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## COOKING CLASSES FOR HEALTH, HARMONY & HAPPINESS

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"The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." ~Thomas Edison~

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.Many common health problems can be prevented or alleviated with right nutrition.

Diet plays a vital role in the maintenance of good health and in the prevention and cure of diseases.

So, Let us make our Kitchen, our Laboratory from where we can generate and promote health and healthy living.

Modern Research findings also has now confirmed what our Ancient sciences have always talked about that Food has not only a role in Physical health but also in Mental, Social and Emotional well being

**At Prajna, we teach you unique ways of cooking for healthy, nutritious, mouth watering and delicious recipes**

**Features of Healthy Cooking classes –**

- Natural Cooking classes, which will bring out the hidden cooking skills in each of you and help you to be an Excellent Cook.
- Learn to cook in a healthy and artistic way.
- **Unique style of cooking which helps to retain maximum nutrients and taste. No compromise on the Taste, In fact, they are more Tasty**
- Learn to prepare SUGAR-FREE, FAT-FREE recipes which are also free of REFINED items, Colour and preservatives.
- The recipes that will be taught are less Time consuming to prepare and also more healthy
- Health tips and information on right cooking methods, nutrition values and role of various food items in disease prevention and alleviation will also be given by the instructors



### Course Details:



**Venue : Prajna Yoga & Naturopathy Centre**

**Address : 20/63, N.R.Colony, 5<sup>th</sup> Cross, Bull Temple Road, Bangalore – 560 019**

**Phone : 080 – 2660 2246**

**E-mail : [anandmayi@gmail.com](mailto:anandmayi@gmail.com) – Neetu Jain  
[sweetshilpagadia@gmail.com](mailto:sweetshilpagadia@gmail.com) - Shilpa**

**Timing : 11:00 am –12:30 pm**

**Duration : Complete course – 9 days  
Option for Single class also available  
(Special batch for Working people – for more details contact)**

**Starting from : 12<sup>th</sup> Dec 2011**

**Charges : Contact below persons / Prajna  
Yoga Centre**

**Contact : Neetu Jain – +91 94480 51306  
Shilpa - +91 96191 54253**

**Content : Main course, Starters, Salads,  
Soups, Sweets, Snacks, Juices and many  
more delicious dishes**

**"Let your food be your medicine and your  
medicine be your food" - Hippocrates**