



SRI SRI AYURVEDA

Vegetarian Cookery Course

The program of six lessons is designed to help those who are interested in changing to a vegetarian diet incorporating an approach from the Ayurvedic system of health care.

The course will address many issues of diet, teaching how to recognize our own imbalances and to be able to help the correction through appropriate food.

There are many questions asked by people new to this approach to health including where will I find my protein? What about vitamin content? Will I have enough energy?

Ayurveda recognizes that each of us is different with different needs and that any changes to life style or habits should be taken gently without stress to ensure long term comfort.

Each lesson will be 2 1/2 to 3 hours long and is structured to introduce the basic concepts of Ayurveda by a systematic approach throughout the course.

Linking into these principles there will be a practical demonstration on a particular food topic.

COURSE OUTLINE

First session

Theory is 1 1/2 hour – Cooking is 1 hour

Welcome with herbal doshic teas and Raj Ladu

Subject: **What is Ayurveda?**

The Origins

Its medical standing in the modern world

A background to the different body types

The power of the mind

Meal: Soup

What is a soup?

Demonstration of raw and cooked soups

Soups for different body types and seasons.

Second session

Theory is 1 hour – Cooking is 1 3/4 hour

Subject: **The qualities of the five elements and the three doshas**

Meal: Breakfast Raw and cooked breakfasts

Delicious milk substitutes

The importance of flax seed in a vegetarian diet- how to use it.

Third session

Theory is 1 hour– Cooking is 1 ¾ hour

Subject: **The Gunas and food**

Meal: Vegetables Quick and easy balanced dishes
Live food Vegetable dish
Using Spices for balancing the 3 Doshas.

Fourth session:

Theory is 1 hour – Cooking is 1 ¾ hour

Subject: **What unbalances the doshas (7 points)**

Meal : Salads Salad dressings
Wilting greens for digestible salads
Compound salads
Sprouting and its importance for healthy eating.

Fifth Session

Theory is 1 hour – Cooking is 1 ¾ hour

Subject : **The six tastes**

Balancing the 6 tastes to feel satisfied

How the 6 tastes affect the mind

Improper food combinations

Meal Protein

Using proteins in the correct amounts

Proteins and acidity

Good sources of vegetarian proteins

The value of seaweed

Cooked vegetable burgers

Raw food pate

Sixth session

Theory is 1 ¾ hour – Cooking is 1 hour

Subject : **The Good Eating Guide**

Meal : **Sweets and Puddings**

To finish : **Sharing of the course experience**