

# AYURVEDIC COOKING

A WEEKEND SEMINAR WITH USHA AND VASANT LAD

Basic Ayurvedic Cooking with Indian Cuisine

April 9 - 11, 2010



FOOD IS CONSCIOUSNESS. Food nourishes not only the body but the mind and awareness as well. Learn how to choose foods for your constitution, emotional patterns and environmental fluctuations. A standard tri-doshic diet is suitable for everyone and we will learn a practical, simple way of cooking balancing foods. Healthy food is equal to a healthy body and a happy, healthy human being. Learn about the energetic effects of different foods, the role of taste in Ayurveda, their effects on the doshas, and their actions on the body and mind.

Enjoy a combination of lecture and practical “hands on” cooking as Usha Lad brings her decades of Ayurvedic cooking experience to the classroom. Vasant Lad, B.A.M.&S., M.A.Sc., discusses the importance of proper food combining and gives appropriate diets based on the season and geographical location.

FREE Friday evening lecture!

Call 505.291.9698  
for more information or visit  
us at [www.ayurveda.com](http://www.ayurveda.com)



The  
**Ayurvedic  
Institute**

11311 Menaul Blvd NE • Albuquerque, NM

## WEEKEND SCHEDULE

Friday	7 - 9 PM
Saturday	10 AM - 6 PM
Sunday	10 AM - 4 PM

## PRICING

\$252 Members, seniors and graduates  
\$280 Standard enrollment

**Continuing Education Units (CEU)** are approved for Acupuncturists/DOM (10 PDA) and Yoga Alliance (12 YA credits); and pending approval for Cosmetologists (12).