



AYURVEDA VEGETARIAN COOKING



November 15 - 18, 2007

Thurs 6:45-9:45pm; Fri 6-9pm; Sat/Sun 9-noon, 1-4pm
Riverdale Community Hall, 9231-100 Avenue

The workshop is organized by the Yoga Association of Alberta

\$250 (non-YAA members add \$20); \$50/module space permitting

This program of six modules is designed to help participants understand how they can bring balance into their lives by understanding their Ayurvedic constitution and the laws of healthy nutrition. Linking these principles, each session will include a practical food demonstration on food topics. Being aware of how little time we have to cook, the selected recipes do not exceed 20 minutes of cooking preparation. Have fun, taste new food and enjoy!

3 hour Modules

- Theory:** What is Ayurveda? The different body types and the influence of the mind.
Cooking Demo: Breakfast: Raw & cooked, milk substitutes, flax seed in vegetarian diet
- Theory:** The five elements and 3 Doshas
Cooking Demo: Soups, raw and cooked, adjusted for body constitutions and seasons
- Theory:** The 3 Gunas and food. How food affects the body and mind
Cooking Demo: Vegetables, quick/easy meals, live food, spices to balance meals all constitutions
- Theory:** The sources of imbalance for body and mind
Cooking Demo: Salads, dressings, wilting greens, compound salads, sprouting.
- Theory:** 6 tastes and their importance in finding the balance
Cooking Demo: Protein, correct amounts, vegetarian sources, seaweed, raw pates
- Theory:** The process of digestion & food combining
Cooking Demo: Sweets and puddings, alternative sugar free sweets

Elisabeth Jaegar has been part of the Art of Living Foundation (AOL) founded by Sri Sri Ravi Shankar since 1990. She travelled to France and Africa teaching AOL Breathing workshops. In 2000, she trained as an Ayurvedic technician by Sri Sri Ayurveda in Quebec. Since then, she practised and then taught the Art of Abhyanga, Shirodhara and Marma as well as the basic knowledge of Ayurveda. She also had an active part in the development of Sri Sri Ayurveda's Center in Quebec (10 rooms). In the past five years, realizing the importance of food on the well-being of body and mind, she helped develop and promote a vegetarian cookery course. Since then she has been teaching the Sri Sri Ayurveda's vegetarian cookery course in Canada, USA and throughout Europe.

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