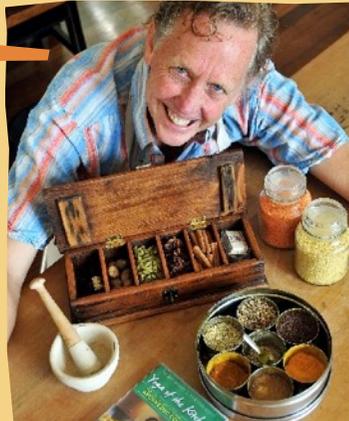


About Tim

For over 18 years, Tim Mitchell has conducted Ayurvedic cooking classes in Australia, Europe and USA. He brings a warmth and presence in his sharing and inspires us back to the kitchen with joy. His dishes are colourful, delicious and easy to prepare. He is now based in Prague where he teaches Vedic Meditation, Ayurvedic Cooking and personal yoga programs.



Ayurvedic Cooking Class

This day is designed to give participants an introduction to Ayurvedic cooking and the knowledge of how to integrate it into a busy contemporary lifestyle. The day is a celebration of food and will teach you how to use food to balance your health and to facilitate wellbeing. We will see that Ayurvedic Cooking is not just Indian cooking but contains principles we can apply to all our cooking AND eating experiences.

Tim will demonstrate how to use herbs and spices to enhance the flavour and health benefits of the ingredients and most importantly the digestibility of each dish. Together, we will prepare and cook several types of dishes, applying the Ayurvedic principles in action, on the stove and at the table.

Participants will receive a printed handout of all the principles discussed and the recipes used through-out the day .

This course is suitable for anybody and will inspire you back into the kitchen.

Bookings

Limor Babai
limor@doublebaymeditation.com.au
02 9328 2003

Location

Double Bay Meditation Centre
Double Bay

Yoga of the Kitchen presents

Spice Up Your Life



Intimate limit
of 8
participants

Re-discover the joy of
cooking and eating
through Ayurveda

Sunday 26th June 2011
10:00am - 4:00pm

\$175
all inclusive

Share Lunch with Tim and Limor

How to balance yourself using food, kitchen herbs and simple lifestyle changes.

Demonstrations of how to prepare herbs and spices to enhance the flavour and health benefits.

Morning tea of Tim's Famous Muffins, and the secret recipe, will be the first offering of the day.

A delicious vegetarian feast of all dishes demonstrated will be served for lunch on the day.

Tim's enthusiasm and stories from his life make it a memorable as well as a delectable day.

A Sample Menu

Pumpkin, Fetta and Spinach Muffins

A Fruit Chutney

Tim's 'One and Only Dish' - The secret to endless variety

How to make ghee and fresh cheese (paneer)

Famous Beetroot Curry

Marketa R. Course participant, Prague.

"And thanks again for the great course. It really transformed my awareness of eating and cooking, it's a beautiful change, I'm enjoying the effect of a well-prepared "one-and-only dish" right now."



Some of the dishes we might prepare.



Beetroot curry

- Stunning colour
- Satisfies even 'meat eaters'
- Cooks while you do your yoga



Make your own ghee

- Enrich every dish
- Enrich the cook and the eater
- The most nurturing of foods



Scrambled freshly made cheese

- Cheese made before our eyes
- Delicate spicing
- Nourishment beyond compare