Lecture ESSENTIAL OILS	WRITTEN EXAM	One on One II Menu Planning		
15.30h					
16.00h	Demo & Practice Chocolate Truffles I	One on One I <i>Menu Planning</i>	Hands On Ingredient List	PROJECT PREPARATION	GRADUATION CIRCLE
16.30h		Presentation Chocolate Truffles			
17.00h	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	Q&A Closing the day	SHARING & CERTIFICATION