

'Yoga of the Kitchen' Proudly Presents

# Spice Up Your Life

## About Tim and Shaun

For over 18 years, Dr Shaun Matthews and Tim Mitchell have conducted Ayurvedic Cooking Seminars together in Sydney. This August seminar is a reunion.

**Dr. Shaun Matthews** is a Medical Practitioner who has also trained in Ayurveda and Yoga in India. He is in private practice at Bondi Road Doctors and founder and facilitator of Ayurvedic Medicine at NatureCare College. [www.ayurvedichealing.com.au](http://www.ayurvedichealing.com.au)

**Tim Mitchell** brings a warmth and presence in his sharing and inspires us back to the kitchen with joy. He is now based in Prague, Czech Republic where he teaches Vedic Meditation, Ayurvedic Cooking and personal yoga programs. [www.meditationwithtim.com](http://www.meditationwithtim.com) [www.yogaofthekitchen.com](http://www.yogaofthekitchen.com)



## 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.

They 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.

### Bookings

The Intuitive Well

(02) 9387 8777

### Location

The Intuitive Well  
70 Bronte Road  
Bondi Junction



A 20 page  
handout of all  
recipes, and some  
extras, is included.

Re-discover the joy of  
cooking and eating  
through Ayurveda  
with Tim & Shaun

Sunday 28th August 2011

9:30am - 4:30pm

**\$175**  
all inclusive

# Share a Feast with Tim and Shaun

Some of the dishes we may prepare.

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.

Their enthusiasm and stories from their lives, as well as their profound knowledge and technical tips, 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

And more.....

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."



## 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