



# Ayurvedic Cooking

## Part 1 & 2

- Join Ayurvedic Counsellor Kalee Mund in the kitchen at Mary Jane's Cooking School for an interactive, hands on learning experience.
- This class will be focused on how to keep our bodies and minds in perfect health during the transition from Winter to Spring as the elements thaw.
- Learn how to stay in harmony both internally and externally while the elements change, using the 6 tastes and in-depth coverage on the healing properties of spices and food.
- On classes 2 and 4 we will cook together and share an Ayurvedic meal.

*Mary Jane's Cooking School, 252 Arlington St.*

**Wednesday nights**

**Part 1: March 4<sup>TH</sup> & 11<sup>TH</sup>**

**Part 2: March 18<sup>TH</sup> & 25<sup>TH</sup>**

**6:00 p.m. – 9:00 p.m.**

**\$100 for Part 1 (March 4<sup>TH</sup> & 11<sup>TH</sup>)**

**or \$190 for both Part 1 & 2**

*\*If you can only do one class it is recommended that it be the first class*

**For more info & registration contact:  
Kalee Mund at (204) 998-4598 or go to:**

**[www.kaleemund.com](http://www.kaleemund.com)**

*A healthy Journey ~* **Kalee Mund**  
**Certified Ayurvedic Counsellor**