



Ayurvedic Cooking Workshop

December 8th 10:30AM - 2PM

Prana Rasa Center for Well-Being
931 Briarcliff Rd.
Tallahassee, FL 32308

\$25 Learn by doing*

- * Menu suggestions
- * Learn to make ghee
- * Energetics of food
- * How to manage busy days
- * Prepare and share a meal

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Register at www.pranarasa.com or
call 850-322-0063

deadline: 9PM December 6th