

2023 WORKSHOP SERIES

heART of AYURVEDA



7 Cooking & Making workshops
Practical Ayurveda in Daily Life

A PATH TO WELLNESS THROUGH SELF-CARE

Each workshop; we will cook Ayurvedic meals, make drinks & spices, understand nutrition, diet & lifestyle practices, with workbook & recipes

WHERE: In my lovely home, kitchen and garden, in Grange

WHEN: Saturdays 10am-2pm. **COST:** \$80/workshop, \$500/7 workshops

- 1: June 3rd Fundamentals of Ayurveda: health, nutrition, self-care
- 2: July 1st Food as Medicine: healing foods, how to use the 6 tastes
- 3: Aug 5th Making Ayurvedic tea: dosha teas, chais, agni tea, detox tea
- 4: Sept 3rd Building Immunity: create resistance to disease, make ghee
- 5: Oct 7th Detox at home: seasonal change diet, anti-inflammatory diet
- 6: Nov 4th: Grace & Beauty: making massage oils and beauty products
- 7: Dec 3rd: Grace & Beauty: Marma point massage & Celebration Lunch

BOOK or CHAT MEREDITH: 0431730270 mrussell@adam.com.au website:
heartofayurveda.net Ayurveda Practitioner Yoga teacher