



## **DISCOVER FOOD MEDICINE WITH THE AYURVEDA COOKING WORKSHOP**

With Dr. Neela Sheth, Doctor Ayurveda

Date- 26 April

Time- 10.30 am to 1.00 pm

Place- Golf imperial b3, Apt.54, Gland 1196

60 chf per person (inclusive of lunch)

The Ayurvedic way of cooking is engineering the desired collection of fresh wholesome ingredients in form of food, which fuels our body.

While cooking you will also learn principles of Ayurveda and healthy diet.

Register at [neelapsheth@gmail.com](mailto:neelapsheth@gmail.com)

[www.ayurvedkalp.com](http://www.ayurvedkalp.com)

[www.facebook.com/ayurvedkalp](https://www.facebook.com/ayurvedkalp)

**Discover  
Food - Medicine**

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**Design your own  
food with  
Ayurveda**

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**Learn to use  
Spices**

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**Learn to how to  
cook with whole  
food seeds and  
grains**

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**Delicious food ,  
nice aromas and  
much more**

**..bon appetit !**