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GRAND OPENING OF NEW LOCATION FOR THE NATURAL EPICUREAN ACADEMY OF CULINARY ARTS, A VEGETARIAN AND VEGAN CULINARY SCHOOL, IS JUNE 26
Cooking demonstrations, food tastings, and tours of the new facility among activities planned

Austin, Texas – (May 3, 2010) The Natural Epicurean Academy of Culinary Arts in Austin, TX, one of the first whole-food and plant-based cooking schools in the United States, is hosting a grand opening celebration at its new location, 1700 S. Lamar, on Saturday, June 26. Cooking demonstrations, food tastings, tours of the new facility, and door prizes are on the menu. For more information and a complete schedule of grand opening events, visit www.naturalepicurean.com or call (512) 476-2276. This event is free and open to the public.

The Natural Epicurean's new state-of-the-art teaching kitchen is fully wired with digital capability for recording and broadcasting cooking classes. "The new space gives us the opportunity to reach and serve more people, and ultimately, help them eat better and feel better," explains Rich Goldstein, co-owner of the Natural Epicurean. "We teach people how to improve their health through their diet. Whether a person is embarking on a major lifestyle change or expanding their nutrition knowledge base and cooking skill set, our goal is to be a source of inspiration and education for improving health and well-being."

Public cooking classes are scheduled to begin at the new location in July. The summer schedule features a variety of courses for new and experienced cooks, including *Conscious Cooking Beginner Series*, *Introduction to Macrobiotic Cooking and Lifestyle*, *Raw and Living Foods*, and *Healthy Foods Your Kids Will Love*. The next session for the professional culinary arts program, which is a 900-hour course of study that trains students to become chefs with careers in natural foods cooking, begins in August.

All programs and classes at the Natural Epicurean focus on diet and nutrition as tools for improving health and vitality with emphasis on developing a healthy relationship with food, limiting the harmful effects of chronic diseases with diet, and understanding how food affects health and well-being. 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 offers public classes and a professional culinary arts training school devoted to conscious cooking and a plant-based diet. Drawing upon ancient traditions and modern approaches to using whole food for healthy eating, the Natural Epicurean curriculum draws from traditional Eastern diets, including macrobiotics and ayurveda, as well as a number of Western approaches to healthy eating including vegetarian and raw foods. 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.