



Wise Earth Ayurveda®

OUTREACH COMMUNITY TEACHING



Blanca Colón-Simon, Ishani

Ayurveda Class Schedule

Saturday, November 22

- 10:00 - 12:30 pm \$35

Introduction Class, w/ Kichadi & Ghee

- 2:30 - 5:00 pm \$35

Blending Spices for the season

Sunday, November 23

- 10:00 - 12:30 pm \$35

Introduction Class repeated

- 2:30 - 5:00 pm \$35

**Cutting Vegetables through the
Life Line and Stir-fry**

Kindly call or email for information, reservation or intention to participate.
Space is limited.

Contact: Blanca Colón-Simon
Phone: 893-4792
Email to: blancuz@pacbell.net
Location: *Chico Ayurveda & Yoga*
1546 Citrus Avenue, Chico

Directions: From Hwy 99, exit First Ave., turn west, go 3 blocks past Esplanade Ave., turn right on Citrus Avenue.



Swamini Mayatitananda
Founder Wise Earth Ayurveda School

Nutrition- Food Practices, Breath & Sound Sadhanas

WISE EARTH AYURVEDA is designed to support your conscious self-care. Awaken to your higher health, clarity and presence through your relationship to nature, food and self. A series of classes have been developed by Swamini Mayatitananda (Mother Maya) based in Ayurvedic principles.

The *Wise Earth Ayurvedic Nutrition: Food, Breath & Sound Sadhana Program* has one primary intention:

- Its goal is to educate you through *sadhana*, the practice that brings awareness to develop a harmonious relationship with nature, through the preparation of wholesome FOODS, the BREATH and vedic SOUND.

In this *sadhana* you will learn to

- Create balance in your vegetarian meals and cook different grains, legumes, and how to blend them into kichadi, cut vegetables through the life line and prepare a vegetable stir-fry. Roast, grind and blend ancient healing spices and seeds, knead-roll and cook chapatti and make immune builder *ghee*.
- Learn Ayurvedic food energetic principles, the 6-tastes in food and understand how to eat according to the seasons.
- Learn the method of *sadhana* of the **breath** and Vedic **sound** practices, the elements of nature and body constitution.
- Prepare foods according to the laws of nature considering state of mind, taste, seasons and personal constitution.



Wise Earth Teacher, Ishani

Blanca Colón-Simon, M.A., is personally trained by Sri Swamini Mayatitananda (Mother Maya), to teach **Wise Earth Ayurveda** education and *sadhana* practice. Blanca has had the blessing of studying with Mother Maya and shares this extraordinary *sadhana* based education with others. Blanca is also a yoga teacher in both Butte College and CSU, Chico in CA.

Visit www.wiseearth.org Click on WEA Laypersons Programs and/or find information on Mother Maya's programs.