

SriSri[®]
WELLBEING
holistic health

AYURVEDA COOKING

Your Journey to Holistic Health





A tropical landscape at dusk. Several tall palm trees are silhouetted against a deep blue sky with scattered clouds. In the background, a traditional building with a red-tiled roof and a small spire is visible. The overall scene is peaceful and serene.

SRI SRI WELLBEING

Amidst modern science, today the wisdom of ancient Ayurveda and other Alternative Therapies have carved a niche for itself. Sri Sri Wellbeing's Training Programs are an milestone in this direction. The primary objective of these Training Programs is to boost knowledge in the area of wellbeing. Besides, these programs are certain to increase productivity of the individual and also enhance their skills.

These Training Programs have given birth to umpteen practitioners who are today, nurturing health and happiness, and healing humans holistically.

What is

AYURVEDA COOKING

Ayurveda Cooking is a program about mastering the art of cooking, for digestive health. The program focuses on balancing the body, mind and soul with delicious recipes exclusively designed for our body type. This program talks about herbs & spices that promote wellbeing and discovers the ancient technique where food has the capacity to become our medicine. Besides, it unfolds a whole new perspective on cooking, eating & digestion as well



AYURVEDA COOKING

Training program

The Authentic Taste of India



Curriculum

Ayurveda Cooking Program provides knowledge on the 6 tastes as per Ayurveda and their importance. The program focuses on dosha balancing diet and creates awareness on our eating habits. The program's approach to cooking is for enhancing our digestive health. This program is not only inclusive of seasonal recipes and Ayurveda desserts & beverages, but also weekly meal plans



Day 1

- Introduction about Ayurveda Cooking
- Health Through Food
- Nutrition Dynamics I Clinical Nutrition
- Understanding Fundamentals of Ayurveda
- Doshas I Prakriti I Principles of Diet
- Six Types of taste & Importance of taste
- Teas & Drinks

Day 2

- Methods of Cooking
- Virudhahara
- Types of Virudha
- Preparation of Traditional Drinks

DAY

3

- Dosha's & Food
- Vata, Pitta, Kapha Balancing Foods
- Food for Mind | Sattvik, Rajasik & Tamsik foods
- Sattvik Meal Plan
- Preparation of Healthy Rotis
- Introduction to Traditional Sweets
- Preparation of Sweet Recipes according to Prakriti



Day 4

- Introduction of Different Season's
- Types of Diet According to Season
- Preparation of Summer Drinks & Recipes
- Meal Planning According to Seasons



Day 5

- Seasonal Considerations: Choosing the
- Right Types of Vessels for Cooking
- Agni/ Digestive fire
- Importance of Spices in Our Diet
- Preparation of Digestive Drinks

DAY

6

- Q & A Session
- Certification



Duration

5 days online + 3 days offline
(2 hrs per day). Total 16 hours

Medium of Teaching

Offline / Online

Eligibility Criteria

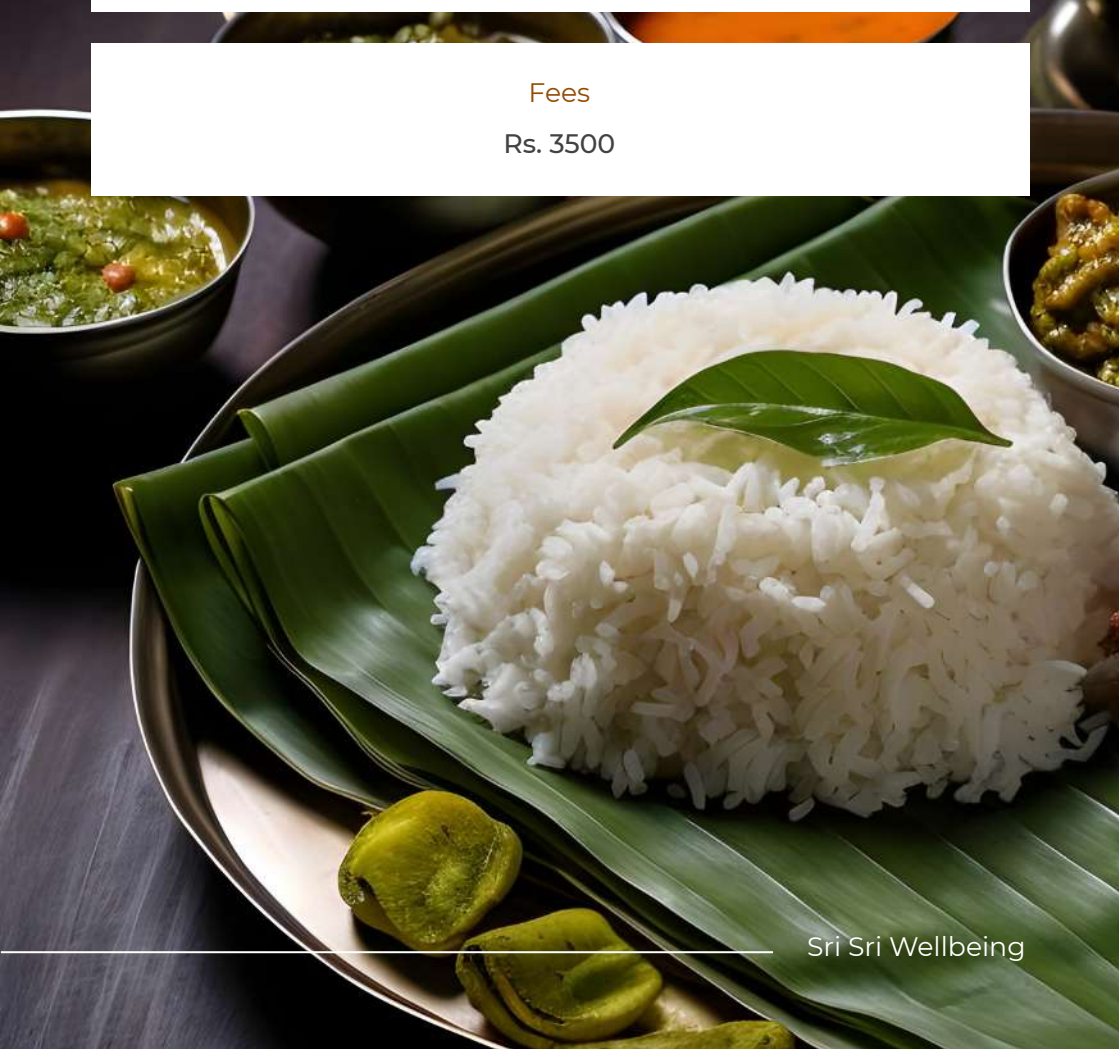
All Age Groups

Language of Teaching

English

Fees

Rs. 3500



WE OFFER TRAINING FOR

Meru Chikitsa

Rakkenho

Hand & Foot Reflexology

Meridianology

Acupressure

Ayur Jagruti

Swasthya Pracharak

Swasthya Shibir

Cosmetology

Ayurveda Cooking

Nadi Pariksha

Sri Sri TM
WELLBEING
holistic health

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