



Ayurvedic Lifestyle Consultant Course - Session 3
January 5 and 6, 2019

Time	Saturday	Sunday
8:00 – 9:30	Q & A Session 2 (30 minutes). Incompatible Food Combinations	Ayurvedic Cooking (Practical) Ethnic Foods
9:30 – 11:00	Sample Menus V, P, K Role of Spices	Ayurvedic Cooking (Practical) Ethnic Foods
11:00-12:30	Ayurvedic Cooking for Vata	Ayurvedic Cooking (Practical) Ethnic Foods
12:30 – 1:30	Lunch (provided)	Lunch (provided)
1:30-3:00	Ayurvedic Cooking for Pitta	Ayurvedic Cooking (Practical) Ethnic Foods
3:00 – 4:00	Ayurvedic Cooking for Kapha	Ayurvedic Cooking (Practical) Ethnic Foods
4:00 – 5:00	Ayurvedic Cooking (Ethnic Foods and their relationship to V, P, K	Discussion Homework and Assignments