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SECRETS OF AYURVEDA COOKERY
IN FOUR SESSIONS
MARCH 2017
with Jaisri M. Lambert



My teacher Dr. Lad used to say “A good healer must also be a good cook, knowing the properties of foods.” Understand the ancient, unchanged principles of daily food routines from Ayurveda. Benefit from the oral tradition of the world’s oldest holistic health science and learn in person with Jaisri M. Lambert, professional Ayurveda teacher and consultant.

March 11, 2017

- **General Introductory Concepts and Recipes.** Lay your foundation in the basics of spicing, combining of rice, dahl and beans, the science of the six tastes, doshic typing, food combining and so much more. Basic recipes are featured.

March 12, 2017

- **Intermediate Concepts & Recipes.** Go deeper with more complex recipes for everyday family variety and seasonal adaptation. Emphasis is on simplicity, thrift and satisfaction!

March 18, 2017

- **Breakfasts in Ayurveda.** Westerners consistently enquire about what to eat for breakfast, the all-important morning meal. Learn a variety of recipes and methods for satisfying morning hunger while providing sustained energy.

March 19, 2017

- **Kitchen Home Remedies.** Learn simple ways the science of Ayurveda cookery has sustained generations of healthy Indians, and why Indian cookery has been sought after throughout history for its medicinal value in everyday family management. Celebratory recipes are featured.



Times: 10 am-3 pm. Includes late lunch together.

Investment: \$145 per day or part day

\$275 for 2 days

\$395 for 3 days

\$495 for all 4 days

Pre-registration by March 4, 2017

\$ 59 non-refundable deposit to ensure
your place. First come, first served.

To register, please click on the PayPal icon
on the contact page at www.ayurveda-seminars.com
or call 604-290-8201.