



Lunch With Mr. Iyengar at Prana Rasa

Inspiration

A recent issue of Yoga Rahasya was devoted to food and diet. I was so moved to read of B.K.S. Iyengar's expressions on food that the idea for this workshop was born. We will be making a simple vegetarian meal together. There will be both wheat and gluten-free options as well as dairy and dairy-free.

What: Ayurvedic Cooking Class

When: Saturday , February 22, 2020

Where: 931 Briarcliff Rd Tallahassee, FL 32308

Time: 10:30AM - 2PM

Other: Highlights will be making *roti* and *yogurt*

Register by February 20 at www.pranarasa.com

For more information email mary@pranarasa.com