

AYURVEDA & YOGA FREE AWARENESS WORKSHOP

By Specialist / PhD Gyaneshwarsing Guddoye



Method 3: Ahara (food)

Let's make the world eat healthy



Address : Shivala (Kovil) Lane, Grand-Bay, Mauritius | Website: medaayuryoga.com |

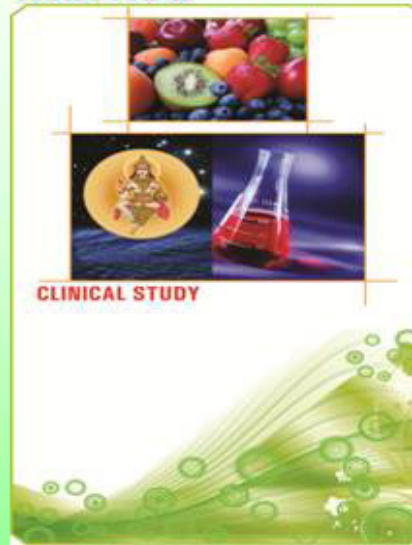
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METHOD



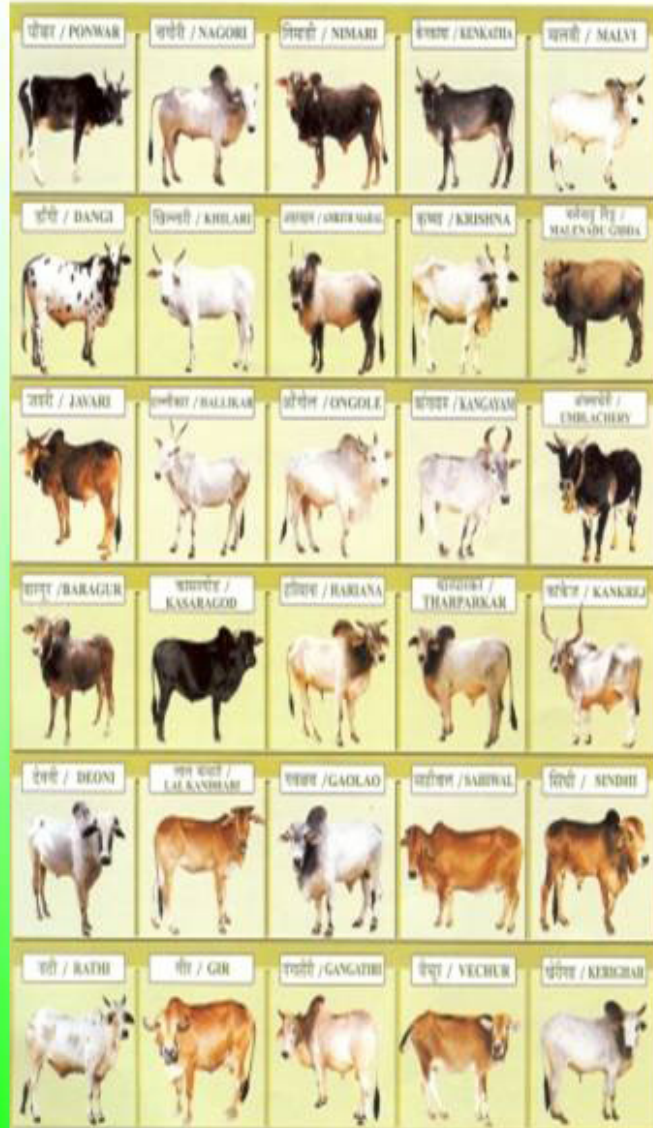
METHOD 3

Method





भारतीय गोवंश







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GHEE FORMULATIONS

A composite graphic element. On the left, a brown cow's head is shown in profile, enclosed within a thin black oval border. To the right of the cow is a glass jar filled with ghee, with a white spoon resting inside. A small green leaf is positioned to the left of the text above the cow's head. The entire graphic is set against a white background with a dark blue horizontal bar at the top and a brown horizontal bar at the bottom.









Sprouted Moong Beans @ <http://www.vegrecipesofindia.com>

