

AYURVEDIC COOKING SCHOOL STOCKHOLM

First of its kind in Scandinavia

6 subsequent blocks, 30 hrs of theoretical
knowledge & practical cooking



Course date:

30th January – 19th June 2022
(one Sunday every month)

Price:

9500 Kr

You will learn:

- ✓ how to cook simple, nutritious, balanced vegetarian meals
- ✓ how to incorporate the ancient principles of Ayurveda into cooking delicious meals for western palate and modern living
- ✓ how to overcome food cravings
- ✓ how to cook balanced meal for whole family
- ✓ how to master the spices. The art of seasoning and own spice blends preparation
- ✓ how to personalise a meal plan as per constitution, season and individual needs
- ✓ how your digestion works, learn about AGNI (digestive fire) and AMA (toxins)
- ✓ about 6 tastes, food combining, food qualities
- ✓ how to read your tongue to understand your current state of health
- ✓ what, how and when to eat



*“Let food be thy medicine
and medicine be thy food”*

Hippocrates



RASAYANA

The art of positive health

For a more personal and rewarding experience, our course is limited to 10 people, so hurry up to register and save your spot!

After each block, you will receive printed materials including recipes.

Classes will be held once a month on Sunday from 9.30-15.00 at Rasayana Wellness Clinic premises in Ringvägen 107, Skanstull, Stockholm.

For more detailed information and registration please contact info@rasayana.se

*“We look forward meeting
you on this new and
exciting journey”*

Sangeeta Balaprakash (BAMS),
Ayurvedic Doctor,
founder of Rasayana Clinic

Ingrid Buchertova,
Ayurvedic Nutrition Specialist
and Lifestyle Coach

Disclaimer:

In case of Covid restrictions the organizer reserves the right to reschedule the course.