



Learn Ayurvedic Cooking Sizzling Curries with Shazia Gogia

Food plays a vital role in our health, balance, healing and rejuvenation. Ayurvedic food is prepared in a way that all six tastes are present in your meal. Spices and herbs are added to make different foods compatible with each other.

Learn healthy Ayurvedic Indian cooking in a small group. Let the magic of Ayurveda balance and nourish you through alchemy of fragrant spices and herbs.

✓ Discussion about **Ghee** and **Tri-doshic** spices.

✓ **Green Curry:** Many kind of greens are blended to simmer along dozens of ingredients, spices and herbs to make this delicious, healing and light green curry.

✓ **Palak (Spinach) Curry:** This velvety smooth curry is incredibly delicious way to eat greener and healthier.

✓ **Garam Masala Basmati Rice Pulao:** cooked with fragrant spices like clove, cardamom, Indian cinnamon etc. Other variations are also taught.

✓ **Masala Chai:** my famous nurturing, comforting and sizzling hot chai- made with LOVE, from scratch.

Date: Sat, 15 June 2013. 1:30pm – 5:00pm.

Location: North Carlsbad(will email location upon RSVP)

Cost: \$60 including organic, full meal

\$55 previously attended a Cooking workshop by Shazia

Pre-payment required. <http://shazyogaayurveda.com/events/>

This is a hands-on Workshop. Please be prepared to chop, stir and play.

Questions: Shazia 760-593-7429, shaziagogia@gmail.com

