

Day 1-2: Importance of tastes and incompatible foods in Ayurveda.

Effects of taste on vata, pitta and kapha prakruti, Right food combination, Effects of wrong food combination

Day 3-4: Specific Health Related Foods Based on Ayurvedic Principles (Part I)

Diet suitable for vata, pitta and kapha individuals based on health issues, seasonal modification of food habits, includes demonstration of food preparation.

Day 4-5: Specific Health Related Foods Based on Ayurvedic Principles (Part II)

Diet suitable for vata, pitta and kapha individuals based on health issues, seasonal modification of food habits, includes demonstration of food preparation.

Days 6-7: Herbal Teas and Ayurvedic Beverages.

Teas suitable for vata, pitta and kapha individuals, beverages for different timings of the day and their advantages.

Day 8-9: Kitchen Cosmetics and Remedies

Simple remedies for common ailments such as cough, cold, fever, headache, indigestion etc . Beauty tips for skin care and hair care.

AYURVEDA COOKING CLASSES

- **LEVEL I – 10-12 HOURS COURSE / 5-10 DAYS (FLEXIBLE SCHEDULE) – Rs 10,000/-**
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COURSE COMPLETION CERTIFICATE WILL BE AWARDED

- **LEVEL II - 20 HOURS COURSE / 10 OR 15 DAYS (FLEXIBLE SCHEDULE) Rs 15,000/-**
 - **COURSE COMPLETION CERTIFICATE WILL BE AWARDED**
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**(Level I must be completed before taking Level II course.
Involves practical training)**

WEEKEND & SPECIAL CLASSES – 3 TO 6 HOURS – Rs 3000 to 5000/-

Please send your registration details/ queries to info@dhatuorganics.com