

# The Art and Science of Ayurvedic Cooking

Conscious Cooking  
for Body, Mind and Spirit



## AYURVEDIC BEGINNERS COOKING CLASS SERIES

Jan - May 2012

Delicious Vegetarian Recipes  
and contemporary techniques  
for your busy lifestyle . . .

with Elaine Dodson

### AYURVEDIC BEGINNER COOKING CLASS SERIES

Saturday, January 21, 2012:  
Ayurvedic Soups

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Saturday, February 18, 2012:  
Vegetable Dishes

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Saturday, March 17, 2012:  
Rice Dishes

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Saturday, April 21, 2012 (FULL MEAL)  
Sweets, Drinks, Condiments, Salads and Chutneys

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BONUS CLASS - Saturday, May 19, 2012:  
Cook and Bring Your Dish of Choice from the recipes  
you have learned in this four class series.

Location: Southside on Lamar, 6th Floor, Loft #645  
(just South of downtown off 1-30). 1409 South Lamar,  
Dallas Texas, 75215, (214) 428-4848.

This is a series. If you miss a class you may  
make it up in a future series.

For more information email:  
[elainedodson@sacredjourneyretreats.com](mailto:elainedodson@sacredjourneyretreats.com)



### SOUPS

### VEGETABLES

### RICE DISHES

### SWEETS, DRINKS, CONDIMENTS

### SALADS & CHUTNEYS

ALL cooking classes include: Theory, Body Type  
Information, Recipes and Taster Party Afterwards.

All classes are from 3:00 pm to 6:00 pm, \$395.00  
for the entire series. **Register by December 30, 2011,  
and receive a 15% discount of \$60.00.**

Reserve your place at  
[www.elainedodson.net](http://www.elainedodson.net)  
214.948.7266