



DEVAYANI

Baba Muktananda, a master cook himself, laid great emphasis on the quality of food cooked, served, and consumed – how it is cooked, what ingredients are used, what state it is cooked in, how it is consumed, how much is eaten, and so on. Food prepared with a sattvic (joyful and clear) attitude brings not just health to the body but also joy to the mind of all those who partake of it. We invite you to join us for a five-day journey in learning hands-on the magic of sattvic cooking.

Sattvic COOKING CLASS

NOVEMBER 5–9, 2018

- Cooking etiquette and bhava (emotional attitude)
- How to make chai
- Learn about Indian spices (masala box)
- How to make khichdi, moong, and other healthy dishes
- Basics of western cooking
- Basics of baking

Includes Annakoot (Mountain of Food) festival on Wednesday, November 7

10:00am – noon (cooking), and 3:00–5:00 pm (baking and chai) every day

Donations welcome

Facilitated by Devayani and various cooks and bakers at Shanti Mandir

Please confirm your commitment of attendance to Nityeshwari at 845-778-1008 (for logistics)

*If you treat food as God,
you become God while you cook.*

Baba Muktananda



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