

# ĀYURVEDIC HERBOLOGY WORKSHOP

## Culinary Herbs

**Saturday**      **March 6, 2010**      **2-6pm**      **in Laguna Beach**

If you are interested in expanding your knowledge of culinary herbs within an Ayurvedic perspective, this class, which is the first in a series of six, will be enlightening.

The purpose of these classes is to reinforce previous herbal knowledge and expand that knowledge. Classes include herbal samples and herbal projects to take home and experiment with as well as readings and discussion on plant communication.

**Pre-requisite:** Knowledge of the 6 tastes and rasa, virya, vipak and prabhav and basic herbal actions (e.g. diuretics, diaphoretics, carminatives,...). To review for the first class please read [Yoga of Herbs](#) by David Frawley chapters on Herbal Energetics and Herbal Therapeutics.

**Materia Medica:** Ginger Root, Turmeric Root, Cardamom Seed, Coriander Seed, Cumin Seed, Fennel Seed, Anise Seed, Cinnamon Bark, Bay Leaves, Asafoetida



**Instructor:**

Rob Talbert, M.S. C.A.S., is a Clinical Ayurvedic Specialist in private practice in Laguna Beach, CA. He is a faculty member at the California College of Ayurveda. Rob completed post-graduate study with Dr. Liladhar Gupta in Vrindavan, India and is a peer-reviewed professional member of National Ayurvedic Medical Association and the California Association of Ayurvedic Medicine. He has been a life-long student of Yoga, Zen, Non-dual philosophy, the ways of nature and holistic health.

**Location:** 481 Osgood Court. From Main Beach go south on PCH for 1.4 miles, at the signal at Diamond turn left, go 2 blocks to Catalina and turn right. Park near here. Then on foot, go left on Osgood Ct. and I'm the last house on the right.

**Cost:** \$70 if postmarked by Feb 20,  
\$80 after Feb 20  
FREE if you have already attended  
and there is space available.

**Questions:** Rob Talbert at 949-497-3134  
[rob@jivaka.com](mailto:rob@jivaka.com)

**To register:**

Send a check  
payable to Jivaka Āyurveda to:

Jivaka Āyurveda  
481 Osgood Court  
Laguna Beach, CA 92651

Please include your email address  
and phone number.