

Gourmet Vegan Cooking Class

Saturday March 31st 11am-2:30pm

(Includes lunch of what we make.)

\$55 Pre-registration by Monday March 26-\$65 thereafter

Workshop Location:

The Community Kitchen

368 Village Street, Millis, MA 02054

508-376-4525

Register online at:

www.YogaAtTheAshram.org



We are happy to announce a follow-up class to our first offering a year ago , covering basic principles for maintaining a balanced yogic/vegetarian diet, as taught by Yogi Bahajan. We will cover some new food/drink topics, including raw vegetable and fruit juicing and desserts, as well as creating a wonderful vegetable curry(not Spicy).

If you missed our first class offering a year ago now, you should find this useful. Some of the same principles will be covered. Those who joined us last time will find us covering some new healthy and fun things this time.

We will use the healthiest(organic wherever possible) ingredients in the recipes we will be creating. As we prepare our dishes – we will discuss food combining and other elements of a balanced healthful diet and entertain all questions. When our food preparations are complete, all are invited to sit and enjoy the meal together! You will receive the recipes for the food you have prepared – and a bibliography of some great, yogic cookbooks.



Jot Singh Khalsa was a chef in two vegetarian restaurants during his university years in upstate New York where he studied art, design, and metalsmithing. For over 30 years he had the privilege of studying with Yogi Bhajan. During this time and presently serves as head of all food preparation at both Summer and Winter Solstices (3HO Foundation-sponsored bi-annual yoga events where up to 2,000 people attend). Locally, he serves as one of four captains in the Guru Ram Das Ashram, Millis, Ma Langar(food) Kitchen. Jot Singh is an artist/craftsman, businessman, yoga teacher, husband, and minister. His original work can be viewed at: www.TheKhalsaRaj.com

