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# Ayurvedic Cooking



Jaisri M. Lambert, R.P.P.

Trained as an Ayurvedic practitioner over a twelve-year classical apprenticeship with Vaidya Vasant D. Lad, M.A.Sc., Jaisri teaches all levels of Ayurveda and offers personal health consultation services. Jaisri developed Turiya Therapy from Polarity Therapy and its parent science of Ayurvedic medicine.

Please join me for the upcoming **cooking class adventure** for understanding the importance and practical application of 'Shad Rasa,' the Six Taste Science of Ayurveda. We'll study food choices and create delicious recipes for daily balance and feasting! We'll learn the everyday kitchen spices and herbs for maintaining balance during the sometimes stressful flu season.

Join in to understand the basics and finer points of Ayurvedic dietary science. Participate in preparing simple, balancing family and celebratory recipes, while understanding the deeper digestive principles of Ayurveda.

Invest in your health and enjoy the dividends of thinking differently about food preparation and daily nutrition. Ayurveda is no fad; after thousands of years it provides the solutions to balanced food science even now. Delicious! Below is an unsolicited student comment:

"I did not know you were writing a cookbook. That is one cookbook I will want to own. I still remember watching you make kitchadee when you were here. Wow! It is a treat to see you work in the kitchen and a treat to eat your kitchadee, Jaisri."

**Dates:** Saturday, February 15<sup>th</sup>

Sunday, February 16<sup>th</sup>

**Location:** Surrey, BC.

**Time:** 10 am – 3 pm

**Investment:** \$350 if prepaid by Feb. 11th  
\$375 thereafter

**Registration deadline is February 14th, 2014, space permitting**

*Two full meals and all learning materials are included.*

*Enrollment is limited and filling quickly. (Ensure your spot by early registration).*

For more information and registration, please go to [www.ayurveda-seminars.com](http://www.ayurveda-seminars.com) or call Jaisri at 604-290-8201 (Can.) or 408-378-2880 (U.S.). Email at [jaisri@ayurveda-seminars.com](mailto:jaisri@ayurveda-seminars.com)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

Telephone: \_\_\_\_\_ Program: \_\_\_\_\_

Date: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_