

AYURVEDA IN DAILY LIFE RETREAT 4

Topic for Sun 19 December: Food is Medicine / Medicine is Food

This workshop will cover:

- Cooking concepts: how we cook – mindfulness – joy; how we eat and when.
- Preparing the kitchen – how to set up an Ayurvedic kitchen, which spices we use etc.
- Shopping list – Ayurveda and Vegan Ayurveda, the Ayurvedic pantry.
- How we balance the 6 tastes with food and spices/herbs – for doshas and elements – what is tridoshic food.
- How we use the spices – taste/after taste/unknown effect – heating, cooling spices.
- Healing effect of spices - Some specific uses for spices e.g. weight loss, gas and bloating, inflammation etc.
- Cooking Workshop: Kitchari for specific uses – Digestive Kitchari, Saffron and Asparagus, Kitchari for reproductive system, Cooling Kitchari
- 6-taste curry powder

Lunch Menu:

- Kitchari for reducing Ama (detox and balance) - Digestive Kitchari, Saffron and Asparagus Kitchari for reproductive system
- Cooling Kitchari
- Peya – for kindling digestive fire
- Kheer – for building Ojas

