

WORKSHOP

Eating and Cleansing with Ayurveda Deva Khalsa



Join cleanse expert Deva Khalsa for a food class on how to eat and take care of your body during the cold winter months using Ayurveda and raw food techniques. Discover new ways to eat and how to support your body before the allergy season of spring arrives. Learn delicious, warm and raw recipes such as chocolate mousse, warming dahl, comforting chai, raw alfredo pasta made with zucchini noodles and marinated portabello mushrooms.

\$65 presale/\$75 at the door

Saturday, January 30, 11 am - 1 pm

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333 Cordova 986 0362 bodyofsantafe.com

BODY