

Yoga of the Kitchen presents

'Spice Up Your Life'

Ayurveda: The Art of Cooking and Eating

Intro Talk and Soup (6-9 pm) Friday 28.7.17
and A Day in the Kitchen (10am-4pm) Sunday 30.7.17
Trupp Cooking School. 1/53 Barry Street. South Yarra

About Tim

For over 25 years, Tim Mitchell has conducted Ayurvedic seminars in India, Australia, Europe and USA. He has returned from Europe after seven years, where he taught Vedic Meditation, Ayurvedic Cooking and Lifestyle for Health programs.

Tim conveys a warmth and presence as he shares and inspires us back to the kitchen with joy. His vegetarian dishes are colourful, delicious and easy and fun to prepare.



An Evening and Full Day Seminar

The Friday evening talk is designed to give you an introduction to Ayurveda and how to integrate it into a busy contemporary lifestyle. The Sunday cooking day is a celebration of food and will teach you how to use fresh produce and spices to bring balance and wellbeing. You will see that Ayurvedic cooking is not just Indian cooking but contains principles we can apply to all our cooking AND eating experiences.

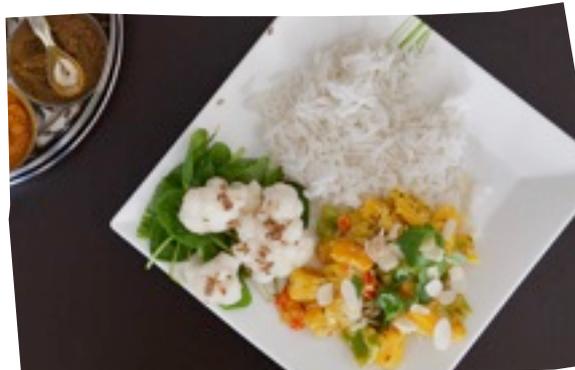
I will demonstrate how to use herbs and spices to enhance the flavour and health benefits of the ingredients, and most importantly, the digestibility of each dish. Together, we will prepare ghee and dhals, applying the Ayurvedic principles in action, on the stove and at the table. You will learn my famous 'One and Only Dish' technique, and receive printed handouts of all the principles and recipes.

This course is suitable for anybody. You will gain many useful cooking tips in addition to the recipes, and practical enlightening guidance on eating and living well.

A sample menu, according to the seasons, may include:

- The Best Pumpkin Soup (and how to discover infinite variations)
 - Marbled Dhal with spinach (and its secrets)
 - Delightful Tofu and Gingered Beans (a One and Only Dish)
 - Famous Beetroot Curry (a One and Only Dish)
 - Perfect Rice every time and more...
- (most dishes may be adapted to vegan requirements)

A special saffron tonic will be the final offering of the day. The recipe has been passed from teacher to student for generations.



With humour and stories, Tim leads us back through history to the joy of cooking and eating. Ancient Wisdom becomes alive as The Art of Living, as he shows the way to endless variety in the kitchen.



\$290 all inclusive (both sessions)

tim@yogaofthekitchen.com 0407 275 712