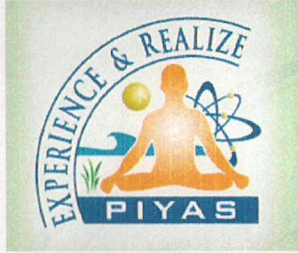

COOKING CLASSES FOR HEALTH, HARMONY & HAPPINESS



"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~

.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, 5th Cross, Bul Temple Road, Bangalore – 560 019

Phone : 080 – 2660 2246

E-mail : anandmayi@gmail.com – Neetu Jain
kashti4you@yahoo.com - Vaishali

Timing : 2:30 – 4:00 pm every Saturday

Duration : Complete course – 9 weeks
Option for Single class also available

Starting from : 25th Sept 2010

Charges : Contact below persons/ Prajna centre

Contact : Vaishali Shinde – 95352 75538
Chanchal Bhandari – 93428 45852

Content : Salads, Soups, Sweets, Snacks, Juice, and many more delicious dishes

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