

Ayurvedic Cooking Class



Jayashree Saha has spent the last four years of her life dedicated to teaching Ayurvedic cookery and has developed a simple but profound course based on these principles. She grew up in India in a large household where traditional values were emphasized in addition to being open to new ideas. The recipes in her course are based on the traditional recipes of a typical north Indian household which Jayashree learnt from her grandmothers, mother, mother-in-law and the family advisors. Jayashree has studied the principles of Ayurveda with teachers in USA as well as in Kerala, India. She has now taught over 30 courses at the introductory and advanced levels. She regularly travels to Canada and South America as well as other parts of the US to present courses. Jayashree has a background in Electronic Engineering, holds an MSEE, and worked in Aerospace for over 30 years. She is now retired and focuses her energy on a few projects that give back to society.

Dates: Sat-Sun Oct 27-28

Timings: 10am- 2:30pm

Location: at my home in
Laguna Niguel

Fees: \$150 for the two days
or \$85 per day

Limit: 10 participants

Pre- registration is highly
recommended.

To Register: Make a check for \$50
payable to Jayashree Saha.

Mail to:

106 Chandon
Laguna Niguel, CA 92677

Outline of each day:

Introductory talk	30 min
Snack break and Q&A	20 min (snack pre-made by me)
Wash up and prep	10 min
Cooking practical	1 hr 45 min
	Ayurvedic menu 5 items
	5 groups of 2 participants each
Serving	15 min , set the table, prayer, serving method
Lunch	45 min
Clean-up/pack	30 min - discuss questions

Each participant will take home 4 spices used that day.

Refund policy:

Refundable till 1 week prior to the course. If there are any last minute changes of plans by the participant, the payment can be applied to a future course.

Contact: jsaha@earthlink.net

Wishing you all peace, good health and happiness. -Jayashree