

Winter Newsletter 2013

Dear .....

With upcoming winter colder temperatures and the tendency to turn more inward, our interests turn to nourishment, both physical and spiritual.

Please join me for the upcoming cooking class adventure for understanding the importance and practical application of 'Shad Rasa' or Six Taste Science of Ayurveda. We'll study food choices and create delicious recipes for daily balance and holiday feasting! We'll study the everyday kitchen spices and herbs for maintaining balance during flu season. These are practical classes – come ready to participate!

Register early for a significant discount and bring a friend for additional savings!

DECEMBER 1<sup>st</sup> and December 8th, 2013 THE MAGIC OF AYURVEDIC COOKERY. Join in to learn the basics and finer points of Ayurvedic dietary science. Learn simple, balancing recipes and feast recipes, digestive principles of Ayurveda.

Location: North Surrey, B.C.

Time: 10am – 2pm

Investment: \$175 if registered by Nov. 28<sup>th</sup>, 2013; \$195 thereafter. Bring a friend or partner and pay only \$155 each per class. Pre-registration required by Nov. 29<sup>th</sup>. All meals and learning materials included.

Contact: Jaisri at 604-290-8201.

#### BOOK ANNOUNCEMENT

“AYURVEDIC HERBOLOGY, EAST & WEST” is a practical new guide to Ayurvedic herbal medicine. It's written by Vishnu Dass, a dear friend who came to me as a teenage for his psoriasis, which then covered his most of his body. I was a new practitioner at the time and through his healing process, Vishnu Dass became enchanted with the efficacy and beauty of Ayurveda. He was learning to heal all his systems, tissues, organs and levels of being. I suggested he study with Dr. Lad, and he went on to do just that. Later he married, had a daughter and moved to North Carolina, where he created Blue Lotus Ayurveda with his wife, Yol. Now, twenty years later, the appearance of this book brings a new maturity to his life and practice of Ayurveda, which he integrates with Yoga. The book is published by Lotus Press and sells for less than \$20. I suggest all families have this book on hand to consult on the use of day-to-day herbs and all practitioners to have on hand to help consult on all diseases. You can reach Vishnu Dass at 828-713-4286.

#### Join the Vancouver Ayurveda Meet-Up Group

This free, all-volunteer organization invites your enrollment in this unique Ayurveda member-driven Yahoo group. You'll be notified of upcoming community events in Vancouver, B.C., of particular interest to those in western Canada and the northwest US. Develop your interest in Ayurveda, the world's oldest holistic health science, with other like-minded members. If you feel inspired, encourage your friends and relatives whom you feel will benefit to join for free, also. Live events have featured a speaker, discussion group, picnic, film, book launch or class. Get ready to expand your horizons! Go to: <http://ayurveda.meetup.com/113>.