

THE *Natural Epicurean*  
ACADEMY OF CULINARY ARTS

FOR IMMEDIATE RELEASE

Contact: Jamie H. Perkins  
jamie@yogayoga.com  
(512) 912-1718  
[www.naturalepicurean.com](http://www.naturalepicurean.com)

THE NATURAL EPICUREAN ACADEMY OF CULINARY ARTS, A VEGETARIAN  
AND VEGAN PROFESSIONAL CULINARY SCHOOL, ANNOUNCES SCHOLARSHIPS  
*Deadline to apply for the August 2010 session scholarships is July 15, 2010.*

Austin, Texas – (May 18, 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, announces four scholarships for the August 2010 session of its professional chef training program. One full scholarship will be awarded to a recent high school graduate. Three additional merit-based scholarships in the amount of \$5,000 each will be awarded to professionals in the following categories: yoga teachers and studio owners; health care professionals including nurses, therapists, nutritionists, dieticians, diabetes educators, and other professionals in the healthcare field; and individuals specializing in the field of macrobiotics. To qualify, applicants must meet the program's application requirements and demonstrate an intention to employ the culinary training they receive through the Natural Epicurean in a significant way. For more information, email [info@naturalepicurean.com](mailto:info@naturalepicurean.com) or call (512) 476-2276.

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 on August 23, 2010. Classes meet Monday through Friday 9 a.m.-11:30 a.m. and 12:30 p.m.-3 p.m. for three, six-week grading periods. Students have an additional six months to complete assistant hours, externship, cooking demonstration, and other assignments.

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. The Natural Epicurean trains professional chefs in the theory and practice of meal planning and preparation in a wide variety of styles: Macrobiotic, Ayurvedic, classical vegetarian, vegan, and raw foods. At the same time, the program trains students to develop their intuition and self-awareness so that they may transcend these categories and make sound dietary decisions for themselves and their clients. For more information about The Natural Epicurean Academy of Culinary Arts, visit [www.naturalepicurean.com](http://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, vegan, 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](http://www.naturalepicurean.com) or call (512) 476-2276.