

# Kitchari and Peya

## The Economical Path to Gut Health



An Ayurvedic Cooking Workshop  
presented by Daniel Boarman

Wednesday June 27<sup>th</sup> 2018

Time: 3 PM - 6 PM

Location: Red House Kitchen and Dining Room

Fee: \$10 per person, by reservation

Daniel Boarman is an Ayurveda student within the Bajracharya medical tradition out of Kathmandu Nepal studying with the Dogwood School of Botanical Medicine.

In the winter of 2017 Daniel spent several months studying with traditional Vaidyas (physicians) and Newari Priests in the Kathmandu Valley.

Along with complex medicine formulas and diagnostic techniques, culinary arts are extensively emphasized for timely healing within the Bajracharya medical tradition.

The traditional preparation of rice and beans when used specifically to restore digestion becomes a panacea with unlimited variables.

Daniel is inspired by the wisdom of the East to create economically resourceful, delectable, and medicinal meals to minimizing packaged food waste and restore gut health.



Please see the Front Desk to reserve a spot in this workshop