

Thai Cooking and herbal Workshop

With a special introduction to Ayurveda

This workshop includes a guided tour of special Thai herbs and their medicinal properties from an Ayurvedic perspective, ingredients and instructions on preparation of various Thai meals.

All aspects of this workshop will be hands-on and practical. You will leave with a greater knowledge of Ayurveda and skills in Thai culinary arts.

Cost is \$40 per person, group rates available (groups of 10 or more) (includes food, small take home menu and recipes.)

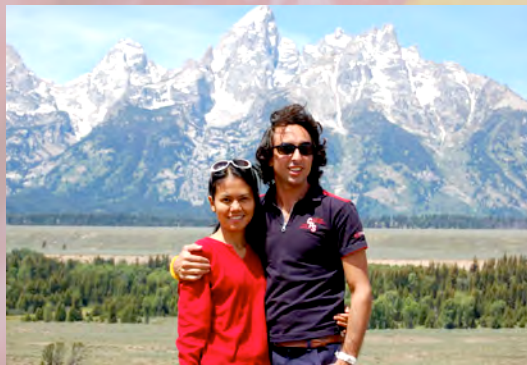
We are happy to bring this workshop to your home! We bring all necessary utensils and the food is provided.

Call to reserve a date and for workshop location in Inner SE Portland, OR.

Michael and Sararak

mpsapir@yahoo.com

503-962-9025



Sararak was raised in a small village in Northeastern Thailand, learning about the traditional and therapeutic uses of Thai herbs from her father, the community's local herbal doctor. Her passion for cooking is tasted and recognized by anyone who is fortunate enough to eat her art! She is also a certified Traditional Hatha Yoga instructor.

Michael is blessed with eating Sararak's food daily and learning about the healing aspect of each meal. He is certified as a teacher trainer of Traditional Hatha Yoga and has led many retreats on living all aspects of Yoga. He is certified as an Ayurvedic Life-style Counselor with Dr. Frawley of the American Institute of Vedic Studies.