

AYURVEDIC COOKING CLASS SERIES

Cooking with the Seasons



Fall Ayurvedic Cooking

preparing foods ideal for fall in a fun and easy ayurvedic way

**On September 17, 2011 (3.00pm - 7.00pm)
in Mentone (near Redlands)**

**after the successful summer cooking class in May
please join for an Ayurvedic cooking class
suitable for the upcoming Fall season**

**by Sirisha Karamchedu (Student at California College of Ayurveda)
and Marisa Laursen, Clinical Ayurvedic Specialist (Advisor)
Learn to cook in a warm, friendly home atmosphere !
Enjoy a great meal with the group!!**

To sign up (price \$35) please RSVP Sirisha (karamchedu@gmail.com) before Sep 7, 2011.

Venue: 31114 Chesapeake Lane, Mentone, CA 92359. Phone: 608-957-6788

Seats are limited.

copies of recipes will be provided