

THE *Natural Epicurean*
ACADEMY OF CULINARY ARTS

FOR IMMEDIATE RELEASE

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FALL SESSION UNDERWAY AT THE NATURAL EPICUREAN ACADEMY OF CULINARY ARTS, A PLANT-BASED PROFESSIONAL CULINARY SCHOOL IN AUSTIN, TX
New session of professional culinary training began August 22 at the Natural Epicurean

Austin, Texas – (August 30, 2011) The fall session of professional culinary training at the Natural Epicurean Academy of Culinary Arts in Austin, TX, one of only a handful of whole-food and plant-based professional culinary schools in the United States, began on August 22, 2011. Career goals of incoming students range from pursuing opportunities as private chefs and natural foods cooks at spas to creating and marketing new natural foods products and partnering with holistic medical professionals to integrate healing cuisine into healthcare. For more information about the professional culinary program at the Natural Epicurean Academy of Culinary Arts, visit www.naturalepicurean.com, email info@naturalepicurean.com or call (512) 476-2276. To view free webinars about culinary careers in natural foods and health, visit <http://www.naturalepicurean.com/webinars>.

The Natural Epicurean Academy of Culinary Arts is a professional culinary arts training school devoted to conscious cooking and a health-supportive, plant-based diet. The program embraces a holistic view of health, which includes the physical, energetic, mental, emotional, societal and environmental and promotes that diet, when consciously and masterfully designed, can support health on all these levels.

Last year, the Natural Epicurean relocated to its current space at 1700 S. Lamar, which includes a state-of-the-art teaching kitchen that is fully wired with digital capability for recording and broadcasting. Since relocating, the Natural Epicurean has added additional space, including a second teaching kitchen, which more than doubles the Academy's size. To accommodate increasing demand for the professional culinary program, the Natural Epicurean also has increased its faculty, staff and student services.

The next session of the Natural Epicurean Academy of Culinary Arts' professional chef training program, which is a 900-hour course of study that trains students in macrobiotic, classical vegetarian, vegan, ayurvedic and raw and living foods techniques and recipes, begins on February 20, 2012. The program consists of 541 classroom hours, 174 hours of assisting, 160 hours of externship, and 25 hours of planning and executing a final cooking demonstration. Students in the professional chef training program are educated on the business matters and taught the culinary skills necessary to prepare them for rewarding careers as entry-level chefs, cooks, personal chefs and proprietors of their own businesses with a whole-food, plant-based focus and are prepared for work in restaurants, cafes, spas, catering companies, specialty delis, food carts and dining counters.

For more information about The Natural Epicurean Academy of Culinary Arts, visit www.naturalepicurean.com or call (512) 476-2276.

About The Natural Epicurean Academy of Culinary Arts

The Natural Epicurean Academy of Culinary Arts, one of only a handful of whole-food and plant-

based culinary schools in the United States, offers a professional culinary arts training school and public classes devoted to conscious cooking and a plant-based diet with instruction in macrobiotics, ayurveda, raw, vegan, and classic vegetarian cuisine. Programs at the Natural Epicurean embrace a holistic view of health that takes physical, energetic, mental, emotional, societal and environmental influences into consideration and are based on the belief that diet can bolster health on all these levels. The programs emphasize locally available and seasonally based foods in their natural and unprocessed state with an equal emphasis on pleasing the senses and promoting health. For more information, visit www.naturalepicurean.com or call (512) 476-2276.

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