



THE YOGA OF NUTRITION - AN AYURVEDIC APPROACH

with **maria garre** Ayurvedic practitioner

Food is medicine and medicine is food! Linking body, breath and nutrition, Ayurveda offers a simple and holistic approach to eating, cooking, drinking and menu planning.

Agni, our digestive fire, is a central theme in Ayurvedic nutrition. Our ability to digest foods and emotions is a critical aspect of maintaining health and vitality. Strong Agni affords us the ability to digest, absorb and assimilate food and nutrients receiving maximum benefit of what we ingest. Weak agni shows up as constipation, indigestion, malabsorption, skin break out, acid reflux and much more. Food is medicine and spices are the sparks of that medicine so that we can heal through food.

Learn about your digestive process, food combinations that work and don't work, spices and nourishing recipes. Understand why and how food/spices can heal or harm depending upon person, season, and time of day.

Tuesday, November 17: 6:45 - 8:30pm | \$35



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