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www.ayurvedaclinicandspicespa.com

a day of Ayurveda cooking

an introduction to ayurveda

We create ourselves on an hourly and daily basis. We choose who we are. The good and the bad, the healthy and the unhealthy aspects of our lives all come from inside us. We are what we eat, but also what we think and do. Discover how Ayurveda, the oldest system of healthcare in the world, teaches us to create a better quality of life through practical daily activities, delicious food and increased awareness.

Vani teaches you that understanding your individual body type (dosha) is the foundation for your health and wellbeing.

Depending upon our body type, certain kinds of foods are more useful than others; so are certain sounds, textures, colours, smells, activity and all the things that come into our lives.

We react physically and emotionally to the changing seasons. When we live, eat and do things that go against the best interest of our dosha we are actively damaging our minds and bodies.

Learn how nutrition, breath and sound and the unique practices of Ayurveda in the practice of COOKING build real, lasting wellbeing and create a better quality of life.

The Programme Will Include :-

- Introduction to body types (doshas)
- Nutrition
- Meditation
- Approaches to mindful awareness with food (*Sadhana*)
- Introduction to the energetics of food and spices
- Introduction to the seasons of Ayurveda food and their effect of health and wellbeing

Date

Cost £85

Create health and wellbeing in your life on a daily basis.

Call our booking line – Tel: 01925 652435

