

Ayurveda Kitchen



KATELAND REESE
SATURDAY, MARCH 3, 2018
1-3:30 PM \$38

Carrot and Lentil soup

Quinoa Sweet Spice Oatmeal

Vegetable Curry

Ghee

JANE'S HOUSE OF WELL BEING
1112 C FIRST CAPITOL DRIVE
ST. CHARLES MO 63301
WWW.JANESHOUSESTUDIO.COM
636-255-9642

What great fun to get together with friends and learn how to cook clean. Discover easy ways to mix spices for every BODY! Kateland will share 4 yummy recipes that are simple to cook and balancing for your body type.

Come slightly hungry as you will have an opportunity to jump in and help prepare, cook *and* EAT!

This interactive cooking class will empower you to take what you learn and share it at home. You will be given printed copies of these recipes to share with your loved ones.

Kateland is a Yogi, Teacher and has a love for cooking clean. Please join her for Part I of her Ayurveda Kitchen Series.

Two part scholarships available for this workshop