



Ayurvedic Cooking Class

Welcome to this fun, experiential introduction to the basic principles and recipes of simple, delicious Ayurvedic dishes, easy to prepare at home afterwards. Bring a friend or relative whom you feel will benefit from being introduced to these time-tested Ayurvedic principles of cooking and nutrition.

Saturday morning: (practical)

Learn how to Balance Your "Dosha" with food choices and cooking techniques. We will enjoy preparing and sharing a simple Ayurvedic lunch together and experience the benefits of a tri-doshically balancing menu. Recipes and preparation tips are included. Food and friendship go together, so bring your sweetheart and friends.

Saturday afternoon:

Learn principles of food science in Ayurveda and how to balance Vata, Pitta and Kapha for yourself and your family. Learn Food Combining according to Ayurveda. We will understand the Ayurvedic concepts of "Agni" (digestive fire) and "Vipak" (post-digestive effect), and examine factors influencing effective digestion as a foundation for health. We will also study "slow poisons", a category of foods known to leave toxic deposits at the cellular level.

Sunday morning: (practical)

Discover the Secrets of the Six Tastes of sweet, sour, salty, bitter, pungent, astringent and their implications in dietary science and pharmacology according to Ayurveda. Westernized dishes are featured for our lunch menu, applying Ayurvedic principles to family meal planning for today's busy home. This class brings useful tips and delicious recipes for maintaining your family's health in today's busy lifestyle.

Sunday afternoon:

Home Kitchen Pharmacy Learn kitchen herbs and spices for everyday use. We will discuss commonly available plants such as ginger, turmeric, coriander (cilantro), licorice and many more for their culinary and medicinal qualities. You will learn to individualize your family's meal planning and preparation with ease, while enjoying delicious, practical tips for healing. We will review and anchor our previous concepts to health.