

Ayurvedic Cooking Classes



At your premises, at your convenience
Ayurvedic classes on their way...

“Simple and easy to cook”

Ayurveda is a natural healing system. It uses herbs and food to balance the body. Stay healthy all year round with Karuna’s special recipes which can include gluten free and other dietary requirements.

2 ½ hour private class in your home
\$110 for up to 3 people or \$250 for up to 5 people
For larger groups please call

Contact Karuna on 0432 694 206
or email vedic.herbal@gmail.com



“It’s great to learn that healthy food can be fabulously tasty too.” L Hilliard