

# cooking for a karma free diet



healthy and delicious  
vegetarian recipes



contemporary cooking  
techniques for  
your busy lifestyle



the art and science of  
ayurvedic cooking

with Elaine Dodson



*Elaine Dodson*

An internationally acclaimed health, beauty and wellness guru for over 40 years, as well as a talented and skilled vegetarian chef, focusing on the Ayurvedic system. Elaine is the founder of two Ayurvedic vegetarian restaurants, Kalachandji's in Dallas, Texas, and Govinda's in Cuernavaca, Mexico. She was also chef to her personal guru in Cambridge, England.

Ayurvedic cooking is based on the belief that food is sacred. Learn healthy delicious recipes brimming with all the wonderful aromas and exotic tastes that nurture and heal us. Cooking in this way is both an Art and a Science and so fulfilling.

Cookbook available on Amazon.com

**Eat Fresh**

**Eat Organic**

**Cook More**

**Bless your Food**

## 4 CLASS COOKING SERIES

- Soups
- Vegetable Dishes
- Rice and Condiments
- Full Ayurvedic Meal
- Includes Body Types Theory
- Taster Party

## ADDITIONAL SERVICES

- Healthy Kitchen Makeover
- Healthy Eating Shopping Tour
- Cooking Retreats
- Private Consultations
- Private Home Cooking Parties



UNITY CHURCH OF DALLAS presents Elaine Dodson Ayurvedic Cooking Series  
Mondays from 6:30pm - 9:00pm on January 10, 17, 24 and 31, 2011

6525 Forest Lane, Dallas, Texas 75230-9950 between Preston and Hillcrest Ph: 972.233.7106 Ext. 211

Elaine's book **Cooking for the Guru: A Karma Free Diet**  
available for purchase at **ElaineDodson.net** and on **Amazon.com**

Call 214-948-7266 or email [elainedodson@sacredjourneyretreats.com](mailto:elainedodson@sacredjourneyretreats.com)

For ongoing classes, retreats, and events visit [www.ElaineDodson.net](http://www.ElaineDodson.net) for more details