

# AYURVEDA VEGETARIAN COOKING

A LECTURE & WORKSHOP BY

**DR. S.K. KAMLESH,**  
B.A., B.M.S., AYURVEDACHARYA



For thousands of years, yogis of India practiced techniques of holistic health therapies for body, mind and spirit. These sciences were known as the Ayurveda. Being the oldest documented health science on the planet, the Vedic sciences also extend to proper vegetarian diet, daily regimen, care of body, yoga and meditation. Dr. Kamlesh has taught Ayurveda cooking worldwide over the past 30 years. He travels frequently between Europe and the United States and has established an international clientele to whom he offers workshops and consultations on herbal medicine and self-healing. Come watch Dr. Kamlesh prepare a few exciting dishes, including a favorite dish of Mahatma Gandhi, a soup he learned in the palace of the Dalai Lama, and the famous rice pudding which was believed to have nurtured the Buddha before he reached enlightenment.

**SATURDAY, NOVEMBER 26, 7 P.M.**  
**MCCOY PAVILION**  
**ALA MOANA BEACH PARK**

Maui — Dr. Kamlesh will also be speaking on Maui on Thursday, December 1st, at 6:30 p.m., at Down To Earth ALL VEGETARIAN Organic & Natural (Upstairs), 305 Dairy Road in Kahului.



**Vegetarian Society of Hawaii**  
Join Us!  
For more info call 944-VEGI (8344) or visit [VSH.org](http://VSH.org)

Dr. S.K. Kamlesh is a seventh-generation Ayurvedic doctor and founder of Kamlesh Ayurveda. His physician forefathers treated the great kings of India in its golden era. Graduating from the University of Lucknow, India, he undertook a five year degree course on Ayurvedic medicine, after which he was awarded the title, "Ayurvedacharya," the equivalent of a doctorate degree in the West. His search for knowledge led him throughout India and abroad, and included two years with his guru in the caves of the Himalayas. He also studied under the guidance of his father, the late Dr. B.R. Rasik, and learned to determine health condition by analyzing pulse and reading facial and palm characteristics. He is secretary of the International Society of Kamlesh Ayurveda and Nature Cure.

**FREE Admission & Refreshments**

Refreshments courtesy of Down To Earth.