

Seasonal Ayurveda Cooking Immersion

YOUR SIMPLE AND DELICIOUS HANDS-ON COOKING EXPERIENCE IN COMMUNITY *with Tracey*

Committed yoga practitioners and health-conscious students: deepen your understanding of Ayurveda, the role of prāṇa in food, Ayurveda's energetic principles, cooking balanced meals, the essential health of your digestion (Agni) and the yogic mind in our seasonal Ayurveda cooking immersions in our Lyneham-based community wellbeing studio.

Three full-day Ayurveda cooking immersions are offered with Flow and Food in 2026. The full-day 'retreats' are five-hour immersive experiences guided in-person by Tracey Murray, Yoga Teacher, Ayurveda Health Advisor and founder of Flow and Food Yoga & Ayurveda.

Expect to move through the process of understanding, preparing and eating a delicious, healthy, balanced meal based on Ayurvedic principles. Gain the foundational knowledge about how different foods affect your body and mind, and the guidance you need to start applying Ayurveda principles to help heal your digestion in your own kitchen.





A feast for your senses

INTENTIONAL COOKING & MINDFUL EATING

Enjoy cooking a nourishing, balanced, satisfying meal as a group with staples such as dal, spiced rice, ghee, fritters, aromatic vegetables, stovetop bread, chutney, and fresh dips. Our whole food will be vegetarian, sourced from organic, fresh, local producers where possible and from Tracey's home veggie garden. All dietary needs will be considered.

DETAILED LEARNING OUTCOMES

- Gain an understanding of what Ayurveda is and how you can heal yourself with food.
- Create meals in accordance with Ayurveda energetic principles.
- Grasp mindful eating, cooking and how to create a harmonious cooking environment.
- Plan and prepare meals intended with sattva (peace and clarity).
- Understand the role of prana in food.
- Create a balanced meal and explore the optimal proportions of foods.
- Use herbs and spices to bring healing, flavour and balance to meals.

WHEN

- 10am-3pm **Sunday 19 April 2026** - Autumn Immersion
- 10am-3pm **Sunday 28 June 2026** - Winter Immersion
- 10am-3pm **Sunday 25 October 2026** - Spring Immersion

INVESTMENT

- \$185 per person includes 5 hours of Ayurveda tuition, all food, tools, drinks and a curated take-home Ayurveda cooking guide booklet including recipes and next steps.
- **EARLY BIRD** 10% off pricing is offered 2 months prior to each session using the code: **MINDFULCOOKING**

BOOKINGS

Only 10 places are available for each immersion to ensure a quality, intimate hands-on community experience. Book your place now at www.flowandfood.com.au

BOOK YOUR
PLACE
AROUND THE
TABLE TODAY

