

# GOOD FOOD, GOOD MOOD! AYURVEDIC COOKING FOR HEALTH, HAPPINESS AND SPIRITUAL GROWTH

WITH Usha and Vasant Lad, BAM&S, MASC

February 24 – 26, 2017

## ON THE MENU

Savory poha  
Spicy Indian chai  
Mung dal and rice  
Kitchari  
Sambar soup  
Gingery cauliflower  
Potato subji  
Yogurt raita  
Coconut chutney  
Whole-wheat chapatti  
Roasted vermicelli khir



Usha & Vasant Lad

FREE  
FRIDAY EVENING  
LECTURE  
AND LIVE  
BROADCAST!

## SCHEDULE

Friday 7 – 9 pm  
Saturday 10 am – 6 pm  
Sunday 10 am – 4 pm

## PRICING

\$410  
Standard Enrollment  
\$369  
Members, Seniors,  
Graduates

Earn 12 NAMA  
continuing education credits.  
Certificate of Completion for  
12 contact hours is provided.

**DURING THIS WEEKEND** we transform our classroom into an Indian kitchen! Learn first-hand from Usha and Vasant Lad how to prepare all of the delicious dishes above using proper ingredients and techniques... then enjoy a flavorful feast with your classmates.

In addition to a delicious day of hands-on cooking demonstrations, this weekend provides a thorough introduction to Ayurvedic nutrition from Vasant Lad. Understand the five elements and six tastes inherent in all food. Learn how to create an appropriate and individualized diet using the ingredients and spices that are best for you. Gain an appreciation for the subtle energies that affect digestion, like seasons, time of day and environment, and more. Leave ready to transform your kitchen and your life by creating good mood through good food!

## REGISTER TODAY

Call 505-291-9698 or go to [Ayurveda.com/Seminars](http://Ayurveda.com/Seminars)



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