

Cooking Class



Followed by lunch

With Anu from Mysore, India

When: 15. & 16.06.2024

Where: Huong Yoga Shala



TRADITIONAL INDIAN CUISINE

Cooking
IS A WAY OF
LOVING OTHERS



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Cooking Class



Saturday, 15.06.

- Carrot Kosumbari
- Dal Tadka
- Mix Vegetable Kurma
- Lemon Rice
- Masala Chai

Sunday, 16.06.

- Millet Dosa
- Potato Palya
- Coconut Chutney
- Chocolate Semolina Pudding
- Masala Chai

Time: 11.00 - 14:00h

Price:

- 2 Classes: 159,-/ 139,- Euro
- 1 Class: 89,-/ 79,- Euro*

**Early bird discount until 31.03.2024*

After the cooking class we will have lunch together



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Cooking Class



Anu started cooking for Yoga students in Gokulam, Mysore, in November 2004.

Besides serving buffet lunch and dinner she makes fantastic smoothies and also teaches people how to cook healthy Indian food.

In this cooking class, she will talk about the different herbs and spices and their specific properties and benefits for our health, as handed down to us through generations.

I am so lucky that Anu accepted the invitation to come to Frankfurt and teach her art at the Huong Yoga shala!

No one should miss this opportunity - and certainly not those who already know Anu's delicious, tasty food!



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