

# AYURVEDIC COOKING DEMO

90-minute demo (\$450)  
for 2-4 guests  
\$50 / head for 5+



## WHAT IS INCLUDED:

- Keepsake informational sheet
- Menu with recipe
- Edible food or beverage at the end of or during the demo
- Cost of groceries, equipment, set-up and cleanup

## Demos are immersive & educational.

Sample demos include but are not limited to:

- Pantry Staples like Chapati Bread, Ghee, Salt & Spice Infusions
- Wellness Lattes & Tonics
- Chutneys, Stews & Sauces
- Wellness Remedies





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We aim to buy 90% organic, always favoring prana-rich fresh and local produce, quality herbs, spices, and pantry staples.

Additional requests are subject to additional fees.

Services include travel for up to a 20 mile radius.

\$1 / .5 miles if traveling beyond.

Cooking is done on-site.

If adding on demo to retreat, flat rate can be negotiated.

